



Western Suburbs Radio Club Inc.

September 2003 Newsletter

ZL1AC, Branch 03 NZART 3000 Great North Road New Lynn, PO Box 15-122, New Lynn.

President: James Moore ZL1JYM, Secretary: Merv Thomas ZL1

Newsletter Editor - John Neill ZL1NE - john.neill@clear.net.nz

VHF Club Net Wednesday 07:30 146.525 MHz, HF Club Net Fridays 07:30 3.622 MHz

Website <http://www.qsl.net/zl1ac>

Club Calendar

Thursday	4 th	September	Wireless Workshop Auckland University
Monday	8 th	September	Telecommunications at SkyTower by Warren Harding of JDA
Saturday	20 th	September	Hamilton Amateur Radio Club Market Day – Claudelands Showground's
Tuesday	30 th	September	Regional Coordinating Committee
Wednesday	15 th	October	Bowls at the Albany Hall at 1930
Saturday	1 st	November	WSRC Used Equipment Sale. (Date to be confirmed).
Saturday	6 th	December	North Shore Radio Club Jumble Sale Albany Hall (Details later)

Telecommunication on SkyTower

At the next club evening on 8th September 2003 the club members will be treated to a presentation by Warren Harding of Johnson Dick & Associates talking on telecommunications on SkyTower. All are welcome to this discussion and visitors are especially welcome.

Last Club Evening



The last club evening was dinner at the Avondale RSA. A good number of club members attended the dinner and had a very pleasant evening. Someone counted 26 people at the table. It was great to see so many people at this function and it was really good to see a few new faces

New Call

James (Ex ZL1WOT) was heard using his new call sign of ZL1JYM at check in time on the Sunday news and Net. Congratulations James on passing CW.

Hamilton Amateur Radio Club Market Day

This popular used equipment sale is scheduled for Saturday 20th September at the usual venue of Claudelands Showground's in Hamilton. Should you be wishing to book a table or car boot space then call David Nation ZL1TCE on:

Bus 07 834 6767, A/H 07 843 0108, 027 474 3292, harcmday@hotmail.com

The sale will open to buyers at 10:00 am. The VHF group are planning to take the trading table. Talk to few of your fellow Hams, fill your car with them (but leave enough room to bring home that bargain) and have a great day out.

**Peritoneal Dialysis PDU
Life Can Go On With Some Changes
By ZL1VRR**

Back Ground

In New Zealand over 800 people are treated with dialysis to stay alive because they have kidney failure. World wide there is over 400,000. Any race, age or walk of life is affected. The kidneys are used to clean the blood of toxins. They also control the amount of fluid in the body, which is got rid off through your bladder when you urinate. The red blood cells carry oxygen around the body to give you energy, a by-product from which the bone marrow makes these red blood cells the kidneys also make a hormone, which helps, control your blood pressure. This is done by maintaining your correct fluid balance. If you have too much fluid in your body then your blood pressure goes up, if you don't have enough fluid then your blood pressure drops. The kidneys help to keep your bones strong and so doing regulate the active vitamin D. This controls the amount of calcium that is absorbed into the bones.

Peritoneal Dialysis is the treatment that removes waste products and water from the blood, using the lining of the abdomen called the Peritoneum (this lies between the ribs and stomach lining) and acts as a filter inside the body.

What is CAPD?

C = Continuous This means the treatment does not stop, it works much like a persons own kidneys do, constantly cleaning the blood. As long as there is dialysis fluid inside the abdomen, the blood is being treated 24 hrs a day, 7 days a week.

A = Ambulatory This means to walk. The dialysis treatment is happening all the time that people are carrying on in their daily activities; going to work, school, playing sport or doing hobbies, while they are dialysing.

P = Peritoneal The treatment uses the peritoneal membrane in the abdomen inside the body, which acts as a filter.

D = Dialysis The blood inside the body is cleaned, and waste water are removed from the body.

How does it work

A tube of about 15cm long is feed into the body cavity with the catheter lying outside the body. An extension tube called a transfer set is attached to the catheter to provide an open and shut clamp (twist clamp) through which special fluid (dial sate) can be drained into the abdomen. The catheter stays in place all the time. This fluid is run from the bag into the abdomen by gravity where it stays in the body for up to 4 to 5 hours. During this time the blood is cleaned and the water and waste products are then drawn from the blood into the fluid. This fluid (with the extra water and waste products) is then drained out again by gravity. A new bag of solution is put in 4/5 times a day. Each exchange of solution can take up to 40minutes. The treatment is done every day seven day a week 52 weeks per year.

The Theory

When you fill up your peritoneum with PD solution, the walls of the peritoneum separate the blood from the solution. The peritoneum has tiny holes in it so acts as a natural filter.

Ultrafiltration

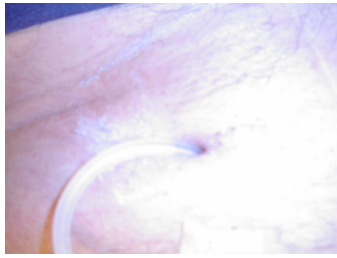
The dialysis has sugar, called glucose in it. The water in the blood moves across this membrane because the solution has glucose in it. The glucose attracts fluid like a magnet so more water floats into the PD solution. The more glucose that is in the solution the more fluid that will be drawn across the membrane. This is a natural process that you don't feel. After 6 hours the waste and extra water stop moving into the solution. It is then time to exchange the old for a new bag of solution, so it can start all over again.

Procedure

The bags of solution have to be heated before draining into the body. Heating them in a microwave, using hot water bottles and wrapping in a blanket, or leaving the bag in the hot sun till the bag reaches body temperature does this. Cleanliness during the bag change is very important. Washing your hands with bacterial soap, wash off with water then dry your hands with a sterile towel before you begin to dilate. Hands are then washed again with a solution of hand rinse that has a sterilising effect to any bugs. This is done before touching the twist clamp cap and the bag seal cap which are connected to the catheter in the stomach. The fluid from the peritoneal cavity is drained to an empty bag. This is then measured to see the amount of fluid that has been extracted. The new bag of solution is then drained into the peritoneal cavity to complete the change.

What Now

For me, I now feel fine with a lot more energy and can now attempt most things that I was doing without problems a year ago. With having to stop work (an eight hour a day) I now have time to spare. Some of this time is taken up with the bag changes, up to three hours per day. I have to take a number of pills and potions to keep me well and this helps offset functions that the kidneys normally do when healthy. The PDU clinic and specialist doctors regularly check me out. Bloods test are done regularly to see that the dialysis is doing the job and getting rid of the rubbish. A log is kept of fluid in and fluid out, for each bag change. Life goes on. As far as hobbies go I am still able to participate with Ham radio. So that's a plus!



The Shunt entering the Peritoneal Cavity.



Emptying the Waste Solution to the bag on the floor.



The new solution being transferred to the Peritoneal Cavity. The full waste bag is on the floor.

**Western Suburbs Radio Club
Branch 03, NZART Inc:
Minutes of the 6th meeting for 2003 of the elected Committee
Monday 18th: August 2003**

Attendance James Moore ZL1WOT, President; Merv Thomas ZL1SK, Secretary; John Turnwald ZL1JT, Treasurer; Barry Williams ZL1ACZ, Newsletter Liason; Brian Huggard ZL1MW, AREC; Ross Reddell ZL1VRR;
The meeting commenced at 1929 hours.

Apologies Bob Hight ZL1GD by club radio on 146.625 Simplex.

Minutes: As circulated by email by the secretary were taken as a true and correct record. Moved: James Moore ZL1WOT Seconded: John Turnwald ZL1JT.

Matter Arising Noted that a pole had been supplied for the vertical antenna radials and had been installed by a working bee. The treatment of the clubrooms for moss accumulation by Barry Williams ZL1ACZ is on hold due to consistent wet weather.

Correspondence Inwards

Manukau Br 21 newsletter	North Shore Br 29 newsletter
Auckland Br 02 newsletter	N.Z.A.R.T. Call Book 2003-04
Headquarters Info line.	Headquarters Info line.
VHF Br 66 newsletter	Franklin Br 10 newsletter
Headquarters Info line.	Suburban Br 86 newsletter
Papakura Br 65 newsletter	North Shore Br 29 newsletter
Auckland Br 02 newsletter	N.Z.A.R.T. "Break In" July / August;

Outwards: The secretary reported that he had concluded his writing and posting of 35 letters to possible new and past members and noted that the reply response by phone, letter, email or payment of subscription (3) had been 30%.

AREC Ross Reddell ZL1VRR reported on his collaboration with the VHF Group Branch 66 for communications on a cycling road race and mentioned that their club was happy to provide extra personnel if required for any Branch 03 AREC activity.

General Business

Working bee report

Lawns have been mown and rolled, Trees have been trimmed, Exterior lights repaired and moved, Radial support pole erected, 2 water taps in clubrooms repaired, New VHF vertical antenna installed.

Discussion on apparent poor performance of the Discone Antenna mounted on the clubrooms and the damage to the counterweight of the long wire antenna over the creek.

Secretary reported on his visit to Kem Collett ZL4BN re his imminent move to a rest home accompanied by James Moore ZL1WOT, and the arrangements offered him to assist in any way with his shifting.

AREC section leader Brian Huggard ZL1MW agreed to write a letter in support of an application to N.Z. Post for free postage under their Community Post arrangement.

Secretary reported on his arrangement with Warren Harding of J.D.A. to provide a talk on the SkyTower radio installations for our September meeting on September 8th. He further reported that John Dunn ZL1JD had offered speakers from Branch 66 VHF group for club meetings whilst attending the Auckland Regional Co-ordination Committee meeting on July 2003.

The Jumbo Trophy to be competed for on October 15.

The W.S.R.C. junk sale was set tentatively for November 1st.

Barry Williams ZL1ACZ offered to check out the 2 halls availability and report back to the committee.
Brian Huggard ZL1MW reported on the rusting guttering needing replacement.
The exhaust fans in the ceiling caused some discussion as to their noise level and efficiency. No immediate fix was settled.
James Moore ZL1WOT offered thanks to the secretary for his efforts in trying to build the club's membership numbers.
Discussion on club meeting night raffles, how many?, how many prizes?, when to conduct them, and source of prizes.

The meeting concluded (ended) at 20-58 hours.
Merv Thomas, Secretary / Scribe
19th August 2003

IEEE New Zealand Wireless Workshop

(I found this in the weekly IPENZ email bulletin. Someone may be interested ED)

The 2003 IEEE New Zealand Wireless Workshop takes place at the University of Auckland this week. The Workshop is a free, one-day event that brings together engineers, scientists, industrialists and regulators working on the research and development of wireless communication systems in New Zealand. The Wireless Workshop is organised by the New Zealand Chapter of the IEEE Communications Society.

Date: Thursday, 4 September 2003
Time: 10.00am - 5:30pm
Location: Room 3.407 (Level 4), School of Engineering, 20 Symonds Street, The University of Auckland, Auckland Central

The Wireless Workshop is structured around a series of short presentations from a variety of industrial and academic organisations.

9:30 Begin gathering. (Morning tea on 12th Floor)
10:00 - 12:00 Welcome
Navman (GPS testing)
Nokia (Operational support systems and tools)
Radio Spectrum Management Group (Regulatory framework)
Tait (Space-Time Coding and MIMO developments)
12:00 - 13:00 Lunch (Sponsored by Navman and the IEEE)
13:00 - 15:00 Industrial Research Ltd
University of Canterbury
15:00 - 15:30 Afternoon Tea
15:30 - 17:30 University of Waikato (CRCnet)
Unitec (CDMA traffic analysis)
University of Auckland (Indoor propagation, software radio)
A more detailed programme will soon be available.

The Workshop is free, but some indication of numbers attending would be appreciated for catering purposes. Please email Kevin Sowerby <mailto:sowerby@ieee.org> to register your interest. You don't have to be a member of the IEEE, IEE or IPENZ to participate. Please feel free to pass this message on and invite colleagues along.

Wanted

Bruce ZL1KP is looking for a Signal/Power metre for a TS520S or a TS820S, part number 831-0241. If anyone has one, surplus to requirements then drop Bruce an email at ZL1KP@wave.co.nz.

Club Nets

VHF Net 146.525 MHz 7:30pm every Wednesday HF Net 3622 KHz +/- QRM/QRN 7:30pm every Friday
HF Net Roster, Branch 03 The full roster is on: <http://www.qsl.net/zl1ac/wsrc-hf-roster.html>

5 September 2003	ZL1NE	John
12 September 2003	ZL1ACZ	Barry
19 September 2003	ZL1WI	Roy
26 September 2003	ZL1VRR	Ross
3 October 2003	ZL1MW	Brian
10 October 2003	ZL1JL	John
17 October 2003	ZL1NE	John

Email Version of Newsletter

If you are on email, then how about getting the newsletter sent to you by that means. The benefits are: you get it sooner, pictures are in colour, there is a saving in club funds and less effort for the hard working committee. (ED)