



# HI-Q

## THE LAKEHEAD AMATEUR RADIO CLUB JOURNAL

LARC, Suite 184, 1100C Memorial Ave., Thunder Bay, Ontario, Canada, P7B 4A3

### Winners from the Java Hut Certificate Draws so far are as follows:

FEB. 24, 1998.....SOUP & SANDWICH &  
 BEVERAGE.....**DAN, VE3DWP**  
 MARCH 3, 1998...BURGER COMBO &  
 BEVERAGE.....**CARL, VA3PEP**  
 MARCH 10, 1998....CLUBHOUSE COMBO & BEVERAGE...  
**GERRY, VA3BRN**  
 March 24, 1998.....Soup & Sandwich Special...**Rid**  
**Macleod, VA3XRM**  
 THANKS AND 73'S JAN

### *I enjoyed my tea & crumpets Thanks YL's & OM*

What are crumpets anyway ? Thanks being there for all us Skiers that were in the Sibley Ski Tour. It was nice to stop, chat, drink gator-aid and water, and eat oranges, cookies, and raisons. Boy I guess I was lucky to even be able to move let alone ski eh ? **I was on tour !** I had fun and that is what counts to me, next year I'll try to break records, mine for sure. I think it should an easy record to break. 73 to all "Old One-boot"

VE3XFM, VE3XFM, VE3XFM

### *Annual General meeting for RAC Sunday May 24, 1998*

I would like to announce the latest addition to the local Amateur group.

VE3XFM, A ten meter FM repeater was officially put on the air in March of 1998. Some local Amateurs were looking for a project that had not been done before. A 10 meter repeater seemed like a good idea at the time. I was put in charge of getting parts, funding, and enthusiasm. The last was not too hard to find, but the first two offered a bit more of a challenge. The funding came in and one and a half years of beg borrow and steal of parts finally paid off.

The frequency of the repeater is 29.680 MHZ with a negative offset. I would like to thank all the scroungers for their effort in keeping this project in budget. You should be proud of yourselves !

Special thanks to Terry and Laurie for al the fine soldering blobs that were applied to the equipment and to all of the individuals who in one way or another helped to make the dream of the first 10 meter repeater in the northwestern Ontario a reality. It just goes to show you what you can do if you set your minds to it and get really good help from your friends. Good Luck, Good DX, 73's Randy, VA3GOT

### *Inside HI-Q*

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**1997/1998 LARC****Founding President**

P. J. (Pat) O'Shea VE3FW

LARC maintains the Club call VE3FW  
to honour the memory of our first  
President Mr. Pat O'Shea.

**Senate**

Bill Roberts VE3ARN  
Keith Fiske VE3JQ  
Bert Lambert VE3BKY  
Ray Greer VE3CH  
Bill Klemacki VE3AJ

**Executive Board**

President: Ian Mellis ..... VA3RIM ..... 577-1628  
Vice Pres: Ed Baumann ..... VE3SNW ..... 622-1216  
Secretary: Norm Bell ..... VE3XRC ..... 577-9316  
Treasurer: John Watson ..... VE3GTX ..... 683-3199  
Directors: Judy LeFevre ..... VA3EAP .....  
Sam Shonias ..... VA3SAM .....  
Bob Hanson ..... VE3RVA ..... 767-6924  
Jan Sokoloski ..... VA3JRS ..... 344-3222  
Past Pres: Terry Stewardson .... VE3TKA ..... 577-9439

**Appointments**

Mem. Sec.: John Watson ..... VE3GTX ..... 683-3199  
Hi-Q Editor: Wayne Letang ..... VA3WRL ..... 344-9759  
Emergency Coordinator: Randy Gottfred, VA3GOT.....939-2310

**Club Repeaters**

VE3YQT 147.060 - OFFSET  
VE3TBR 146.820 - OFFSET

## Next Meeting

### April 9, 1998

Meetings are held at 7:30 pm every second Thursday of each  
month  
at Confederation College in room 207B in the McIntyre  
Building.

seconded by VA3JRS, Jan Sokoloski that the minutes by accepted as distributed. **Carried.**

**Treasurer's Report:** due to the absence of VE3GTX, John Watson the Treasurer's Report was not available.

**Correspondence:** a letter has been sent to the Sibley Ski Tour requesting a donation to the Club.

**Old Business:**

**-Safety Vests:** VA3JRS, Jan Sokoloski reported that they are almost finished and ready to go to the printers to have the Club crest put on them.

**-Auditors Report:** VE3PD, Pat Doherty stated that due to circumstances, the Auditor's Report will not be available until the April meeting.

**-Subscriptions for "HI-Q" Editor:** VE3UA, Jim O'Brien asked if the editor was receiving a newsletter "W5YI" from Texas. VA3ROM, Bob Mazur, the former editor of "HI-Q" said that he had not used much of the material from W5YI for our newsletter due to its content.  
**Motion:** moved by VE3UA, Jim O'Brien and seconded by VE3SNW, Ed Baumann that the Editor of "HI-Q" be authorized to purchase a subscription to "W5YI".

**Carried.****Reports:**

**Radio Amateurs of Canada:** VE3PD, Pat Doherty said that RAC was working on getting the delegation process back on track and working. The next RAC meeting will be held at the Emergency Preparedness College in Arnprior. RAC only represents approximately 20% of Canadian amateurs.

**Emergency Coordinator:** VA3GOT, Randy Gottfred stated that we need more club members to fill out the ARES form if they are interested. This form is available on the Club web site. We have been in contact with one city official and will be approaching others.

**Public Service:** VE3ZG, Mike Nawrocki thanked the 12 operators who participated in the Sibley Ski tour March 7. It was a beautiful day for all concerned. There are four events coming up in May.

**Brownies:** on Monday March 9, VA3RIM Ian

### Minutes of a Meeting of the Lakehead Amateur Radio Club

held in Room 207B at Confederation College,  
Thunder Bay, Ontario on March 12, 1998

The meeting was called to order at 7:30 pm by the President, VA3RIM Ian Mellis with 32 members in attendance.

**Minutes of the previous meeting:**

The minutes of the previous meeting held February 12, 1998 were published in detail in the March edition of "HI-Q" and distributed to all members.

**Motion:** moved by VE3AJ, Bill Klemacki and

**Don't miss a single copy of HI-Q. Send your change of address notice to the Club.**

Lakehead Amateur Radio Club History Project

Mellis, VA3JRS Jan Sokoloski and VE3XLB Linda Bell attended a Brownie meeting at St. Andrews Presbyterian Church and talked about amateur radio to the girls.

**Code Classes:** are presently in progress Wednesday evenings. As well, VE3AVS, Dave Kimpton is running code on VE3TB R Tuesday and Friday evenings at 7:00 pm.

**Call Books:** VE3TKA, Terry Stewardson pointed out that the new call books have been available for a month. If we sell all 200 of the call books, the Club will see a profit of approximately \$1100.00. Call Books have been sent to Fort Frances, Kenora, Dryden and Sault Ste. Marie. As of this meeting, there are about 40 left out of the original 200.

**10m Repeater:** VE3TKA, Terry Stewardson said it is almost ready to go on the air for testing.

**New Business:** none

**Adjournment:** moved by VA3JRS Jan Sokoloski and seconded by VE3ZG Mike Nawrocki that the meeting be adjourned.

**Carried.**

Following a short break, VA3RIM Ian Mellis described the art of Intarsia, his hobby. Intarsia is the creation of pictures made up of individual pieces of wood. You had to be there to see Ian's works as words cannot describe the beautiful pieces he had on display. Thank s Ian.

### Public Service by Mike Nawrocki

Our first major event of the year, the Sibley Ski Tour is in the books. There was a beautiful sunrise on the morning of the 7th

of March, and a dedicated group of volunteers met for breakfast at the Pass Lake truck stop at about 6AM. After breakfast, it was on to the Park to meet with the organizers, get final assignments, do some last minute personnel juggling to have people in key places and wait for the seven hundred plus skiers to do their thing on the 10, 20 and 50 Km runs. The mass start of the race was on land in a very small area, quite a spectacle to watch them take off. It did not take long for the radio waves to get extremely busy as the skiers started to hit their first checkpoints. Besides amateur radio operating from the checkpoints to net control and the finish line, MNR radios were in use at the checkpoints and around the campground keeping tabs on everything. To say Norm, VE3XRC was busy would be a bit of an understatement, as he had both systems to work with. An extra body is needed at this location. Communication with all checkpoints on simplex was solid all day, and our volunteers were kept busy throughout. Listening to the amount of traffic from some of the checkpoints, and after discussion with the people who do the computer computations, we will need more than one person at some of these locations. Dave, VE3AVS did yeoman service at checkpoint 5 where he had all three groups coming by him at once. The weather was absolutely ideal, the snow was firm, the track fast, and so were the skiers. The first skier to finish the 50K was just under two hours, that is moving! Congratulations to Wayne, VA3WRL for completing the 50K, he was still gliding very smoothly at the end. Many thanks to Linda, VE3XLB who kept me informed of who was approaching the finish line, next year that location will have to be moved a little farther away to give enough time for the results to be passed to the announcers before the skiers hit the finish line. Glen, VE3 ICY at his favorite checkpoint 1, Ian, VA3RIM who got seconded to the results computer location, Carl, VA3PEP at checkpoint 4, Fred, VE3FAL at checkpoint 3 where the 50K'ers were starting to spread out and we could get our leaders, Andy, VE3INI at checkpoint 2 where the checkpoint leader was so enthralled with him that he has to come back there again next year, we have to hear about this Andy, Marion, VE3MJN who had

the first look at the 50K'ers and could only count numbers because they went by fast in bunches at the beginning, Chris, VA3TBA snowmobile mobile at checkpoint 6, and Terry, VE3TKA working the 20-50K cutoff. Feedback from the organizers was extremely positive and the skiers had nothing but praise for the whole event. Nothing now until the beginning of May, and we have four events during that month, so rest while you can, more work coming.

### Brownies had good time

Linda Bell (VE3XLB), Ian Mellis (VA3RIM) and myself Jan Sokoloski (VA3JRS) were asked to do an Amateur Radio presentation on March 9, 1998 to a great bunch of Brownies at St Andrews Presbyterian Church. There were approximately 15 Brownies, 1 helper, and 2 leaders. We had a couple of handheld 2 meter radios for them to talk on. Wayne letang, VA3WRL and Daniel Simko, VA3DJS assisted us by chatting with the girls on the air. A fun time was had by all. Thanks to every one who helped out. 73 de Jan, VA3JRS.

### Ontario QSO Party

Hi Wayne! I just wanted to let you and the Lakehead Club know about the 1998 Ontario QSO Party running the weekend of April 25-26 from 1800 UTC on the Saturday to 1800 UTC on the Sunday.

This is a very friendly contest sponsored by the Ontario DX Association and it is modelled on the "state QSO parties" they run south of the border. Basically what happens is that Ontario stations work everyone and stations outside Ontario work Ontario stations. We use the counties, districts and regional municipalities of Ontario as multipliers. So we would really like to see some stations on representing Thunder Bay District!!! The complete rules are up on the ODXA website at [www.durhamradio.ca/odxa](http://www.durhamradio.ca/odxa) and also have been put up on the packet system. They're also in the March/April issue of "On The Air", the March & April issues of "DX Ontario", and in the contest columns in the April issues of "The Canadian Amateur",

"CQ", and "QST". If anyone has any questions or if you need a copy of the rules in textfile format feel free to drop me an note at ve3sre@compuserve.com. Thanks for your help! 73 de Bob, VE3SRE, Ham Radio Editor, "DX Ontario" magazine

### NEW BOOK NEWS RELEASE

MFJ Enterprises, Inc.  
300 Industrial Park Road, Starkville, MS  
39759

FOR IMMEDIATE RELEASE

Contacts:

Dave Finley, N1IRZ, Author (505) 835-7302 day (505) 835-1218 evening  
[finley@sdc.org](mailto:finley@sdc.org)

Richard C. Stubbs, Jr., KC5NSZ, MFJ Representative (601) 323-5869

### *New Book Brings Fresh Approach to Morse Code Training*

In 1936, Ludwig Koch, a German psychologist, published the results of extensive research on Morse Code proficiency and showed how he trained students to copy at 12 words per minute in as little as 13.5 hours. That is by far the fastest Morse training program ever published.

Based on its documented success, Koch's method should have become widely, if not universally, adopted by hams trying to pass the 13-wpm or 20-wpm exams. But it wasn't. Today, very few people know about his work. How come?

"Very simply, Koch's technique was ahead of the technology of his time," says Dave Finley, N1IRZ, author of a new book on Morse training. "For most people, the kind of practice you need for Koch training wasn't available until microprocessors came along," Finley said. "Because the technology for using his method didn't exist back then, the method was forgotten."

In "Morse Code: Breaking the Barrier," published by MFJ Enterprises, Finley shows how, using a computer or a microprocessor-based pocket code trainer, today's hams and would-be hams can use Koch's technique to build high-speed code proficiency quickly and efficiently. Besides its speed, Finley says, Koch's method has another, more important advantage over "traditional" code-training methods.

"With Koch's method, you receive frequent, positive reinforcement --assurance that you really are making progress. That means there are no 'plateaus,' you stay motivated and don't quit out of frustration," he says. "Koch's training speed was achieved with students hand-picked for code aptitude, so most people won't match that speed. However, the positive reinforcement of the Koch Method means that people will see results and stick with their training until they achieve their goal."

Finley, who used Koch's technique himself to go from no-code Technician to Amateur Extra Class, became an avid CW operator. "I learned that using Morse Code on the air is fun, and I'd like to help other hams join in on that fun after they've upgraded their licenses." For that reason, "Morse Code: Breaking the Barrier" also includes chapters on sending code with keys, bugs and keyers; on making your first CW QSOs; and on a variety of on-the-air activities where CW can make your hamming more fun.

The book also includes a fast-paced chapter on the fascinating history of telegraphy, both land-line and wireless. "When we use Morse Code on the air, we become part of a tradition that goes back more than 150 years. Knowing that history adds to the pleasure of operating," Finley says.

"Morse Code: Breaking the Barrier" (MFJ-3400) is available for \$14.95 plus shipping from MFJ Enterprises, Inc., P.O. Box 494, Mississippi State, MS 39762, (800) 647-1800, FAX (601) 323-6551, email: [mfj@mfjenterprises.com](mailto:mfj@mfjenterprises.com), WWW: <http://www.mfjenterprises.com>, or from your nearest MFJ dealer.

For more information about the book, visit the author's World Wide Web page at URL: <http://www.sdc.org/~finley>

(I picked up this book and it is for the lending if anyone wants to read it, just check with Norm, VE3XRC. HI-Q Ed.)

This comes from the March 1998 issue of "Key Clicks" a publication of the Green Mountain Wireless Society in Vermont, Deborah Clark - NN1C, Editor.

See Web page: <http://www.vermontel.com/~cdh/kk.htm>  
73, Jim

### TOP TEN

by Bill WB1BRE

Top 10 signs you've over-modified your scanning receiver...

1. Houston Mission Control drowns out the local repeaters.
2. Your radios glow in the dark. Even when not plugged in.
3. The NSA calls to get copies of transmissions they missed.
4. Commercial airline pilots use your antenna array as a landmark.
5. Your wife says "Either that thing goes or I go. Over."
6. Your rooftop, car trunk, and back yard are collectively referred to as the "antenna farm".
7. SETI calls you to confirm signals from Orion.
8. You dial in frequencies that Stephen Hawking says don't exist this side of a black hole.
9. You hear voices talking about invading the "third planet from the star".
10. Your "Low Battery" indicator glows constantly, even when you're operating off AC.

### Manitoba Ham Flea Market

*Where !*

Heritage Victoria Community Centre.  
950 Sturgeon Road. Sunday April 19/98 10 am to 2pm. Tables (\$10.00) may be booked by phone, call Pat VE4PLG or Dan VE4SYG at 339-3018 or on 80 meter phone net. (Submitted by Jack Lee, VE4LEE)



to see if they need updating.

### Our call out list is in need of updating.

We need you to be on the list.

### This is a general call for all Amateurs to register.

If you haven't registered in 1998 your not on our list. No one is a member by just being a member of LARC. Membership in ARES is open to all Amateurs. All we ask is that you let us know what communication capabilities you have.

How do you do this?

If you have Internet access you can register on line by following the link from the LARC home page. If not just fill in one of the registration forms and forward it to John VE3GTX or drop it off or mail it to the club mail box at 1100-C Memorial Ave. Suite 184.

Please don't put it off do it now. We don't know when you will be needed next but we do know we need to prepare for it.

### The Top 100 Shortwave Frequencies

Nowhere in the radio spectrum is there as much intrigue and fascination to be found as in the 2-30MHz spectrum. The following list of recent loggings includes some of the most active frequencies (in kHz). The voice utilities (two-way communicators) are virtually all upper sideband (USB), while the broadcasters run full carrier amplitude modulation (AM). Since most listening is done in the evening hours, this representative sampling reflects that time.

#### UTILITIES

2670 U.S. Coast Guard  
8291.1 Ship to shore, Pacific  
4063 Mississippi River barges  
8418 "Spy numbers" broadcast  
4069.2 Ship working channel  
8740.6 Ship to shore  
4087.8 Mississippi River barges  
8778 U.S. Navy

4112.6 Ship calling channel  
8784 Ship to shore, Pacific  
4125 Ship calling channel  
8805.7 Ship to shore  
4143.6 Mississippi River barges  
8808.8 Ship to shore  
4413.4 Ship working channel  
8825 International airlines  
4419.4 Ship working channel  
8846 International airlines  
4467.5 Civil Air Patrol  
8879 International airlines.  
4517 Air Force MARS  
8891 International airlines  
4593.5 Air Force MARS  
8921 International airlines  
4637.5 Offshore petroleum  
8972 U.S. Navy, Atlantic  
4670 "Spy numbers" broadcasts  
8984 U.S. Coast Guard, air/ground  
4742 "Spy numbers" broadcasts  
8989 U.S. Air Force, air/ground  
5015 Army Corp of Engineers  
8993 U.S. Air Force, air/groUnd  
5320 U.S. Coast Guard  
9014 U.S. Air Force, air/ground  
5598 International airlines  
9027 U.S. Air Force, air/ground  
5515 International airlines  
10493 FEMA, emergency net  
5680 U.S. Coast Guard  
10780 NASA air/ground  
5692 U.S. Coast Guard air/ground  
11176 U.S. Air Force, air/ground  
5696 U.S. Coast Guard air/ground  
11182 Scott Air Force Base, air/gnd  
5703 Tactical Air Command  
11200 RAF, flight weather  
5812 "Spy numbers" broadcasts  
11233 Canadian. Air Force air/ground  
6506.4 U.S. Coast Guard ships  
11234 RAF, air ground  
6518.8 Inland waterways  
11243 Strategic Air Command  
6521.9 Mississippi River barges  
11246 U.S. Air Force, air/ground  
6577 International airlines  
11282 International airlines  
6586 International airlines  
11538 U.S. Navy, Mars  
6604 Flight weather  
12429.2 Ship to shore  
6673 NOAA hurricane hunters  
13113.2 U.S. Coast Guard marine weather  
6683 Andrews AFB, VIP  
13181 U.S. Navy

6697 U.S. Navy  
13201 U.S. Air Force a~dground  
6705 U.S. Air Force air/ground  
13215 U.S. Air Force air/ground  
6723 U.S. Navy  
13241 U.S. Air Force aidground  
6738 U.S. Air Force air/ground  
13270 Flying weather  
6753 Canadian Air Force  
13282 Flight weather  
6761 Strategic Air Command  
13306 International airlines  
6802 "Spy numbers" broadcast  
13354 NOAA, hurricane Hunters  
6927 Andrews AFB, VIP

### The Hottest-Shortwave Frequencies for Two-Way Voice Intrigue

2180-2900	8700-9050
4300-4750	11175-11400
5300-5900	13200-13340
6600-6900	15010-15100
7500-8000	

### Wayno's Glossary of absolutly Wonderful Electronic terms

**superhigh frequency**-Abbreviated shf. The frequency band extending from 3 to 30 GHZ (100 to 10 mm).

**tertiary coil**-A third coil used in the output transformer of an audio amplifier to supply a feedback voltage.

**Receiver radiation**-Radiation of interfering electromagnetic signals by an oscillator of a receiver.

Thanks again for all your input, HI-Q Ed.

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Lakehead Amateur Radio Club History Project