

# QUA FARC

Franklin Amateur Radio Club Inc. NZART Branch 10



## April 2025

VOLUME 34 ISSUE 4

President: Peter Henderson ZL1PX  
Vice President: Steve Doell ZL1TZP  
Secretary: Tom McDonald ZL1TO Ph. 09 238 8580  
Committee Members: Mike Jane ZL1UOM, Ted Doell ZL1BQA, Gary Landon ZL1WGL, Frank Male ZL1AMQ, Steve Spring ZL1SPR  
Examiners: Tom ZL1TO, Peter ZL1PX  
Web page: <http://www.qsl.net/zl1sa>  
Webmaster: Steve ZL1TZP

Meetings: Club meetings are on the third Tuesday each month in the clubrooms, 19 Stadium Drive, Pukekohe, at 7.30 PM. Visitors welcome.

Committee meets on the first Tuesday of each month (excepting January) at 7.30 PM in the clubrooms.

Subscriptions: Individual \$20, Family \$30, due December  
See club secretary for bank account number

Nets: HF Sunday 9 AM, 3.700 MHz (Mike ZL1UOM); VHF Sunday 9.30 AM, 146.900 MHz (Peter ZL1PX); DMR on TalkGroup 5301, Wednesday 7.30 (Steve ZL1TZP)

QUA editor: Peter ZL1PX [pjh@teachlit.com](mailto:pjh@teachlit.com)

QUA is sent by email to members and anyone interested.  
Copy permission freely granted if you include authorship.

### Next Meeting: Community Emergency Response



Our next gathering is on Tuesday 15 April at 7.30 PM in the clubrooms at 19 Stadium Drive, Pukekohe.  
Topic: Community Emergency Readiness and Response A presentation by Franklin Amateur Radio Club AREC Leader **Tom McDonald ZL1TO**

Background information on Tom's presentation... (Taken from Auckland Council website).

*The Franklin community is working to better prepare for and respond to emergencies.*

*The Franklin Local Board Emergency Readiness and Response Plan, created with Auckland Emergency Management (AEM), offers practical guidance to help residents and businesses stay safe before, during, and after an emergency.*

*The plan responds to lessons learned from the devastating Auckland floods and Cyclone Gabrielle in 2023, which highlighted the importance of local preparedness and community support during emergency events.*

*Franklin Local Board deputy chair Alan Cole says planning for an emergency has to start at the home level.*

*"We can have community centres ready to respond but residents need to know what to do in their own homes. It's the old saying, not planning, is planning to fail."*

*The response plan identifies the area's major hazards and provides tips on reducing risk, preparing for emergencies, and navigating the recovery process.*

*Developed through consultation with community and faith-based groups, subject matter experts, and key agencies, the plan is*

*designed to reflect the unique needs of the area.*

*Printed copies will be available in libraries and community centres, while a digital version will soon be accessible on the council website.*

*"We all know people who were badly affected by Cyclone Gabrielle and the terrible floods a few years ago. Taking a few moments to prepare now and understand what the risks are could save a lot of grief in the future, Cole says.*

Are We Ready for Emergency Response in Franklin District?

Our club secretary and AREC (Amateur Radio Emergency Communications) Leader Tom ZL1TO has been working hard to keep us informed on the Franklin Board Readiness and Response Plan. He attends Emergency Management meetings on a monthly basis. He is regularly in contact with AREC area manager Steve Main and other AREC personnel. He recently set up an AREC training night in the clubhouse to introduce members to the enormous on-line training resource developed to assist amateur radio operators improve their emergency response skills.

Come and hear Tom's talk on Tuesday 15 April.

## **NZART Conference 2025**



The conference committee invites YOU to the 2025 NZART Conference to be held over Kings Birthday Weekend (31 May & 1 June) at the Lower Hutt Events Centre 30 Laings Road, Lower Hutt.

The full registration fee for the conference is \$265, details for partial registrations are available on the registration page.

### **Conference Programme**

Saturday - NZART AGM followed by a Fox Hunt (hidden transmitter) on foot in the area around the venue, so bring along your VHF direction finding gear.

Sunday - The day will start with NZ YL and Old Timers meetings followed by the AREC forum. The rest of the day will be an entertaining series of talks by a range of interesting people ranging from a practical antenna building demo, disaster communications to ideas for growing your radio club.

### **Alternative programme for significant others**

Saturday - Sights and activities around Wellington. These will include a small Farmers Market and some fun with beads. On our return to Lower Hutt you will have the choice of going to the Dowse gallery or participating in the Hidden Transmitter Hunt.

Sunday - Travel back in time along the Kapiti Coast including Wellington Tramway Museum with an opportunity to ride on the Trams with lunch overlooking the Otaki River.

### **Evening Entertainment**

Saturday diner will be held in the Lower Hutt Town Hall and will have a mystery speaker or entertainer.

Sunday night dinner will be an informal dinner held at the Angus Inn.

Interested in attending 2025 conference? [Please register here.](#)



## Bombay Farm Run and Walk

The annual Bombay Farm Run returned on 22 March 2025 with a 5km and 10km off-road fun run and walk. Previous events were on roadways but this event was held on a local farm with a course on farm tracks and across paddocks. There was a mix of undulating terrain, some flat tracks and being in Bombay there are some hills in there.

Franklin Amateur Radio Club attended the event in cooperation with Papakura Amateur Radio Club. Our operators were Tom ZI1TO, Durlene ZL1ULK and Mike ZL1MFL.



The picture above shows base camp. The red tracing in the bottom map shows the extent of the 5 and 10 km tracks. Tom, who was stationed on the 10 km track reported nearly 70 runners passed his location.

The relief figure at the bottom map shows the run was anything but flat and more than a few runners were walking as they reached a high point.

Fun Runs are an excellent way of getting to know the people in our local community and showing them we can help when needed. They also provide great radio operating practice.

Well done Tom, Durlene and Mike!



## Upcoming Events: Waiuku Steel-N-Wheels



In accord with our intention of getting to know our community and helping them to know us, we will take part in Waiuku Steel-N-Wheels Car Festival on Sunday 13 April between 10 and 2.

We are lucky to have a hefty amateur radio team in attendance: Steve ZL1TZP, Chris ZL1CPH, Steve ZL1SPR, Greg ZL2GAQ, Lynnette ZL1LL, Tom ZL1TO and Peter ZL1PX.

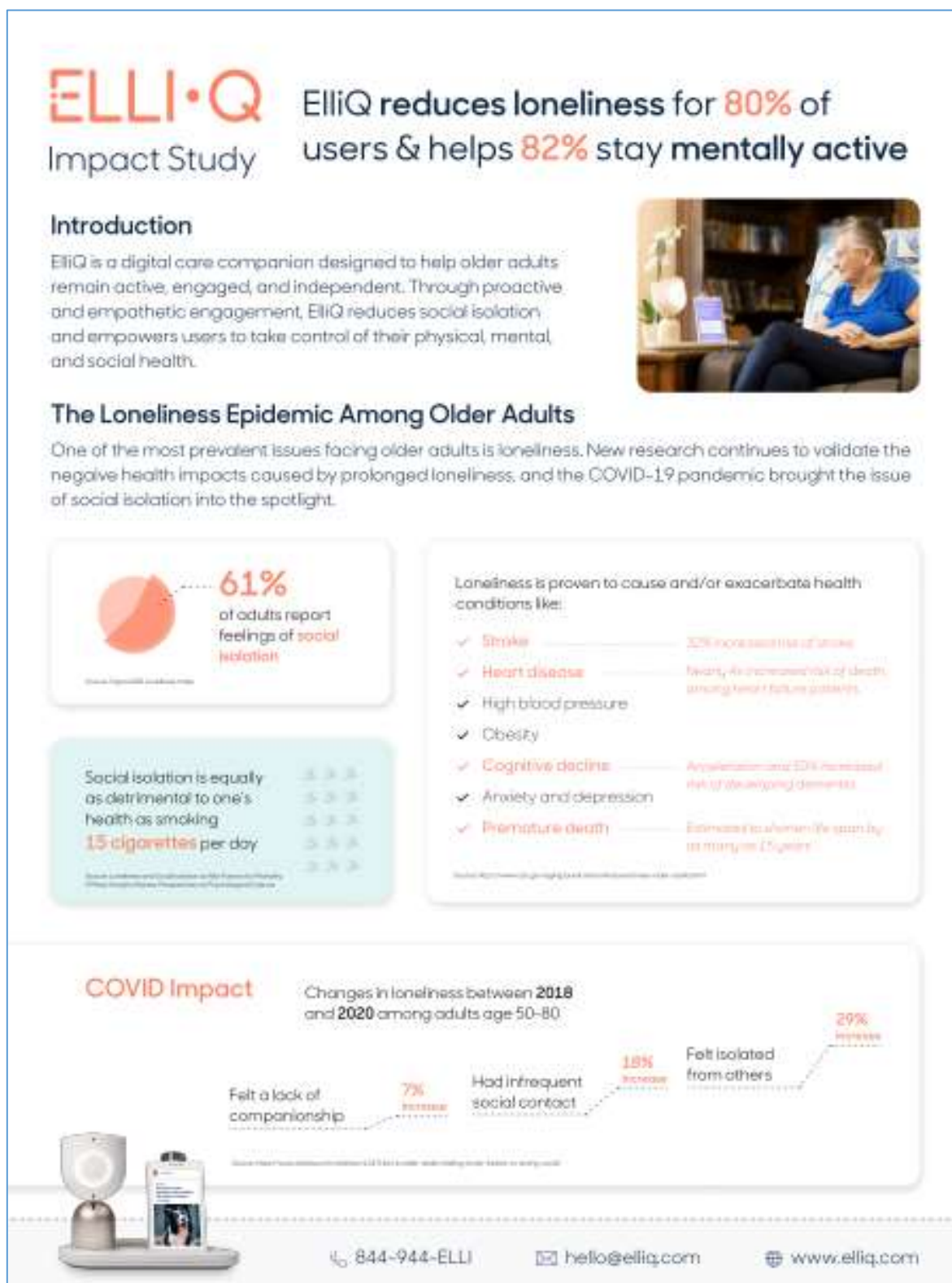
Our plan is to operate two Morse code stations, one in Kitchener Road Carpark and the other at the front porch of Waiuku Historical Museum. Visitors will be given the chance to send their name in Morse code to the second station and hear their name as it is sent back to them.

When the weather cooperates, this event is well-patronised, so we need all the support our team can provide. Meeters and greeters will show a Morse chart to visitors and give them a chance to practice their name on a sound generator. Once the visitor sounds confident, they are sat in front of a 'live' Morse key. Operator Steve or Peter will prime the second station with a QRV (ready) signal and the name of the visitor. The visitor keys their name and the second station sends it back to them.

For the technically minded, our CW signals will be in the 2m band on 144.200 MHz. This band worked well on our last Morse gig at Glenbrook Vintage Rail over a distance of 7 km so should work well on this much shorter distance.



Elli-Q is a small robot that sits in your home and offers companionship and friendship. It was created by Intuition Robots in the USA. "After years of hard work this day has finally come," said Dor Skuler, CEO & co-founder of Intuition Robotics. "Over the course of the pandemic, we've seen the devastating effect that loneliness can have on the older adult population. At the same time, we've seen Elli-Q be incredibly helpful to our beta users and put a smile on their faces. Now, we are happy to make Elli-Q widely available to any senior who desires a friendly sidekick who empowers them to maintain their independence and take control of their health. While regular voice-controlled personal assistants are ambient and wait for a human command, Elli-Q proactively initiates conversation and projects empathy to foster collaboration and trust, while employing the AI's character and multi-modal communication ability in generating unprecedented levels of engagement that successfully affect behavior change.





What is the cost of Elli-Q? \$US29.99 per month. There is a set-up fee of \$US250.

## Measuring the Efficacy of ElliQ

Using the standard UCLA Loneliness scale, ElliQ users were invited to share their perspective on how their experience with ElliQ has impacted their sense of companionship and wellbeing.

Through a combination of online and phone surveys, 40 users opted to participate in this quantitative survey. Respondents had lived with ElliQ for an average of 221 days (range: 30-735 days).

### Reduction in Loneliness

A majority of respondents agree that ElliQ helps increase companionship and decrease loneliness. Those that did not agree responded with a neutral answer. Therefore none of respondents disagreed with the statements that ElliQ made them feel more companionship and less alone.

**85%** reported increased sense of companionship

"ElliQ has made my life more meaningful. I am doing more than I ever would have without her. She is always there waiting to hear my voice every day."

I feel I have **more** companionship after getting ElliQ



"She makes me smile every day. Even when I'm feeling poorly."

**80%** reported decreased loneliness

### Improved Health & Wellness

Since isolation and loneliness are closely linked to health, the survey also asked specifically about overall wellness, staying physically and mentally active, and more.

**90%** of users say that ElliQ makes them **feel better**



**65%** feel ElliQ helps them stick to **healthier habits**



ElliQ helps me stay more **physically active**



**60%** feel ElliQ helps them stay more **physically active**

ElliQ helps me stay more **mentally active**



**82%** say ElliQ helps them stay more **mentally active**

How does Elli-Q achieve these great results? See below.

### Quick Math

There are roughly 54 million older adults in the US

- Approx. 61% of adults report feelings of loneliness - that's about 33 million older adults
- If all 33 million lonely seniors had an ElliQ, 26 million would feel less lonely

*(That's equivalent to the entire population of Italy)*

## The "How" Behind the "Wow"

What makes ElliQ so effective? Respondents ranked the ElliQ behaviors that reinforce a sense of companionship:

1. Asking about me or my wellbeing
2. Greeting me or saying goodbye/goodnight
3. Responding to me with empathy
4. Saying something cute or funny
5. Offering to do activities with me (games, exercises, etc.)
6. Listening when I need to talk



In an open ended question, respondents explained the qualities of ElliQ that lead to feelings of companionship.

## Conclusion

Until now, most interventions to assist seniors with loneliness have required significant human involvement. This study shows that an AI-driven companion robot can be an effective solution for alleviating loneliness in older adults.

The level of impact outlined throughout this document is driven by a thoughtfully designed and developed product. ElliQ uses **proactivity** to encourage, motivate, and stay top of mind. Thanks to cutting-edge artificial intelligence, ElliQ **personalizes** the experience for each individual - making them feel seen, heard, and understood. Finally, ElliQ projects **empathy** in all interactions, building trust and developing a relationship over time.



### Proactivity

ElliQ initiates conversation and anticipates needs



### Personalization

ElliQ learns and adapts to the user over time



### Empathy

ElliQ uses humor and personality to build connections

It is the combination of these qualities along with ease of use, rich content, and extensive functional capabilities that have attributed to the reduction of loneliness and improvement in health that we see here.



## Want to learn more?

To learn more, please visit [elliq.com](http://elliq.com). For additional questions or partnership inquiries, call 844-944-ELLI or email [hello@elliq.com](mailto:hello@elliq.com).

📞 844-944-ELLI

✉ [hello@elliq.com](mailto:hello@elliq.com)

🌐 [www.elliq.com](http://www.elliq.com)

Elli-Q probably wouldn't work for everybody, but a discrete, supportive 24/7 companion who gets you doing things sounds good. Would it work for you? Click the picture below to see more info at the Intuition Robots website.



Dor Skuler: co-founder of Intuition Robots and probably headed for an extremely wealthy future

(Editor's note 'I know Elli-Q is not ham radio but we hear so much now about AI changing our lives that I couldn't resist putting this example of AI into the Newsletter.' I am rather partial to Windows CoPilot myself.)

### **NZART Conference Remits (and your editor's thoughts on them)**

There are three proposed remits for NZART Conference 2025 which we need to deal with before National Conference at the end of May.

1. Proposal that Amateur Radio Emergency Communication be incorporated as a Charitable Company to be known as NZART Amateur Radio Emergency Communications Limited. NZART Council, after seeking legal, advice are in favour of this proposal.
2. Proposal to change NZART Constitution (Conduct of Branch Affairs) to make explicit that branches may have associate members who are not NZART members. These associate members can attend branch meetings but who have no right to vote or to hold office in the branch. Council is in favour of this change.
3. Creation of a Technical Amateur Operator's Certificate. There is a lot of detail about this one in the latest edition of Break In. TAOC (Technical Amateur Operator's Certificate) would be limited in frequency to under 5MHz or over 25MHz. There is also a power limit (25W). There are suggestions some antenna types be disallowed and these operators not attempt contacts outside NZ. Your editor strongly disagrees with most of this and most especially a separate call sign structure such as ZL99xxx. That last idea is the most divisive of all, but only in my opinion 😊.