



# The Spectrum

Issue 8

August 2004

## Words From The President.

Ruth Bigio, KB4LIF

### Play & Work Go Together

As anyone can see, when looking at the building which houses our HamShack2, a lot has been accomplished in the few months that we have taken possession. The HamShack has been painted, a tower has been raised (through the sweat of a few dedicated people), and a few alterations have been made to the inside upstairs to make life a little easier for all of us. As any of you know who own houses, there is always a "to do" list in existence. So, of course, there is one for us as well.

You may have noted that the Hurricane Season is now upon us and we do not have our stations up and running inside the HamShack. In order to get them on the air, we have several things to do and we need your help to do them. For example, the antennas need to be put up. All of the below projects will take 2 days to accomplish with a crew of at least 8 people.

- the log periodic will take 3 people approximately 4 hours to assemble
- the GP-9 will take 2 people almost an hour
- the 80-40 trap dipole is still in the locker at the trailer shack
- rotor cable and coaxes need to be measured
- PL-259's or other fittings installed
- Holes drilled in the wall behind the tower
- Someone needs to climb the tower with a gin-pole to raise the hardware in place

Of course, I have not listed in the inside items such as running electricity from the ceiling light in the southwest room to the side of the desk or moving items from the HamShack1 to HamShack2. Nor have I mentioned that the attic access in the bathroom needs a hatch cover to help on the Air Conditioning load and prevent it from running too much. And the ceiling will need repairing after the coax cables are run to the two operating rooms. There are a few more items but I am sure you all get the idea.

My point – if each of you were to pick one or two of these projects AND commit to actually doing – we could wipe out this list in no time flat! The radios would be on the air and everyone could relax and enjoy the many contacts that will come from using them. Perhaps more members will start coming to the meetings or using Hamshack2, now that they have a comfortable place to sit and drink coffee, socialize, and work the radios for contacts. It sure would be nice to have everyone bring in potential members to the club and have you proudly mention your participation in getting the Hamshack2 ready for operations.

Be a mentor! Bring people to the meetings. Get involved. Help with making phone calls if we have an event or a meeting. Don't have one person do all the work so that you can enjoy the organization. It is your club too! Yes, we enjoy what we do and it is for our benefit as well as yours. Just remember that play and work go together but someone has to do the work ahead of time so that others (and you too) can play. So come on out and play!

73's

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**Don't forget that the club is having a contest for the best name for our new ham shack. Ham shack #2 sounds sort of military doesn't it? The winner of the shack naming contest will receive Three Max and Erma's gift certificates from Sonny. Come on folks! Don't you want Sonny to pay for your dinner? It's not often we get money from the Treasurer. Send your shack name ideas to [w4car@yahoo.com](mailto:w4car@yahoo.com) and put Shack contest for your subject so whomever checks the email knows it's for the contest.**

**See you all Monday at the regular club meeting at our new ham shack!!! 7:00 pm!!!**

## Upcoming Events

### CARS Meeting

Monday, August 2<sup>nd</sup> @ 7:00 pm  
Hamshack #2 (Need a name folks!)  
Reggie White to give a presentation on “grounding.”

### CARS Shack Day

August 7<sup>th</sup>. Need help installing new  
Antennas on the tower of Ham Shack #2  
Don't forget the shack naming contest. Winner will  
get Three Max and Erma's gift certificates.

### Upcoming Events

Hurricane Expo @ Chesapeake Square Mall  
August 27<sup>th</sup>, 28<sup>th</sup> & 29<sup>th</sup> to be located in the Food  
Court area of the mall. For more information contact  
Leo Kusuda, KG4PWC

### **Chesapeake Health Department Thanks CARS Ruth, KB4LIF**

On Monday, July 26, 2004, the Chesapeake Health Department in conjunction with the Chesapeake General Hospital recognized CARS for their recent participation with the current TB registration of potential patients at Oscar Smith High School. During the middle of the month of June, The Health Department asked for assistance from us because the authorities had some difficulties in communicating between themselves on the on-site Incident Commander. (Their cell phones were not working and they had no access to the phones in the High School.) With the wonderful assistance of Karon Hardy – KI4FNR, Dee Dee Hunter – KI4DNN, Lee Vitasek – KI4CAV, Brian Bodnar – N4BJB, John Maheu – KB1BBS, Robert – WA4SQL and Rose Armstrong – KD4ILS, George Schuchman – KV4GR and I – KB4LIF, we were able to cover a full week. We had one radio station set up at Oscar Smith High School and another at the Chesapeake Health Department. Bill Runyon superbly gave technical assistance. The On-Site Commanders made sure that their people in authority got a chance use the radios themselves. One nurse commented that it “sounded like they were in the same room as I am” and another stated, “it is so clear, I am so shocked, I thought it would be all static or something.” The Director of the health Department was very impressed with the

professionalism our members exhibited. He stated that he could see how important communications can be when there are no other means to do so. He is now interested in obtaining equipment for the Health Department and getting antennas for the roof of their new facilities!

The pictures show Dee Dee and Lee talking on the radios in one of them, Robert Hendin – On-Site Commander for the Health Department at Oscar Smith High School in another and the last one has one of the nurses talking on the radio while Dee Dee is finishing the logs for the day.

Congratulations to the group who assisted the City of Chesapeake for the good of the community. This was indeed a Public Service to be proud of and we thank you for your participation and willingness to come forth.



Thanks to all the folks who lent a helping hand during this event.

**A Brief Introduction to Message Traffic**

At some point in your life, you probably played the game “Telephone” where you and a bunch of people sat in a circle and whispered a message that was passed from one person to another around the circle until it came back to you. The message was usually completely changed. Two errors occur, one from not being able to remember the complete message and the other from misunderstanding what was said. This could be from mispronunciation, distractions, incorrectly anticipating words, or saying the message too fast to record it accurately in your head.

Passing messages by radio uses a system developed during the age of telegraphy. The system does several things. It prioritizes messages into those that must be sent immediately, and those that can wait. The message contains enough information for good record keeping and there is a means of error checking. Those of you familiar with the digital modes and have seen the messages received using RTTY or PSK31 know that band conditions may create copy errors even when sent and received by a computer. So it is also important to develop good sending habits to insure that time is not wasted in repeating messages and the problems listed above are minimized. Formal message traffic is used for phone, CW and digital modes of communication.

Like any system, there are many fine points. However space does not allow them to be covered in this brief article. I recommend that you look at the ARRL website, [www.arrl.org](http://www.arrl.org)

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**Shack Day July 10, 2004**

Towers always seem to evoke feelings of power, permanence and visibility. So it is even with Amateur Radio antenna towers. A tower means that we have serious operators, that we are willing to invest some time and money to have a decent station and that we are committed. Some may also say we should be committed to a psychiatric ward. Spending a day in 90 degree, 100-degree heat index weather for fun could be reason enough to have our heads examined. But Bill, WF4R, Sonny, K4WYS, Barry, W3AFH, Paul, K4PRB, Rich, WA4BUE, James KA4EDI, Deedee, KI4DNN, Ron, KI4FNN, George, KV4GR, Jim, KG4WOJ, Ruth, KB4LIF and myself were on a mission.

The air was already getting stifling when the 146.82 repeater came alive a little after 1000 local time with the announcement that the motorcade from Sonny’s home was in route. Sonny was very gracious in donating a 23 cubic foot refrigerator and 40 feet of Rohn tower to the shack. We just had to get them installed. Maybe we got into the hobby because we all like challenges. It seems that Amateur Radio is full of activities that are described as “easier said than done”. The entrance doors at the bottom and top of the narrow stairwell were not quite 32 inches wide, the doorframes weren’t plumb and the refrigerator was not going to fit. After taking the refrigerator doors off we managed to get the hulk up to the second floor meeting room with a lot of discussion and persuasion the whole way. Although there was a nice breeze, there was no functioning air conditioning inside the building!

Next the tower was put together. This required cutting away some of the diagonal struts for the rotor, several trips to locate parts that actually fit and careful application of a car jack, use of the cinderblock wall and 8 bodies to get everything to slide (ram) together. The

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<b><u>LOCAL NETS</u></b>	
<b>SKYWARN NET</b> Fridays 1900 hours.	146.820 MHz
<b>Old Dominion IRLP Net (Statewide)</b> Sundays 2000 hours IRLP Node #4865 (Simplex Frequency)	TBA
<b>CARS 10 Meter Net</b> 2000 hours on Mondays CARS doesn’t meet	28.400 MHz
<b>Hampton Roads Public Service Net</b> Mon-Sat 2100 hours	146.970 MHz
<b>VBARC 10 Meter Net</b> 2000 hours on Thursdays VBARC doesn’t meet	28.400 MHz
<b>Portsmouth “P.A.R.C.” Net</b> Monday & Wednesday 1930 hours	146.850 MHz
<b>Southeastern Virginia Traffic Net</b> Sun, Tues, Thurs @ 2000 hours	443.800 MHz
<b>Portsmouth Amateur Radio Emergency Services Net</b> Fridays 1930 hours	146.850 MHz

**Coming soon! The Old Dominion IRLP Net**

In a few weeks there will be a new net in the Tidewater area, with the sole mission of linking amateur radio operators across the state together.

The Old Dominion IRLP Net is a statewide net project using repeater systems that are linked to the IRLP, or Internet Radio Linking Project, systems.

Currently we have the following areas participating in the net: Portsmouth, Hampton, Williamsburg, Petersburg, & Roanoke. Richmond and Washington, D.C, which also has repeaters with IRLP access has been invited to participate but they have not responded as of the writing of this article.

This net will be more than just checking in and saying hello

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## ARRL NEWS BULLETINS

### FCC TURNING BLIND EYE IN BPL PROCEEDING, ARRL CHARGES

The ARRL says the FCC apparently has already made up its mind about broadband over power line (BPL) and "wants no bad news" about the technology. In reply comments filed June 22 on the FCC's Notice of Proposed Rule Making in ET Docket 03-47, the League called on the Commission to take "a fresh look" at BPL before enabling its deployment. Again asking the FCC to put the proceeding on hold for a year, the League recommended that the Commission in the meantime require BPL providers to conduct FCC-monitored interference testing with all stakeholders. The ARRL charged that while an overwhelming majority of comments oppose BPL due to interference concerns, the FCC continues to rely on what the League called "vacuous assurances that BPL would not cause harmful interference." Test data and a growing record of unresolved complaints indicate otherwise, the ARRL said.

### CONTACT KEY TO GETTING HAM RADIO ON CONGRESSIONAL RADAR SCREEN

If radio amateurs want to get their concerns on the congressional radar screen, they need to let their elected senators and representatives know about them, says the US Senate sponsor of the Amateur Radio Spectrum Protection Act of 2003. Idaho Republican Michael Crapo notes that the hundreds of topics lawmakers face each day--from the Iraq war to the budget and health care--already make it an uphill battle to get ham radio matters noticed. Amateurs, he suggests, have to take a little initiative.

### UPLC COMMENT SHOWS BPL CAMPAIGN STARTING TO PAY OFF, HAYNIE SAYS

ARRL President Jim Haynie, W5JBP, says a remark the United Power Line Council (UPLC) made recently about Amateur Radio shows that the League's BPL message is getting through. In its reply comments on the FCC's BPL Notice of Proposed Rule Making in ET Docket 04-37, the UPLC's Brett Kilbourne claimed that members of the BPL industry are the real experts on the technology, "**not a misinformed set of armchair amateurs that still use vacuum tube transmitters.**" A subsequent UPLC press

release repeated the swipe, drawing a storm of protest from the amateur community. Haynie said this week that he took comfort rather than offense at the intended affront.

### AMSAT-OSCAR ECHO SATELLITE LAUNCHED!

A Russian Dnepr LV rocket carrying the AMSAT-OSCAR Echo Amateur Radio satellite and several other payloads launched on schedule June 29 at 0630 UTC from Baikonur Cosmodrome in Kazakhstan. Ground controllers made their first contact with Echo at 1452 UTC and collected some telemetry for analysis before shutting down the 435.150 MHz digital downlink transmitter.

### FCC PROPOSES \$10,000 FINE FOR CALIFORNIA EX-HAM

A new chapter has begun in the West Coast chronicle of Jack Gerritsen. The FCC now wants to fine Gerritsen \$10,000 for violating the Communications Act because he doesn't have an Amateur Radio license yet continues to operate, despite an FCC notice that he no longer has authority to transmit and numerous complaints from Los Angeles-area amateurs. The Bell, California, man--who was very briefly KG6IRO in 2001--contends the FCC acted improperly in setting aside his Technician license. He claims he still holds a valid ham ticket until the Commission affords him a hearing to decide its fate. The FCC says otherwise.

### ASTRONAUT RADIOS BIRTH ANNOUNCEMENT, CELEBRATES SPECIAL FATHER'S DAY IN SPACE

International Space Station astronaut Mike Fincke, KE5AIT, and his wife Renita became parents for the second time Friday, June 18. Unable to contain his paternal pride, Fincke altered the beacon message on the RS0ISS Amateur Radio packet system aboard the spacecraft to transmit "It's a girl! Tarali Fincke" about once every minute as the ISS circled Earth.

"Sure beats a stork sign in the front yard," quipped ISS Ham Radio Project Engineer Kenneth Ranson, N5VHO, at Johnson Space Center. Fincke is the first US astronaut to celebrate the birth of a child from space. Father's Day was Sunday, June 20. Tarali is the couple's second child. She'll join a brother, Chandra, in the Fincke household.

More information on these and other stories on the web at <http://www.arrl.org>

## SKYWARN

### ATLANTIC HURRICANE DAMAGE INFORMATION

#### Always Remember:

If you live along the coast or in a low-lying area, if you live in a mobile home in an area subject to hurricane water or wind or if authorities tell you to...**GO!**

#### Storm Surge:

A storm surge is a dome of water often **50miles** wide that comes sweeping across the coastline near the area where the eye of the hurricane makes landfall. The surge, aided by the hammering effect of breaking waves, acts like a giant bulldozer, sweeping away everything in its path. Nine out of ten hurricane deaths are caused by storm surge. That's why it's important to leave well before a hurricane may come your way.

#### Wind Damage:

Hurricane winds can cause significant damage to homes and businesses far from the shore. If you live in an area anywhere near the path of a hurricane, you should take steps to protect property from high winds. Bring in anything from outside that may become airborne in high winds, including toys, lawn chairs, trash cans, etc. Cover all windows of your home. If shutters are not installed, use ¾" marine plywood panels. Tape does **NOT** work, so it is not recommended. Remain inside until authorities tell you the danger has passed.

#### Other Hurricane Effects:

Hurricanes can produce flooding far inland, especially if the storm "stalls" or produces a lot of rain. Also, tornadoes can form when hurricanes come on shore. Ask your American Red Cross, National Weather Service, or emergency management office what to do in case of a flood or tornado.

### Start Your Preparations Now Disaster Supply Kit

With the disruption from Hurricane Isabel fresh in the minds of Virginians, many residents are getting ready for hurricane season by assembling a disaster supply kit.

Preparedness is the key to survival in any disaster, including hurricanes and terrorism, and having a family disaster supply kit handy can aid in recovery. The following sample shopping list should help residents to assemble the basic

items for a family disaster supply kit over a four-week period. Purchase enough supplies to last at least three days; however, a one-week supply is ideal.

#### WEEK 1

##### *Hardware store:*

Containers to hold the disaster supply kit (large plastic tub with lid, backpack, etc.)

Flashlights

1 portable tool kit

1 roll of duct tape

1 utility knife

1 tarp (to cover a leaky roof if necessary)

1 battery operated radio that will also receive the National Weather Service Bulletins & Alerts

Batteries for flashlights and radio

##### *Purchase or gather from existing household supply:*

1 blanket or sleeping bag for each member of the household

1 small pillow for each member of the household

Towels

Books or games for entertainment

1 local road map and another for the area that you may evacuate to

1 set of extra clothing and socks/shoes for each member of the household

#### WEEK 2

##### *Grocery store:*

Cans of meat for each member of the household (i.e., tuna, chicken, corned beef)

Cans of ready-to-eat soup for each member of the household

Cans of vegetables for each member of the household

Cans of fruit for each member of the household

1 box of heavy-duty garbage bags with ties

1 box of zip-lock food storage bags for storing important papers and small items

1 manual can opener

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### Message Traffic. Continued from page 3

more specifically, <http://www.arrl.org/FandES/field/nts-mpg/pdf/MPG104A.pdf> and <http://www.arrl.org/FandES/field/pscm/sec2-ch9.html> for more information. You can learn more about Net procedures that are used by most traffic handlers to keep extraneous verbiage to a minimum, insuring that large volumes of traffic are passed with little wasted time. Also handling instructions and “canned” messages are published and used to make messages as brief as possible without loss of content.

First and foremost, speak very slowly! You want to speak at the same rate as if you were writing the message down. In fact, you should practice writing the message out as you speak. Repeating sections takes a lot more time than saying the message slowly and getting it right the first time. When a section is repeated, it not only takes time to repeat the section, but additional time to identify which section is to be repeated.

The National Traffic System (NTS) provides the infrastructure for handling messages throughout the United States. The vast majority of messages are greetings, which are often generated to provide material to practice sending and receiving traffic. Traffic nets are very useful in practicing the rate at which you speak. Locally, the Southeastern Virginia Traffic Net (SVTN) meets at 2000 on Sunday, Tuesday and Thursday on the 443.800 MHz repeater and the Portsmouth ARES Net meets 1930 on Friday on the 146.850 MHz repeater.

The message is composed of 4 basic parts, the Preamble, the Addressee, the Text and the Signature. The NTS forms also provide sections to help with record keeping.

The Preamble consists of the following parts, two of which are optional []:

NR PREC [HX] STN-ORIG CK PLACE-OF-ORIG  
[TIME-FILED] MON DAY

NR- number of message starting with 1 and incremented with each new message the originating station makes. The counter can be reset with each new calendar year.

PREC- messages are categorized as Routine, Welfare, Priority or Emergency

HX – optional handling instruction

STN – station that originated the message, not necessarily the station that is passing the message on.

CK-check count, which is the total number of words/groups in the Text

PLACE OF ORIGIN – city and state that message originated, which may not be the originating station location

Time-filed – optional usually given in Zulu or Greenwich time

but can be local time if local traffic or has letter identifier of time zone.

MON – month message originated

DAY – day message originated

The Addressee is the address of the final recipient of the message. Both address and phone are recommended

The Text is usually limited to 25 words/groups and if longer is broken into several parts. There are several accepted conventions pertaining to word counting. The text also includes any closing phrases such as “best wishes” or “73”

The Signature is the name of the originator. When you are creating the original message, you may want to record in your log, the originators address and phone number.

The above is the briefest overview of message handling. Although most nets tend to be tactical in nature where brief messages are directed to the Net Control Station or individual operators, there is occasionally a place for formatted formal message traffic. Inquiries and messages that require a record of accountability and involve a third party are better handled in a formal message format.

73

Leo KG4PWC

City of Chesapeake Emergency Coordinator

### Shack Day. Continued from page 3.

ceiling near the site of the planned tower standoff was cut away raining down old fiberglass insulation and revealing 2x4's that were toe nailed at 2-foot intervals on the top plate of the west wall. After some change in plans, the anchor bolts were secured. Down at the tower base, the concrete dust was flying everywhere. The heat generated on the tools caused more than one Ham to broadcast one of those FCC Amateur Radio restricted words or sounds that are not easily translatable in CW. It took 11 people 4 hours to get the tower up and installed and bolted into the concrete and to the side of the building. By 1600 we were all looking like something that crawled out of the Dismal Swamp. Was it worth it? Absolutely! Next step is to mount the antennas. Once the LPDA and vertical VHF/UHF collinear are installed, the club should be able to make great contacts. As we stood around at the end of the day, we couldn't help but notice the great real estate around the shack. The club could install a Beverage Antenna, or a Rhombic or even a 160-meter loop antenna!

73

Leo, KG4PWC

## 2004 CARS Field Day Report

Leo Kusuda, KG4PWC

Field Day - - A day of brilliant and exciting events or an exercise in maneuvers. Well it certainly lived up to that! This annual event and a "right of passage" for Amateur Radio clubs is composed of three parts. First, setting up the site, second operating and third eating. Never mind that it is a contest with the objective of contacting the most number of stations and is a public event designed to promote Amateur Radio. I think all would agree we did well on all accounts. For those of you who get the Virginia Pilot, the July 4<sup>th</sup> edition of the Chesapeake Clipper had a very nice article about our Field Day.

As part of the challenge, working at a new site involves figuring out where all the antennas should go. This year, we were at Great Bridge Locks Park and had the permission of the City of Chesapeake to use shelters #2 and #3 all night. For a change this year the weather was on the cool side. In fact, Mother Nature tried to cool us down by raining on us all Saturday morning. But that failed to dampen our spirits with Barry, W3AFH, Bill, WF4R, Ricky, KC4RIC, Keith, KG4ZXX, Ron, KI4FNN, Dee Dee, KI4DNN, George, KV4GR, Brian, N4BJB and yours truly slinging ropes into trees and dodging falling limbs. With 2 slingshots and plenty of rope, things went quickly. We hoisted up a G5RV, a Frank, K4PRR 40/80 meter dipole, an 80 meter Carolina Windom, a tape dipole and a 2-meter/440 collinear vertical. Barry gets the award for highest antenna, with his Carolina Windom at tree top level at about 75+feet. With plentiful trees, we had decent separation and minimal overlap of antennas to minimize interference. All antennas performed very well. Field Day veterans, Melody, KE4ACK and Rich, WA4BUE kept a watchful eye on things.

Brian, Bill and myself had our Ford Ranger pickups scattered through out the picnic area. We could not leave the cars by the shelters so the trucks were very handy in shuttling supplies. Brian and Deb brought their gas grill. To no one's surprise I set up my rig near the food. Speaking of food, this year's event had ribs, burgers, hot dogs, salad, donuts, cold cuts, cookies, chips, dip, ham biscuits, and lots of drinks. In the morning we had fresh coffee and donuts. The goal was to have a key, or a microphone or food in one's hand at all times.

Once the wiring was in place, we fired up the 5 KW generator. Rigs this year included 3 Icom IC 706 MkIIIG's, a Yaesu FT 847, an Elecraft K2/100, a Yaesu FT 817 an Icom IC 207 and a Kenwood THD7AG hooked up as an APRS station. We operated as a 5A (5 transmitter using generator) station. Just about everyone made contacts.

Club President, Ruth, KB4LIF did her usual stellar job of explaining the many facets of Amateur Radio and introducing people to the Chesapeake Clipper reporter, Christy Barritt. The following day, the local fire station

crew came out for free food and also a demonstration of an emergency field station. They were impressed.

Fred Weaver, KG4BKI the Southeastern Repeater Association (SERA) Virginia Correspondent visited us and gave some very helpful tips on operating RTTY. This was of great help to copy the W1AW bulletin. Although Bill and I copied the CW transmission on two different bands using 2 different radios, we both missed the same sections. We got additional points for having an educational display, having a fire department official visit the site, sending message traffic to our section manager and having a demonstration station.

We did not have a GOTA (get on the air) station, but Cynthia, Jim, KG4WOJ's 7-year-old daughter, got on the air as part of the contest. Fortunately, she had better ears than some of us and helped copy call signs. She really enjoyed the event and stayed till late at night. Unfortunately, we were not prepared to contact the International Space Station, but we tried. Other operators included Brock, KC8LWV, James, KA4EDI, Margaret, KI4EIR, Alex, KI4EIS, Lee, KI4CAV, John, N2WCR, Bob, WA4SQL, Rose, KD4ILS and Jim, KF5LI. If I left anyone out, I apologize.

All in all it was another successful Field Day! To see some of us in action, please visit Brian's website at: <http://www.geocities.com/n4bjb/picturegallery.html>.

### Old Dominion Net. Continued from page

and goodbye. After check-ins there were be a weekly topic to be discussed among the different amateurs that are participating. One week it could be the IRLP system, next week could be skywarn, or any range of topics of interest. Does not have to be Amateur Radio or technical topics.

The net is going to operate on Sunday evenings at 2000 hours, 8:00 pm for those who don't know 24 hour time. The net may start on August 1<sup>st</sup>, but if not it will be going for sure on August 8<sup>th</sup>.

KG4ZXX's IRLP node is currently operating simplex on 145.600 from 6:00 am through midnight and is suppose to be moved to the new Portsmouth repeater on 146.700 within the next month. Most folks in the lower area of Chesapeake or Virginia Beach may have trouble reaching the system unless you use high power. Once it's incorporated into the new repeater system that should no longer be a concern. The first couple of nets may be on 146.85 until the new link is completed.

Have a topic you would like to see addressed on the net? Have something for sale or looking to buy? Bring it to the net!

Anyone with any questions can contact Keith, KG4ZXX at [kg4zxx@arrl.net](mailto:kg4zxx@arrl.net)

## The Spectrum

Monthly newsletter of the Chesapeake  
Amateur Radio Service (CARS)

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**CARS Repeaters:**  
146.610 MHz  
146.820 MHz  
444.000 MHz

**W4CAR Trustee:**  
Frank Duval – K4PRR

## **CARS OFFICERS & CHAIRPERSONS**

**President:** Ruth Bigio KB4LIF

**Vice President:** Bill Runyon WF4R

**Secretary:** James Gwaltney KA4EDI

**Treasurer:** Sonny Hood K4WYS

**Past President:** Barry Goldblatt W3AFH

**COM Coordinator:**  
Rick Smith KC4RIC

**Public Service Coordinator:**  
Leo Kusuda KG4PWC

**Repeater Committee Chairman:**  
Barry Goldblatt W3AFH

**Spring Fest Coordinator:**  
Leo Kusuda KG4PWC

**Technical Committee:**  
Bill Runyon WF4R

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### **WEEK 3**

#### ***Drug store:***

- 1 toothbrush for each member of the household
- 1 large tube of toothpaste
- 1 bottle each of necessary over-the-counter and prescription medications
- 1 box of sanitary wipes or liquid hand sanitizer
- 1 package of sanitary napkins or tampons
- 1 bottle of shampoo
- 1 family size first aid kit

### **WEEK 4**

#### ***Grocery store:***

- At least 3 gallons of water for each member of the household, including pets
- Containers/boxes of quick energy snacks (granola bars, nuts, raisins, trail mix)
- 1 jar of peanut butter
- Large cans of juice (not concentrate)
- 1 package of assorted plastic utensils
- 1 package of paper plates & bowls
- 2 rolls of paper towels
- 1 6-roll pack of toilet paper

#### ***If needed:***

- Purchase extra items for pets (carriers, food, leashes, toys, etc.)
- Purchase extra items for children (baby food, formula, diapers, coloring books, etc.)
- Purchase extra items for elderly or special needs family members (hearing aid batteries, medications, special food, etc.)