

Mich-A-Con RF

Iron Mountain, Michigan

December 2005

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<http://www.arrl.org>

Will Your Safety Harness Kill You? Workers and emergency response personnel must be trained to recognize the risks of suspension trauma.

by Bill Weems and Phil Bishop

I was surprisingly comfortable with my legs dangling relaxed beneath me, and my arms outstretched in a posture that must have resembled a crucifixion. I had no feeling of stress and mused as to why this was considered dangerous. I felt I could stay in this position for a long time. Three minutes later, maybe less, I wondered why I suddenly felt so hot. The next thing I knew, they were reviving me from unconsciousness.

I had just experienced what could be deadly for your workers who use safety harnesses. Fortunately for me, my suspension trauma occurred in the safe environment of the research ward of University of Texas Medical Branch Hospital at Galveston, Texas, where I was the first subject in a NASA experiment studying orthostatic intolerance in astronauts. Your workers won't be so lucky.

Harness-Induced Death

Wide ranges of situations require safety harnesses of various types. Workers requiring fall protection,

workers entering many confined spaces, mountain climbers, deer hunters in elevated stands, and cave explorers all try to protect themselves through the use of safety harnesses, belts, and seats.

What is little known however, is that these harnesses can also kill.

Harnesses can become deadly whenever a worker is suspended for durations over five minutes in an upright posture, with the legs relaxed straight beneath the body. This can occur in many different situations in industry. A carpenter working alone is caught in mid-fall by his safety harness, only to die 15 minutes later from suspension trauma. An electrical worker is lowered into a shaft after testing for toxic gases. He is lowered on a cable and is positioned at the right level to repair a junction box. After five minutes he is unconscious--but his buddies tending the line

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Mich-A-Con ARC December 13th Meeting Minutes

The business meeting was called to order by President Tom Martin, W8JWN, at 6:30 PM.

Secretary Report:

Reading of the minutes of the November 8th meeting was waived.

Treasurer Report:

The Treasurer's Report was presented by Tom, W8JWN. As of this meeting we have \$103.66 in checking, \$1,795.22 (\$2.35 interest) in the savings account, \$1,369.23 (\$.52 interest) in the repeater account and \$25.63 petty cash (-\$.37 stamp). Transactions: Transfer \$100.00 savings to checking, WE Energies \$21.66, SBC \$25.04, U.P. Re-

peater Assn \$5.00, QSL.net \$25.00 donation for website

Repeater Report:

Lee, N8LT, and Bob, KC8TWG, have done some preliminary engineering for the installation of a temporary 30 foot tower for the 2-meter repeater but have been unable to contact Terry, KB9ZER, about the tower.

ARES:

The ARES net has been changed from Sundays to Thursdays at 6:15 PM.

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Words from the President

At this time I would like to wish all of the club members and prospective members a very merry and blessed Christmas and a healthy and safe 2005.

These were my "Words" in last December's newsletter. Obviously, I was in a "loss for words" mode that month. This year I have a little more to offer.

2005 was a pretty good year for me and for the club.

I started off the year, actually March, by going on the DXpedition to Belize with two fellow hams from the NEWDXA group in the Appleton area. George (W9MDP) and John (NZ9Z) stayed in Placencia, Belize for a week to operate in the ARRL DX Contest. It was a great experience to operate from a semi-rare country on RTTY and 30 meter CW. It was a humbling experience to try to copy CW through the QRM and pick out calls in the pile up. I actually, at one time, threw my cap across the shack because I was so frustrated with my "fist". It would have been nice to have Mike (K8DDB) in the shack to bring order to the CW operation. HI!

The only negative on the Belize trip was checking luggage and going through security with two carry-on bags full of electronic gear: cables, transceivers, 2 meter hand-helds, lap top com-

puters, etc. We slowed down many a line because of the interesting X-ray shots.

I was also on the No Fly List. Some Thomas Martin in the world must be a bad boy because in every international airport my name is flagged. From what I have read and learned, from talking to airline personnel, is that there is nothing you can do about it. Oh well, Cat Stevens and Ted Kennedy are in the same boat.

June brought Field Day and we had a great time as a club. The new beam worked well but another 10-15 feet of height would be a nice improvement for 2006. It was fun watching some of the "HF challenged" members making contacts on the GOTA station. Our score was also up this year. It will be measurably better next June with the addition of the kilowatt amp hidden under my operating table! HI!

2005 brought an interest in establishing a station, or at least a radio class for patients in the VA hospital. We have made contact with VA officials and are looking forward to some kind of action after the first of the year.

Pete (K8PT) from Marquette gave an interesting and informative presentation on his annual Jersey Island DXpedition...Mike (N9NBN) passed the Extra Class exam...Dennis (KD8AIT) was

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Mich-A-Con ARC Activities for January 2006

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3 Tnn	4	5 ARES	6	7
8	9	10 Meeting	11	12 ARES	13	14
15	16	17 Tnn	18	19 ARES	20	21 Breakfast
22	23	24 Tnn	25	26 ARES	27	28
29	30	31 Tnn				

January Contests

(All dates and times are UTC)

ARRL Straight Key Night
0000 to 2359 Jan 1, 2006

ARRL RTTY Roundup
1800 Jan 7 to 2400 Jan 8

North American QSO Party CW
1800 Jan 14 to 0600 Jan 15

North American QSO Party SSB
1800 Jan 21 to 0600 Jan 22

January Club Activities

ARES Nets are conducted at 6:15 PM Central Time every Thursday evening on our 2-meter repeater (146.850 MHz.)

Please join us for the Tuesday Night Net on the 3rd, 17th, 24th and 31st at 6:30 PM on the 2-meter repeater (146.850 MHz) Dennis, KD8AIT, is our Net Control Operator.

Monthly meeting on Tuesday the 10th at 6:30 PM in the Grace United Methodist Church, 721 Norway Street in Norway. The meeting room is upstairs next to the sanctuary.

Saturday Morning Breakfast, 9:00 AM on the 21st at the Holiday Kitchen in Iron Mountain, on US-2 across from Econo Foods.

Club Operating Activity

All club members are invited to use the club callsign to help the club attain WAS and DXCC. If you use the club call, please give information required for the log such as: station worked, date and time (UTC), frequency, RST sent and received, mode and power to Mike, K8DDB. Also give a description of the equipment you were using.
mikebray@chartermi.net

VEC Testing at Iron River

The Iron Range Amateur Radio Club VEC makes exams available on a monthly basis on the 3rd Thursday of the month, prior to the start of their club meeting. Examinations must be arranged before hand. Exam time: 6:30 PM (Central), Place: Iron River Lutheran Church (on US-2 next to McDonalds), Contact: Dan Waters, AA9G, (906) 265-4240
dmwaters@ironriver.tv

**License Study Materials
Available from the ARRL:**

Technician Class:

Now You're Talking - 5th
edition - Order No. 8810
\$19.95

ARRL's Tech Q&A - 3rd edition
- Order No. 8829
\$12.95

*ARRL Technician Class Video
Course* - 4th ed.
DVD Course No. 9116
VHS Course No. 8837
\$149 each + \$12 s&h

General Class:

*ARRL General Class License
Manual* - 5th ed.
Valid beginning July 1, 2004 -
Order No. 9205
\$16.95

ARRL's General Q&A
Valid beginning July 1, 2004 -
Order No. 9213
\$12.95

*Your Introduction to Morse
Code* - Pass 5 wpm test
Cassettes No. 8322
Audio CD No. 8314
\$14.95 each

*Ham University - Complete
Edition* - Learn Morse code with
this easy to use software.
Includes a written exam quiz
generator with all three
question pools. CD-ROM for
Win95-XP
Order No. 8735
\$39.95

Phone: 1-888-277-5289
or

<http://www.arrl.org/catalog/lm/>

<http://www.arrl.org/catalog/8330/>

<http://hamuniversity.com>

Will Your Safety Harness Kill You?

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don't realize it, and 15 minutes later a dead body is hauled out.

The cause of this problem is called "suspension trauma." Fall protection researchers have recognized this phenomenon for decades. Despite this, data have not been collected on the extent of the problem; most users of fall protection equipment, rescue personnel, and safety and health professionals remain unaware of the hazard.

Suspension Trauma

Suspension trauma death is caused by orthostatic incompetence (also called orthostatic intolerance). Orthostatic incompetence can occur any time a person is required to stand quietly for prolonged periods and may be worsened by heat and dehydration. It is most commonly encountered in military parades where soldiers must stand at attention for prolonged periods. Supervisors can prevent it by training soldiers to keep their knees slightly bent so the leg muscles are engaged in maintaining posture.

What happens in orthostatic incompetence is that the legs are immobile with a worker in an upright posture. Gravity pulls blood into the lower legs, which have a very large storage capacity. Enough blood eventually accumulates so that return blood flow to the right chamber of the heart is reduced. The heart can only pump the blood available, so the heart's output begins to fall. The heart speeds up to maintain sufficient blood flow to the brain, but if the blood supply to the heart is restricted enough, beating faster is ineffective, and the body abruptly slows the heart.

In most instances this solves the problem by causing the worker to faint, which typically results in slumping to the ground where the legs, the heart, and the brain are on the same level. Blood is now returned to the heart and the worker typically recovers quickly. In a harness, however, the worker can't fall into a horizontal posture, so the reduced heart rate causes the brain's blood supply to fall below the critical level.

Orthostatic incompetence doesn't occur to us very often because it requires that the legs remain relaxed, straight, and below heart level. If the leg muscles are contracting in order to maintain balance and support the body, the muscles

press against the leg veins. This compression, together with well-placed one-way valves, helps pump blood back to the heart. If the upper-legs are horizontal, as when we sit quietly, the vertical pumping distance is greatly reduced, so there are no problems.

In suspension trauma, several unfortunate things occur that aggravate the problem. First, the worker is suspended in an upright posture with legs dangling. Second, the safety harness straps exert pressure on leg veins, compressing them and reducing blood flow back to the heart. Third, the harness keeps the worker in an upright position, regardless of loss of consciousness, which is what kills workers.

Phases of Fall Protection

There are four phases of fall protection: Before the fall, at fall arrest, suspension, and post-fall rescue. Each phase presents unique safety challenges. Suspension trauma can be influenced by all aspects of the fall, so they are all important. As with many aspects of safety, increasing the safety in one phase can compromise the safety of the others. Whatever training workers have received will determine how they respond to different phases. Here is a brief discussion of each aspect of fall protection.

Before the fall

The key issue of fall protection before the fall is compliance. If a harness is too uncomfortable, too inconvenient, or interferes too much with task completion, workers may not use the equipment or may modify it (illegally) to make it more tolerable. A second major point is the length of the attachment lanyard, or, how far can a worker fall before his fall is arrested? The longer the fall, the greater the stress on the body will be when the fall is arrested. The shorter the lanyard, the more often it will have to be repositioned when workers are mobile. A moveable safe anchor is one solution, but this situation is only occasionally available.

Fall arrest

The whole concept of fall protection is that workers who fall will be stopped by the tethering system. The longer the attachment lanyard, the greater the acceleration time during the fall and the greater the stress on the body at arrest. Unfortunately, the posture of the falling worker is unpredictable. Depending on the harness attach-

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Will Your Safety Harness Kill You?

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ment point and the position of the worker's body at arrest, different harness attachments offer different advantages. An attachment near the shoulders means that any drag from the lanyard will serve to position the worker's body in an upright position so the forces are distributed from head to foot. The head is somewhat protected if the legs and body precede it in the fall, but this offers some disadvantages after the fall arrest is completed.

Suspension

Many safety professionals naturally assume that, once a fall has been arrested, the fall protection system has successfully completed its job. Unfortunately, this is *not* the case. A worker suspended in an upright position with the legs dangling in a harness of any type is subject to suspension trauma.

Fall victims can slow the onset of suspension trauma by pushing down vigorously with the legs, by positioning their body in a horizontal or slight leg-high position, or by standing up. Harness design and fall injuries may prevent these actions, however.

Rescue

Rescue must come rapidly to minimize the dangers of suspension trauma.

The circumstances together with the lanyard attachment point will determine the possibilities of self-rescue. In situations where self-rescue is not likely to be possible, workers must be supervised at all times. Regardless of whether a worker can self-rescue or must rely upon others, time is of the essence because a worker may lose consciousness in only a few minutes.

If a worker is suspended long enough to lose consciousness, rescue personnel must be careful in handling such a person or the rescued worker may die anyway. This post-rescue death is apparently caused by the heart's inability to tolerate the abrupt increase in blood flow to the right heart after removal from the harness. Current recommended procedures are to take from 30 to 40 minutes to move the victim from kneeling to a sitting to a supine position.

Interference Among Phases

An arrest harness attachment on the front of the body facilitates self-rescue after a fall. However, a front attachment means the arresting

lanyard may be in the way for many work tasks. An attachment point near the center of gravity (CG) makes post-fall body positioning much easier and increases the likelihood that a fallen worker will not be suspended in an upright vertical position.

Yet a front near-CG attachment point can greatly increase the bending stress on the spine at the instant of arrest, raising the possibility that the arrest itself results in serious injury. The most protective harnesses for suspension can be the least comfortable.

Recommendations

Safety harnesses save many lives and injuries. However, continual vigilance is needed to train and supervise workers to ensure harnesses are used safely.

All phases of fall protection need to be examined for each particular application. Workers and emergency response personnel must be trained to recognize the risks of suspension trauma.

Before the potential fall:

- 1) Workers should never be permitted to work alone in a harness.
- 2) Rope/cable tenders must make *certain* the harness user is conscious at all times.
- 3) Time in suspension should be limited to under five minutes. Longer suspensions must have foothold straps or means for putting weight on the legs.
- 4) Harnesses should be selected for specific applications and must consider: compliance (convenience), potential arrest injury, and suspension trauma.
- 5) Tie-off lanyards should be anchored as high and tight as work permits.

After a fall:

- 1) Workers should be trained to try to move their legs in the harness and try to push against any footholds.
- 2) Workers hanging in a harness should be trained to try to get their legs as high as possible and their heads as close to horizontal as possible (this is nearly impossible with many commercial harnesses in use today).
- 3) If the worker is suspended upright, emergency measures must be taken to remove the worker from suspension or move the fallen worker into a horizontal posture, or at least to a sitting position.
- 4) All personnel should be trained that suspen-

Club Equipment List

Tom, W8JWN, has custody of :

- Gin Pole for Rohn tower sections with 100 feet of rope.
- Small TV type rotor and control.
- Dipole antennas for 80, 40, 20, 15 and 10 meters with 50 feet of RG58 coax.
- Various lengths of string for antennas (not very heavy)
- RG8X with double shield (100 feet)
- 3/16 inch single braid Dacron rope (200 feet)
- 20 meter open stub (nulls 40 and 15 meters)
- 40 meter shorted stub (nulls 20 and 10 meters)
- 40 meter shorted stub (nulls 15 meters)
- 6 PL259 silver connectors
- 4 T-adapters for stubs
- 4 UG-176 silver sleeves
- 3 right-angle connectors
- Tri-band beam antenna
- Club banner

Mike, K8DDB, has custody of :

- Lafayette 80-10 meter tube type VFO and Operating Manual.
- J-38 Morse key
- Power supply 0 to +- 32 VDC, 2 amp (rack mount)
- Duplexer (rack mount home brew) 440 MHz?
- Power supply (home brew partially built)
- Multimeter—Military ME-26D/U by Sentinel Electronics, Inc.

Bob, KC8TWG, has custody of :

- 40 foot tower (in process of refurbishing)

The list can be accessed by a link on the Membership page of our web site:

<http://www.qsl.net/ka1ddb/>

If you have custody of any club equipment, please notify Mike, K8DDB, of what you have. Also, notify Mike when you give custody of the equipment to another member.

Email: mikebray@chartermi.net
or
Phone (906) 563-7020

Packet Racket

Edited from emails sent by
George Thurner, W8FWG

**CMX Packet Radio Update
26 November, 2005**

We have a defective antenna at CMX. Our dual-bander (2m/70cm) failed in a recent windstorm. It is listing at About a 60 degree angle, so I suspect that the feedline snapped off at the base of that antenna.

As a temporary fix, I've swung the packet radio system over to the new UHF antenna at about the 90 foot level on the Alltel tower. That was done on Friday afternoon about 1510 EST.

It is working again, and we have reestablished our packet radio link to the south on 446.3 MHz. That'll take us to Iron River, Iron Mountain, and points south.

**Antenna Update #2
27 November, 2005**

You have heard of the problem with the dual-band antenna at CMX (Osceola) [Calumet], well, as of Sunday morning, Nov. 27, 2005 I made another change.

We had lost our 145.010 route to the west, as a result of the dual-band antenna failure, and that was only discovered a day later. (Nov. 26).....

I went out there again today (Sunday, Nov. 27), this time, disconnected the duplexer feeding the antennas and used a 2M beam on the route facing west (Winona), putting that link back in service as of about 1100 AM Sunday.

We still have adequate antennae for both UHF and VHF at the site for our Yaesu FT7800 (voice rig) and I tested that also. I tested all routes: CMXLAN, CMXBBS, MIWIN, MICMX this morning and found them all to be working.

These changes are temporary, until we can get the dual-band antenna system repaired. It is leaning over, from structural damage (wind) of the last storm we had.

sion in an upright condition for longer than five minutes can be fatal.

For harness rescues:

- 1) The victim should not be suspended in a vertical (upright) posture with the legs dangling straight. Victims should be kept as nearly horizontal as possible, or at least in a sitting position.
- 2) Rescuers should be trained that victims who are suspended vertically before rescue are in a potentially fatal situation.
- 3) Rescuers must be aware that post-rescue death may occur if victims are moved to a horizontal position too rapidly.

Recommendations on harnesses:

- 1) It may be advantageous in some circumstances to locate the lanyard or tie-off attachment of the harness as near to the body's center of gravity as possible to reduce the whiplash and other trauma when a fall is arrested. This also facilitates moving legs upward and head downward while suspended.
- 2) Front (stomach or chest) rather than rear (back) harness lanyard attachment points will aid uninjured workers in self-rescue. This is crucial if workers are not closely supervised.
- 3) Any time a worker must spend time hanging in a harness, a harness with a seat rather than straps alone should be used to help position the upper legs horizontally.
- 4) A gradual arrest device should be employed to lessen deceleration injuries.
- 5) Workers should get supervised (because this is dangerous) experience at hanging in the harness they will be using.

Bill Weems (bweems@ccs.ua.edu) and Phil Bishop are at the University of Alabama, in Tuscaloosa, Ala. Dr. Weems is an industrial hygienist. He directs Safe State, the OSHA consultation agency for small business in Alabama. Dr. Bishop is an ergonomist. He teaches and conducts research in the physiology of human performance.

Reference

Seddon, Paul. *Harness Suspension: review and evaluation of existing information.* Health and Safety Executive. Research Report 451/2002. 104 pp.

Pull quotes:

All personnel should be trained that suspension

in an upright condition for longer than five minutes can be fatal.

Depending on the harness attachment point and the position of the worker's body at arrest, different harness attachments offer different advantages.

Fall victims can slow the onset of suspension trauma by pushing down vigorously with the legs, by positioning their body in a horizontal or slight leg-high position, or by standing up.

Gerritsen Convicted On All Counts In Radio Jamming Case

A US District Court jury has found Jack Gerritsen of Bell, California, guilty on six counts that included transmitting without a license and willful and malicious interference with radio transmissions. Gerritsen, 69, who briefly held the amateur call sign KG6IRO, will face sentencing March 6, according to the office of Debra W. Yang, US Attorney for the Central District of California. He could receive up to 15 years in federal prison.

"The Federal Communication Commission investigated illegal radio transmissions linked to Gerritsen for four years," said a statement from Yang's office. "According to court documents filed in this case, the FCC investigation revealed that Gerritsen transmitted his prerecorded messages, as well as real-time harassment and profanity, for hours at a time, often making it impossible for licensed radio operators to use the public frequencies." A federal grand jury indicted Gerritsen last spring.

Turning down the offer of a public defender, Gerritsen served as his own attorney. The government's case, presented by Assistant US Attorney Lamar Baker, went to the jury December 8, and the jury deliberated for less than an hour before returning its verdict December 9. US District Court Judge R. Gary Klausner revoked Gerritsen's bond, and the defendant was taken into custody following the verdict.

Gerritsen was found guilty of interfering with a Military Affiliate Radio System (MARS) communication last March and interfering with American Red Cross communications last January--both misdemeanors--and with interfering with US Coast Guard communications in Octo-

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Gerritsen Radio Jamming Case

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ber 2004, a felony. He also faced three misdemeanor counts of transmitting without a license. Recordings of radio transmissions attributed to Gerritsen were played for the jury.

Those familiar with this week's court proceedings said Gerritsen tended to focus on freedom of speech issues and sometimes confused those on the stand.

Among those testifying at length on behalf of the government was FCC Senior Agent Steven Pierce, who discussed his use of mobile direction-finding equipment and techniques used to track the source of transmissions.

Just days before the trial began, the FCC affirmed a total of \$42,000 in additional fines it had levied on Gerritsen, releasing two \$21,000 Forfeiture Orders (NOFs). In affirming the fines, the FCC rebuffed every argument Gerritsen had offered in responding to each Notice of Apparent Liability, including his insistent "freedom of speech" claim.

"His unlicensed operation on amateur frequencies is not protected by the US Constitution as it is well established that the right to free speech does not include the right to use radio facilities without a license," the FCC said in a footnote in one of the NOFs. The federal court jury in California apparently agreed.

In late November, Klausner denied Gerritsen's motion to dismiss the three unlicensed transmitting counts, turning away Gerritsen's argument that the FCC could not set aside his Amateur Radio license without a hearing.

Klausner declared that the effect of the FCC's 2001 set aside of KG6IRO "was to treat the application as if it had never been granted." Since Gerritsen never held an Amateur Radio license, he never had the right to a hearing, the judge reasoned.

Last March, the FCC upheld a \$10,000 fine against Gerritsen for interfering with Amateur Radio communications. The government has yet to collect.

FBI agents, accompanied by FCC staff, arrested Gerritsen without incident last May and seized his radio equipment. Released on \$250,000 bond while awaiting trial, Gerritsen remained in home

detention, barred from possessing any radio equipment.

Gerritsen's history of radio-related legal problems go back to 2000 when he was convicted for intercepting, obstructing and/or interfering with California Highway Patrol radio communications. In November 2001, the FCC's Wireless Telecommunications Bureau issued, then quickly rescinded, Gerritsen's Technician license, KG6IRO, because of his earlier conviction.

While transmitting on various Los Angeles-area repeaters, Gerritsen continued to identify as KG6IRO, however.

Radio amateurs on the West Coast complained for months about the slow pace of enforcement action in the Gerritsen case. Los Angeles-area repeater owners had taken to shutting down their machines to avoid the nearly constant barrage of malicious interference and lengthy political tirades attributed to Gerritsen.

K7QO Morse Code Course

Mike, K8DDB, still has free CD ROMs of Chuck Adams' K7QO Morse Code Course. Any member desiring a copy should contact Mike at mikebray@chartermi.net or (906) 563-7020.

Negaunee Swap 'n Shop in Feb

The Negaunee Swap 'n Shop will be held on the first Saturday of February (Feb 4, 9 AM to 2 PM Eastern time) Sponsor: Hiawatha ARA. Location is Negaunee Township Hall, 42 Hwy M-35, midway between Negaunee and Marquette; turn S at blinking light (intersection of US-41 and M-35), go 1/4 mile to Township Hall on right. Swap and Shop, refreshments. Talk in: 147.27 (100 Hz). Admission: \$4. Tables: \$6. Contact: Robert Serfas, N8PKN, 1600 Bayview Dr., Marquette, MI 49855; 906-225-6773 n8pkn@aol.com, <http://www.qsl.net/k8lod/>



ARRL Web Site Offers Winlink 2000 Page

The ARRL now has a Web page: <http://www.arrl.org/tis/info/winlink.html> devoted to Winlink 2000 <http://www.winlink.org>, the software and hardware system that links Amateur Radio to the Internet and allows sending and receiving e-mail messages via Amateur Radio.

The League's new Winlink 2000 resource page contains general information about Winlink 2000, including articles, reprints, links and other useful information. A worldwide radio digital messaging system, Winlink 2000 also offers position reporting, weather bulletins and graphics, and emergency communication capabilities. It's already being used extensively by radio amateurs in the sailing and cruising communities as well as by recreational vehicle travelers, missionaries, scientists and explorers.

The ARRL Board of Directors in 2004 encouraged the deployment within the Amateur Radio Emergency Service (ARES) of e-mail via Amateur Radio "as exemplified by Winlink 2000" to meet the needs of served agencies and others involved in providing disaster communications. Amateur Radio volunteers responding to help in the wake of Hurricane Katrina utilized Winlink 2000 with great success.

Time Change for Local ARES Net

Our ARES net has been changed from Sundays to Thursdays at 6:15 PM. We hope this is a more convenient time and will result in more checkins.

Stroke Recognition

During a BBQ a friend stumbled and took a little fall - she assured everyone that she was fine (they offered to call paramedics) and just tripped over a brick because of her new shoes. They got her cleaned up and got her a new plate of food - while she appeared a bit shaken up, Ingrid went about enjoying herself the rest of the evening. Ingrid's husband called later telling everyone that his wife had been taken to the hospital - (at 6:00pm, Ingrid passed away.) She had suffered a stroke at the BBQ - had they known how to identify the signs of a stroke perhaps Ingrid would be with us today.

It only takes a minute to read this.

----- A neurologist says that if he can get to a stroke victim within 3 hours he can totally reverse the effects of a stroke...**totally**. He said the trick was getting a stroke recognized, diagnosed and getting to the patient within 3 hours which is tough.

RECOGNIZING A STROKE

Thank God for the sense to remember the "3" steps. Read and Learn!

Sometimes symptoms of a stroke are difficult to identify. Unfortunately, the lack of awareness spells disaster. The stroke victim may suffer brain damage when people nearby fail to recognize the symptoms of a stroke.

Now doctors say a bystander can recognize a stroke by asking three simple questions:

1. **Ask the individual to SMILE.*
2. **Ask him or her to RAISE BOTH ARMS.*
3. **Ask the person to SPEAK A SIMPLE SENTENCE (Coherently) (i.e. . . It is sunny out today) If he or she has trouble with any of these tasks, call 9-1-1 immediately and describe the symptoms to the dispatcher.*

After discovering that a group of non-medical volunteers could identify facial weakness, arm weakness and speech problems, researchers urged the general public to learn the three questions. They presented their conclusions at the American Stroke Association's annual meeting last February. Widespread use of this test could result in prompt diagnosis and treatment of the stroke and prevent brain damage.

Member Profile - Mike Boileau, N9NBN



Mike was first licensed in 1991 at the age of 29. He became interested in Ham radio in the early 80s while enjoying the CB hobby. He had made a delivery to the home of Andy, KB9UE, and noticed his antennas. Andy gave him a tour of his shack and helped him to get started. Mike studied for his license exam with a friend and fellow CBer, Brian, N9NBL. They took the exam on the same day and both passed. Mike's first rig was an Alinco DR 570 dual band mobile radio, which he used to make his first QSO, via repeater, with his buddy Brian.

Over the years, Mike has upgraded to Tech Plus and General class and as of August 2005, holds an Amateur Extra class license.

Mike is currently the vice president of the Mich-A-Con Amateur Radio Club. He has also served as president and vice president of the Washington County (Wisconsin) ARC. He has been involved in several repeater projects over the years, and has a 220 repeater in operation now. In his earlier Ham radio days, when the band was good, he spent a lot of time on 10 meters. Now, he is involved in MARS and listens quite a bit on the bands, and enjoys projects and building.

The operating console for his impressive station was built by himself out of solid oak. He has an Icom 756 Pro II and a Kenwood TS 850 on HF, an all mode Yaesu on 6 meters and several dual band radios on VHF and UHF. Also, radios for 220 and packet. His antenna farm consists of a 45 foot tower with dipoles on HF, beams on 6 meters, 2 meters, 440 and 220 MHz. A 10 meter beam (soon to be tri bander), 6 meter vertical, packet and scanner antennas round out his antenna farm.

Mike is involved in his church. He is a drummer and is involved in recording using his digital recording studio. He also enjoys hunting and fishing and riding his motorcycle.

December 13th Meeting Minutes

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Old Business:

Tom has contacted Glen Martin Engineering for a brochure for their safety belts/harnesses but hasn't received it yet.

Tom has contacted Gary Weiss at the VA hospital about running a Tech license class at the hospital in January for patients and others. Gary will try to get approval from Mark Frazee and get back to Tom. Tom will contact Bob, WA8FXQ, about a starting date if the class is approved by the hospital.

New Business:

None

The meeting concluded with a Good Of The Order discussion.

Adjournment:

The meeting was adjourned at 8:05 PM

Submitted by: Mike Bray

Attendees:

Mike Bray, K8DDB (Secretary)
 Mike Boileau, N9NBN (Vice President)
 Lee Michaud, N8LT
 Bob Uren, KC8TWG
 Tom Martin, W8JWN (President)
 Steve Skauge, KD8CCP

Words from the President

(Continued from page 2)

named the AEC (ARRL Emergency Coordinator) for Dickinson County and runs an ARES Net on Thursday AND was elected treasurer of the club...Mike,(K8DDB) continued to make our newsletter a top notch publication...Lee (N8LT) provided us with superb technical articles...Bob (KC8TWG), showed his welding skills through various tower and antenna projects.

Well, that is about it from this end of the coax. There were other events throughout the year but I just touched on a few. Hopefully, in December 2006, my "Words" will reveal even more exciting adventures and activities of members of the Mich-A-Con ARC.

Merry Christmas and Happy New Year

Tom W8JWN/V31TR ex: K9SNX

Buy-Sell-Trade

For Sale

Ten Tec 6-meter FM Transceiver, model 1260, 5 watt output, microprocessor controlled w/15 memories, digital frequency display - \$100.00

ARX-2B Ranger II Cushcraft, 135-170 MHz - \$55.00

Motorola 25 amp 13.8 volt Micor Power Supply - \$35.00

Bob Uren, KC8TWG
rjuren@chartermi.net
 (906) 779-1708

Wanted

H.F. Rig - Looking for something like a Kenwood TS-940, TS-430, etc.; Yaesu FT-890, FT-990; most anything to use as a second rig. Would also consider a Tube Type transceiver.

Hallicrafters sx-101 receiver (might consider National 300 receivers series also)
 Hammarlund HQ-170-180
 Collins KWM2 or 2A, or Collins receivers

Monte, K9DZD
 Channing, MI
 (906) 542-3802
k9dzd@ispwest.com

For Sale or Trade

Two 2-meter beams. Will trade or ?

Pat, KC8EMF
pservia@norwaymi.com
 (906)563-9685

Wanted

2-meter handheld with 5 watt output.
 Dual or Tri-band VHF/UHF vertical antenna.
 Will trade or ?

Pat, KC8EMF
pservia@norwaymi.com
 (906)563-9685

For Sale

Dentron 160-10 AT antenna tuner. It will handle 600 watts easily. No meters.
 Radio Shack 10-meter 25 watt mobile/fixed transceiver HTX-10. Like new condition, works great. \$75.00

Tom Martin, W8JWN
 (906)774-5463

Club Apparel:

Our club apparel is supplied by:

Shirt Tails
 408 S Stephenson Ave.
 Iron Mountain, MI 49801

Phone: (906)774-3370
 or
finleyd@up.net

Prices:

Jacket with liner \$45
 (Tall add \$5, 2X or 3X add \$5,
 to add your name or call sign
 on the front is \$5)

T-Shirt - \$10
 (2X or 3X add \$1)
 Sweatshirt - \$16
 (2X or 3X add \$2)

If you wish to have the club logo printed on an item of clothing that you have purchased elsewhere, there is charge of \$6.

Club patches are available from:

Tom Martin, W8JWN
 812 West B Street
 Iron Mountain, MI 49801

They are 3 inches in diameter and sell for \$3.00 each. If ordering by mail, please include a SASE along with your payment.



Mich-A-Con Amateur Radio Club
Membership Application/Renewal Form

Please remit dues to:
Dennis Beurjey, KD8AIT
612 Balsam Street
Kingsford, MI 49802

Name: _____
Address: _____
City, State, Zip: _____
Call Sign: _____
Email Address: _____
Phone: _____
ARRL Member? Yes _____ No _____

Annual dues are due in January—Please make checks payable to Mich-A-Con ARC
Annual dues for Full Membership - Single \$20 ____ * Family \$30 ____ * Repeater-Only - \$10 ____**

If family membership, please list additional names and call signs:

* The dues for NEW members are prorated - you only pay for the remainder of the year! Please remit \$1.67 per month for a Single membership or \$2.50 per month for a Family membership.
**If you are an occasional or seasonal user of the repeater, please consider our Repeater-Only-Membership.

Exam Schedule

City: Iron Mountain
Location: Dickinson County Library
Room: Conference Room
Time: 9:30 AM Central Time
Contact: Mark Lewis, N8UKD
Telephone: (906) 774-6598

Exam Date: Feb 4, 2006
Exam Date: May 6, 2006
Exam Date: Aug 5, 2006
Exam Date: Nov 4, 2006

Examinees should bring 2 pencils, a pen for the official paperwork, the originals AND copies of any previous credit that you have earned (Certificates of Successful Completion or current license), 1 photo id (usually a driver's license) and 1 other id. (usually a birth certificate or SS card), a calculator if needed (make sure your memories are cleaned out), and the test fee (2006 fee is \$14).

Mich-A-Con RF is published by the Mich-A-Con Amateur Radio Club of Iron Mountain.

Items for Mich-A-Con RF should be in the editor's hands by club meeting day (2nd Tuesday of the month) to be included in that month's edition. Please consider writing an article related to Amateur Radio to share with your fellow members. Send the article in plain text and attach any photos, etc., don't worry about format, that's the editor's job.

Send to:
mikebray@chartermi.net
(906) 563-7020

Permission is hereby granted for the reproduction of material found in Mich-A-Con RF unless otherwise noted, provided that proper credit is given to the author and Mich-A-Con ARC.

Repeaters

The club maintains two repeaters, which are located on Pine Mountain in Iron Mountain, with tower and facilities provided by the Wisconsin Electric Power Co.

Identifier: WA8FXQ/R IMT

Output	Offset	PL Tone
146.850 MHz	minus	—
444.850 MHz	plus	100

Both repeaters have an auto patch with a toll restriction. The auto patch on the 2-meter repeater can be used with permission. The 440 auto patch is for club use only.

A club net is held on the 2-meter repeater every Tuesday at 6:30 PM except the 2nd Tuesday of the month, which is club meeting night.

Mich-A-Con RF

Mich-A-Con ARC
c/o Michael F. Bray
W3821 Waucedah Road
Vulcan, MI 49892-8483

Mich-A-Con RF

Club Meetings

The Mich-A-Con Amateur Radio Club meets on the second Tuesday of the month at 6:30 PM in the Grace United Methodist Church (upstairs in the room next to the sanctuary), 721 Norway Street in Norway, Michigan. Visitors and prospective members are always welcome!

The URL for the Mich-A-Con ARC web site is:

<http://www.qsl.net/ka1ddb/>

Previous editions of Mich-A-Con RF can be accessed by a link on the news page.

The ARRL DX Bulletin on the Upcoming Activities page is updated each Thursday and the contests section is updated on a monthly basis.

CLUB OFFICERS

President:

Tom Martin, W8JWN
(906) 774-5463
tmartin@chartermi.net

Vice President:

Mike Boileau, N9NBN
(715) 251-3137
n9nbn@netnet.net

Secretary:

Mike Bray, K8DDB
(906) 563-7020
mikebray@chartermi.net

Treasurer:

Dennis Beurjey, KD8AIT
(906) 771-1996
dbeurjey@msn.com

Reminders

Club dues for the year 2006 are payable on January 1st. Please use the Membership Application/Renewal form on page 9 of this newsletter. Checks should be made payable to Mich-A-Con ARC and sent to our new Treasurer, Dennis Beurjey, KD8AIT, at the address listed on the form. Thank you for supporting our club!

The monthly meeting for January is on TUESDAY the 10th at 6:30 PM in the Grace United Methodist Church, 721 Norway Street, Norway, Michigan. (Upstairs in the room next to the sanctuary.)