The Official Newsletter of the

PAPAKURA RADIO CLUB INC.

October 2025

Contents…

October Calendar:

Wednesday 1st will be our General meeting. We have 3 interesting speakers giving short talks on a number of topics, including Meshtastic and Arduino.

We encourage you to take the opportunity to chat with someone new and make the most of the supper that will follow.

If transport is a problem, let the committee members know, and we may be able to assist you with arranging a ride.

Alternatively, you can join the online Teams meeting by clicking the link below.

Join the meeting. Note: It will open 5 minutes before the meeting begins.

June Dates

Wednesday 1st General Meeting & Speaker
Wednesday 8th Activity Night
Wednesday 17th Committee Meeting
Wednesday 22nd Project Night
Wednesday 29th AREC Training Night

If we each do a Little, it becomes a lot.

Club Activities:

Not our busiest month, with many members busy with other parts of our lives, but we have a quantity of radio equipment from an estate to sell, so watch this space.

Just a reminder of our ongoing projects

ZL1VK Kitsets available now… ex stock… for immediate delivery.

- Anderson Power Pole Distribution, PC Board only… $5.00
- 2 Radio into 1 Headphone set switching between radios, incl. PTT, PC Board only… $5.00
- Radio Interface for digital modes incl. Winlink, FT4, FT8 etc. Complete kit… $69
- Tait Radio TM8100 Series VFO unit… 100 Memories, Complete kit… $120
- Tait Radio VFO Escutcheon… clips over the VFO Unit… $15

The kits above are all designed by Keith Dix, ZL1BQE for the Papakura Radio Club.

- Diplexer… UHF/VHF unit and metal Die-cast box, supplied, complete kit… $35

The Diplexer is a kit designed by Rob, ZL1RJS for the Papakura Radio Club.

The following kit is still being finalised and will be available soon…

Voice Keyer… Record 4 messages, push button to play selection through TX radio, complete kit.

Collect from the Papakura Radio Club most Wednesdays 7.30pm to 8.30pm or email zl1dk@nzart.org.nz for postage costs etc…

Notice of Papakura Radio Club (Inc.)
Annual General Meeting
5th November 2025 at 20:00

(Following the general meeting at 7:30)

At the Clubrooms, Wellington Park

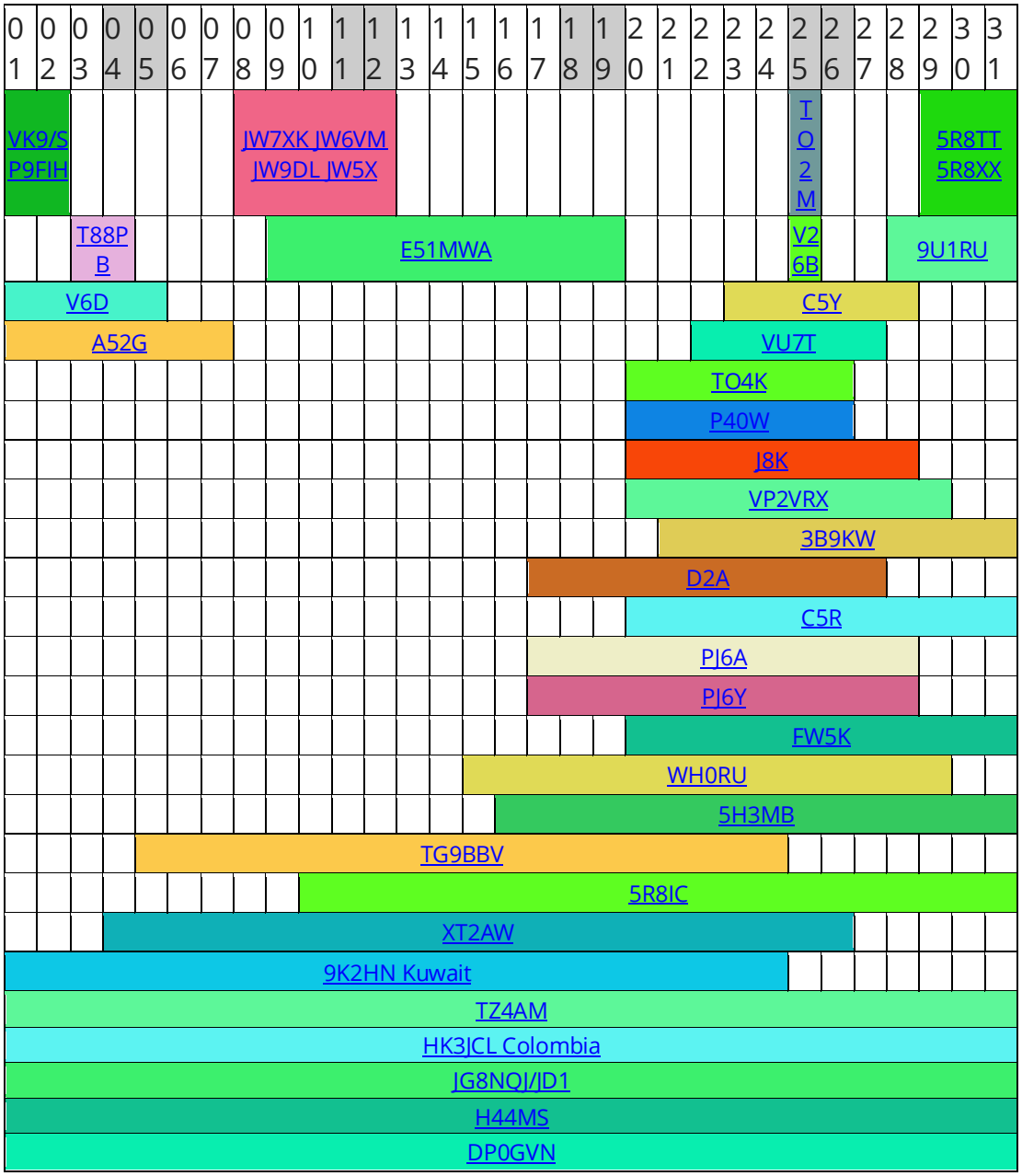
Business:

To receive reports
Financial statement
Election of Officers
Election of accounts reviewers
Appointments
Donations
Any other business.

We hope to see as many members present as possible for this, please.

Nominations for officers and the Committee are now open.
Please contact the Secretary zl1vkclub@gmail.com to obtain a nomination form or for information on nominations. Note that all nominations must be supported by a financial member in accordance with the club constitution.

DX Calendar October 2025



I

Click any link above for details on the expedition.

%

% **Featured DX: H44MS Solomon Islands**

Bernhard, DL2GAC will be active as H44MS from Manakwai village, Malaita Island, IOTA OC - 047, Solomon Islands, during September - December 2025 and January - April 2026.
He will be operate on 40 - 6m SSB and FT8.
QSL via home call.
Ads for direct QSL:
Bernhard M. Stefan, Moeggenweilerstr. 18, 88677 Markdorf, Germany.

Solomon islands, the glory of nature

Introduction:

Standing in the North east of Papua New Guinea and northwest of Vanuatu is royal country named as Solomon islands and land area is over area of 28,400 sq. Kilometers. Capital of country that is located on the Guadal canal island is Honiara. Melanesian island, Solomon Islands archipelago and is different from Solomon Islands. This island is populated for thousands of years.

Solomon Islands campaign was started in 1942 and last in 1945 and there was great battle between United States and the Empire of Japan during Second World War. British territory official name was changed to 'Solomon Islands' from 'the British Solomon Islands Protectorate' in 1975. After two years independence was obtained.

Economy of Soloman Island includes 75% of labour force. Petroleum products of island and prepared goods are mostly imported. Timber is product that is mostly export from Soloman islands and in 1998 prices of world was fallen. And recently forests of Soloman islands are over stroked. The other crops that are exported include palm oil and copra. Due to non presence of framework and prevention of transporters Industry growth is catered.

Statistics of population:

The inhabitants of Solomon Islands includes Melanesian that are 94.5% of population, Polynesian that are 3%, Micronesian that are (1.2%) and some groups of religious Chinese. This calculation was made in 2006 and total population were 552,438 people

Languages:

Total 74 languages are spoken in Solomon Islands and there languages are formal regional languages, Out of these 4 is extinguished, 70 are present.

Languages:

Most common languages of Solomon Islands are:

- Melanesian languages
- Rennell
- Bellona
- Tikopia,
- Anuta
- Fatutaka
- Sikaiana
- Luaniua
- Ontong Java Atoll
- Polynesian languages
- lingua franca

Religion:

92% of the population follows the religion of Christianity here and the division of religion is as follow:

- 35% Anglican Church of Melanesia
- 19% Roman Catholic
- 17% South Seas Evangelical Church
- 11% United Church in Papua New Guinea and the Solomon Islands
- 10% Seventh-day Adventist
- 5% having aboriginal beliefs.

Education:

Primary education is given in Solomon Islands to 60 percent of school-age children and is not considered as compulsory. Campus of The University of the South Pacific is present in Solomon Islands while the University of Papua New Guinea that is present in the country at Guadalcanal has also established a foothold.

Radio, newspaper, television, literature and music and sports activities come in culture of Soloman Island.

Biological diversity

International significant biological diversification exists all over the country, on both land and aquatic environments, much of it still complexity. Identification of Solomon Islands is as International Extraordinary and is included as an eco region in the Global 200 listing, with high degree of endemism. Oceanic biodiversity is at similarly remarkable levels, with Solomon Islands forming part of the Coral Triangle of four countries with extreme levels of marine biodiversity.

A large proportion of the subsistence area depends on key biodiversity either directly or indirectly, particularly in the form of functioning biomes such as coral reefs and mangroves. Habitat destruction is the most significant threat to these biomes, and is being operated by activities that are commercial as well as subsistence and settlement spread

Freshwater resources

Resources of freshwater availability differ largely between various populated landforms in the country. The large high islands are providing large volumes of freshwater and are having significant river systems, but smaller low islands and atolls are reliant on groundwater in the form of a freshwater lens, and on rainfall collection. A 2006 report estimated reticulated water supplies were available to only 50% of the national population, and these mainly on the large islands. Population pressures and inundation of the freshwater lens due to sea level rise are the main issues for small island water resources, while watershed degradation due to logging and human settlement growth is the primary threat to larger islands water resources. Contamination of groundwater is a significant issue in the capital and other urban areas, due to a low incidence of reticulated sewage, and high reliance on septic tanks.

Area and Incompatibility:

Issues of land continue to be a identifiable in considerations of issues, both at private and national levels. Because of continued strong connections between inhabitants and their properties, land use and their issues, transfer and colonization remain compelling element of conflict and stability.

87% of the land in Solomon Islands Approximately is under customary land tenure with rules and ownership outside of governmental and legal systems. This structure of land relations, including customary land tenure has central value for the use of land assets under both substance and the cash economic models.

H44MS. Where are the Solomon Islands located. Map.

H44MS Solomon Islands. Sunrise 09-26-2025 at 19:05 GMT sunset at 07:16 GMT

Upcoming Contests

October 2025

Refer to the contest websites for full rules, scoring information, operating periods or time limits, and log submission information.

Start - Finish Date-Time		Date-	Time	Bands	Contest Name	Mode	Exchange	Sponsor's Website
1	2000	1	2100	3.5	UKEICC 80m Contest	Ph	6-char grid square	www.ukeicc.com
2	0000	3	0300	7	Walk for the Bacon QRP Contest	CW	13 WPM max; RST, SPC, name, mbr/ pwr	qrpcontest.com/pigwalk40
2	1700	2	2000	3.5	SARL 80m QSO Party	Ph	RS, serial, grid or QTH	www.sarl.org.za
2	1800	2	2200	28	NRAU 10m Activity Contest	CW Ph Dig	RS(T), 6-char grid square	nrau.net
4	0000	5	2359	No WARC	Collegiate QSO Party	CW Ph Dig	School ID or SPC, RS(T)	collegiateqsoparty.com
4	0600	5	0559	3.5-28	Worked All Provinces of China DX Contest	CW	RST, 2-character BY province or serial	www.mulandxc.com
4	0600	5	0600	1.8-28	Oceania DX Contest, Phone	Ph	RS, serial	www.oceaniadxcontest.com
4	1200	5	1159	1.8-28	Russian WW Digital Contest	Dig	RST(Q), oblast code or serial	www.rdrclub.ru
4	1400	5	1400	See rules	IARU Region 1 UHF/Microwaves Contest	CW Ph Dig	RS(T), serial, 6-char grid square	www.iaru-r1.org
4	1600	5	1100	3.5,7	International HELL-Contest	Dig	RST, serial	www.darc.de
4	1600	5	2200	1.8-28	California QSO Party	CW Ph	Serial, CA county or SPC	www.cqp.org
4	2200	4	2359	3.5,7	IARU Region 2 Area G HF SSB Contest	Ph	RS, serial	concursoareag.lu4aa.org
5	0600	5	1000	3.5	UBA ON Contest, SSB	Ph	RS, serial, ON section (if ON)	www.uba.be
5	2200	5	2359	3.5-14	Peanut Power QRP Sprint	CW Ph	RS(T), SPC, peanut no. or pwr	www.nogaqrp.org
6	1900	6	2030	3.5	RSGB 80m Autumn Series, CW	CW	RST, serial	www.rsgbcc.org
8	2300	9	0600	432	432 MHz Fall Sprint	CW Ph Dig	4-char grid square	packratvhf.com
10	0001	10	2359	28	10-10 Int'l 10-10 Day Sprint	CW Ph Dig	Name, mbr or "0," SPC	www.ten-ten.org
11	0000	12	1559	3.5-28	Makrothen RTTY Contest	Dig	4-char grid square	www.pi259.org
11	0000	11	2359	1.8-28	QRP ARCI Fall QSO Party	CW	RST, SPC, mbr or pwr	qrparci.org
11	0300	12	2100	1.8-28,VHF/ UHF	Nevada QSO Party	CW Ph Dig	RS(T), NV county or ARRL/RAC Section/"DX"	nvqso.com
11	0600	12	0600	1.8-28	Oceania DX Contest, CW	CW	RST, serial	www.oceaniadxcontest.com
11	1200	12	1200	3.5-28	Scandinavian Activity Contest, SSB	Ph	RS, serial	www.sactest.net
11	1500	12	0500	1.8-28	Arizona QSO Party	CW Ph	RS(T), AZ county or SPC	www.azqp.org
11	1600	12	2200	No WARC	Pennsylvania QSO Party	CW Ph	Serial, PA county or ARRL/RAC Section	paqso.org
11	1800	12	1800	1.8-28,50,144	South Dakota QSO Party	CW Ph	RS(T), SD county or SPC	www.sdqsoparty.com
11	2000	12	2000	1.8	PODXS 070 Club 160m Great Pumpkin Sprint	Dig	RST, SPC	www.podxs070.com
12	0600	12	1000	3.5	UBA ON Contest, CW	CW	RST, serial, ON Section (if ON)	www.uba.be
14	1800	14	1929	3.5,7	DARC RTTY Sprint	Dig	RST, DOK/"NM," or serial	www.darc.de
15	1900	15	2030	3.5,7	AGCW Semi-Automatic Key Evening	CW	RST, serial, 2-digit year first used a bug	www.agcw.de
15	1900	15	2030	3.5	RSGB 80m Autumn Series, Data	Dig	RST, serial	www.rsgbcc.org
16	0000	17	0300	14	Walk for the Bacon QRP Contest	CW	13 WPM max; RST, SPC, name, mbr/ pwr	qrpcontest.com/pigwalk20
16	1900	16	2000	3.5-14	NTC QSO Party	CW	25 WPM max; RST, mbr, or "NM"	pi4ntc.nl
18	0000	19	2359	3.5-28	JARTS WW RTTY Contest	Dig	RST, age of operator	jarts.jp
18	0001	19	2359	28	10-10 Int'l Fall Contest, CW	CW	Name, mbr or "0," SPC	www.ten-ten.org
18	1400	19	0200	No WARC	New York QSO Party	CW Ph Dig	RS(T), NY county or SPC	www.nyqp.org
18	1400	20	0200	No WARC	YLRL DX/NA YL Anniversary Contest	CW Ph Dig	Serial, RS(T), ARRL Section or PC	ylrl.net/contests
18	1500	19	1459	3.5-28	Worked All Germany Contest	CW Ph	RS(T), DOK or "NM" or serial	www.darc.de
18	1500	19	1500	1.8	Stew Perry Topband Challenge	CW	4-char grid square	www.kkn.net/stew
18	2000	18	2359	1.8-28,50	Feld Hell Sprint	Dig	Mbr, SPC, grid square	sites.google.com/site/ feldhellclub
18	2130	18	2330	7	Argentina National 7 MHz Contest	Ph	RS, 2-digit year first licensed	www.lu4aa.org
19	0000	19	0200	14,21	Asia-Pacific Fall Sprint, CW	CW	RST, serial	jsfc.org
19	0700	19	1000	144	UBA ON Contest, 2m	CW Ph	RS(T), serial, ON Section (if ON)	www.uba.be
19	1700	20	0100	1.8-28,50,144	Illinois QSO Party	CW Ph Dig	RS(T), IL county or SPC	w9awe.org/ilqp
19	2300	20	0100	1.8-28	Run for the Bacon QRP Contest	CW	RST, SPC, mbr or pwr	qrpcontest.com/pigrun
22	2000	22	2100	3.5	IRTS 80m Counties Contest	CW Ph	RS(T), serial, EI/GI county (if EI/GI)	www.irts.ie
23	1900	23	2030	3.5	RSGB 80m Autumn Series, SSB	Ph	RS, serial	www.rsgbcc.org
25	0000	26	2359	1.8-28	CQ Worldwide DX Contest, SSB	Ph	RS, CQ zone	www.cqww.com
25	0800	25	1400	902 and above	902 MHz and Up Fall Sprint	CW Ph Dig	6-char grid square	packratvhf.com
26	1300	29	0700	1.8-28,50,144	Classic Exchange, CW	CW	Name, RST, SPC, rcvr/xmtr model	www.classicexchange.org
27	1900	27	2100	3.5-28	RSGB FT4 Contest	Dig	Signal report	www.rsgbcc.org
29	2000	29	2100	3.5	UKEICC 80m Contest	CW	6-char grid square	www.ukeicc.com
31	1500	31	2359	3.5-28	Zombie Shuffle	CW	RS(T), SPC, Zombie no. or area code, name	www.zianet.com

Note: All dates and times are in UTC (Except SKN), Mbr = Membership number. Serial = Sequential number of the contact. SPC = State, Province, DXCC Entity. XE = Mexican state.

Ramblings from the editor's desk

Spring has sprung, the grass has rise, I wonder where the birdies is?
Someone said they're on the wing,
But I think that's absurd,
For when I went to school, I learned,
The wings is on the bird.

OK, so I've started with a bad pun, but as the seasons change, and Daylight saving makes me mega grumpy, I thought it best to start with the weather, before I moved to politics.

Normally, I try to avoid politics, not because I feel I should, but because it brings out the worst in me. For example, I consider "politics" as a being derived from two Latin words, Poly meaning many, and Tics, being small, annoying, disease-spreading, irritating blood sucking parasites.

But, like it or not, as I drive around seeing all the billboards, I'm reminded by a report that as of today, only 10% of papers have been returned. This means that the vast majority of Aucklanders will not bother to fill in the orange forms, or post them, or even drop them off at a library, supermarket, or any of the other places where you decided who will set the direction for Auckland, and more importantly, who will determine your rates bill, and how it is spent. Once the election is over, we can wait 4 years until they next start having an interest in us again.

With the Club being on Council land, and our tenancy being without a right to renew, who sits on the council and board might well determine what antennas we are allowed to erect, how the club operates, and the roles we may be able to play should our services be needed in the days ahead.

The real power of local politics does not rest on the faithful few who have vested interests in the outcomes of elections, but rather in the vast majority who are too busy living to care about the outcome, or maybe can't tell the difference between tweedledum and tweedldee. But if you don't vote, you will be happy to accept whatever happens and know you allowed it.

Of course, once the council elections have passed, we face another one that determines the future direction of the club. The AGM and the elections of the officers of the club, and membership of the committee.

Yes, the AGM is in November, but unlike the billboards, when I say change is a good thing, I do not mean dump them and vote for me; I am instead asking each of you to consider what you can bring to your club. Maybe you could stand for a position, maybe serve on the committee, maybe guide the committee to activities that will help the club, the hobby and the use of radio in its wider form to grow and be of value to the amateur radio and wider communities.

A bad taste joke, says that politicians are like nappies, and should be changed often, for the same reasons, but jokes aside, the need for change, and for a new vision is the lifeblood of any group of people, and we as a community have to decide what we want our club to be.

We need to be involved. Maybe not in a big way, but by being part of it.

The concept of Government by the people, for the people might feel strange, but it requires us to not sit on the side watching, but to be participants

It requires a voice. Your voice.

So as the AGM draws near, please decide what you want your club to be, then work to make it happen. Because, like it or not, change is happening, and we need to decide what we want that change to be.

So take time to consider the issues, and have a say. Do he unthinkable. Make a difference

Both in the election and at the AGM.

73, for now, de ZL1NUX

We Emit a Visible Light That Vanishes When We Die

It’s a study that might seem a little fringe at first glance. It's hard not to associate scientific investigations into biological electromagnetic emissions with debunked and paranormal claims of auras and discharges surrounding living organisms.

But a study conducted by researchers from the University of Calgary and the National Research Council of Canada (ok, so maybe it's a bit fringe, Eh?) has shown that life truly is radiant.

An extraordinary experiment on mice and leaves from two different plant species has uncovered direct physical evidence of an eerie 'biophoton' phenomenon ceasing on death, suggesting all living things – including humans – could literally glow with health, until we don't.

It's no secret that living things emit heat, and even some infrared light, but this study has shown that some of the light emitted by living things is in the visible light part of the EM spectrum.

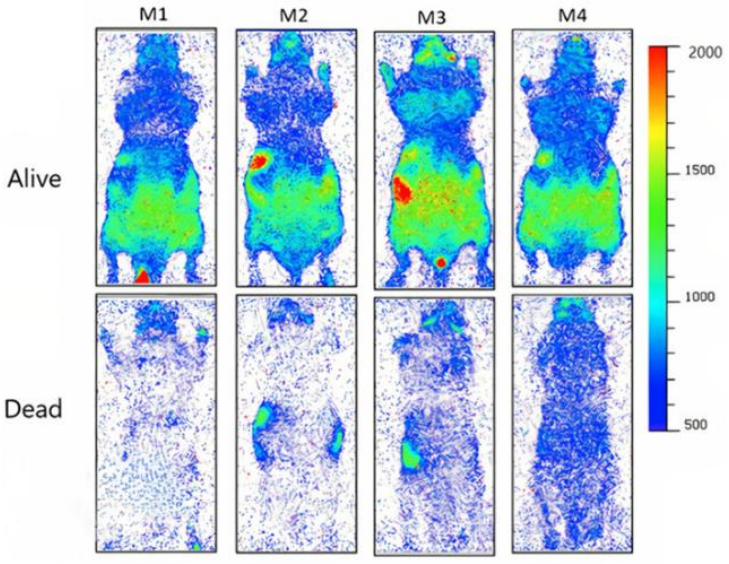
What's more, even in theory, visible wavelengths of light emitted by biological processes ought to be so faint that it is easily swamped by the intense shine of ambient electromagnetic waves in the environment and radiant heat generated by our metabolism, making it a challenge to accurately track across an entire body.

Still, University of Calgary physicist Vahid Salari and his team have claimed to observe just that – an ultraweak photon emission (UPE) produced by several living animals in strong contrast with their non-living bodies, as well as in a handful of plant leaves.

Having a means of remotely monitoring the stress of individual tissues in whole human or animal patients, or even among crops or bacterial samples, could provide technicians and medical specialists with a powerful, non-invasive research or diagnostic tool.

To determine whether the process could be scaled from isolated tissues to entire living subjects, the researchers used electron-multiplying charge-coupled device and charge-coupled device cameras to compare the faintest of emissions from whole mice, first alive, then dead.

Four immobilised mice were individually placed in a dark box and imaged for an hour, before being euthanised and imaged for another hour. They were warmed to body temperature even after death, to keep heat from being a variable.

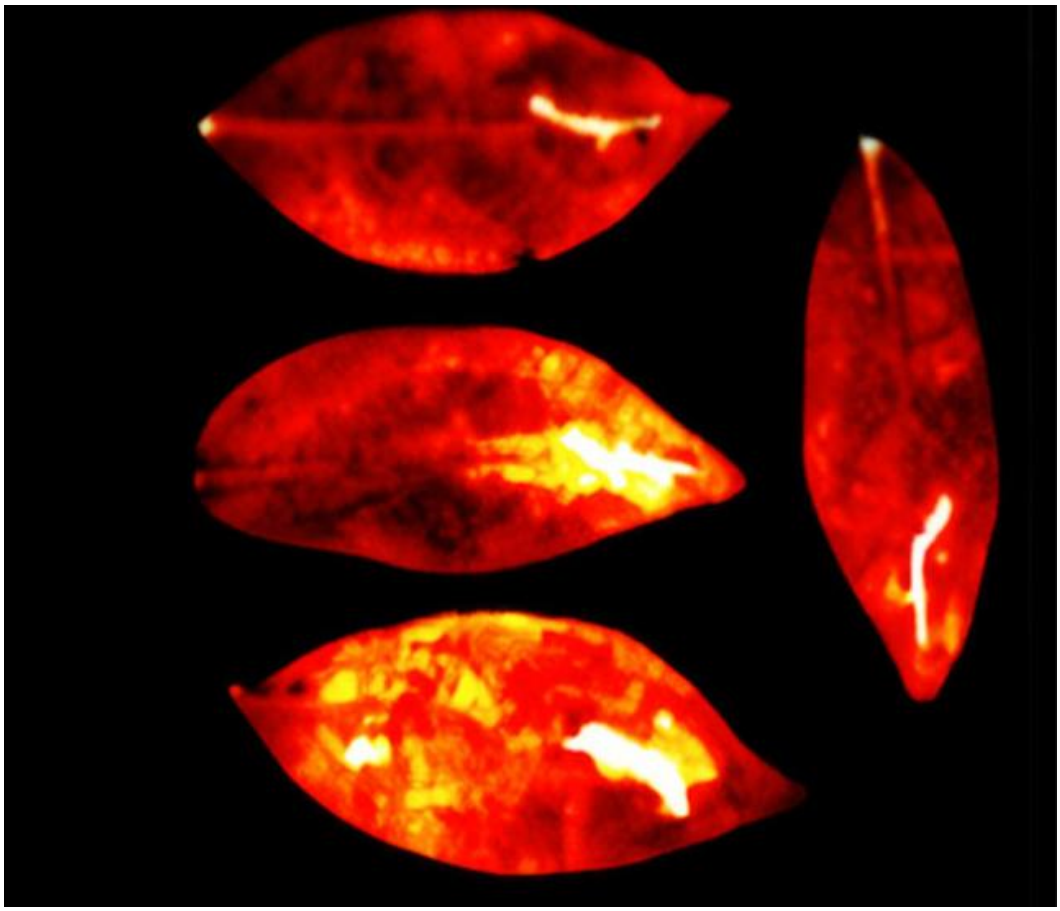


The researchers found they could capture individual photons in the visible band of light popping out of the mouse cells before and after death. The difference in the number of these photons was clear, with a significant drop in UPE in the measurement period after they were euthanised.

.

A similar process was also carried out on thale cress (Arabidopsis thaliana) and dwarf umbrella tree (Heptapleurum arboricola) leaves, which revealed similarly bold results. Stressing the plants with physical injuries and chemical agents provided strong evidence that reactive oxygen species could in fact be behind the soft glow.

"Our results show that the injury parts in all leaves were significantly brighter than the uninjured parts of the leaves during all 16 hours of imaging," the researchers report.



The experiment encourages speculation that the faintest of ethereal glows produced by stressed cells may perhaps one day tell us whether we're in radiant health.

This research was originally published in The Journal of Physical Chemistry Letters.

Or you can watch the YouTube video here: https://youtu.be/J205COcFU3U

So maybe a healthy glow might be a sign your body is in distress, rather than good health.

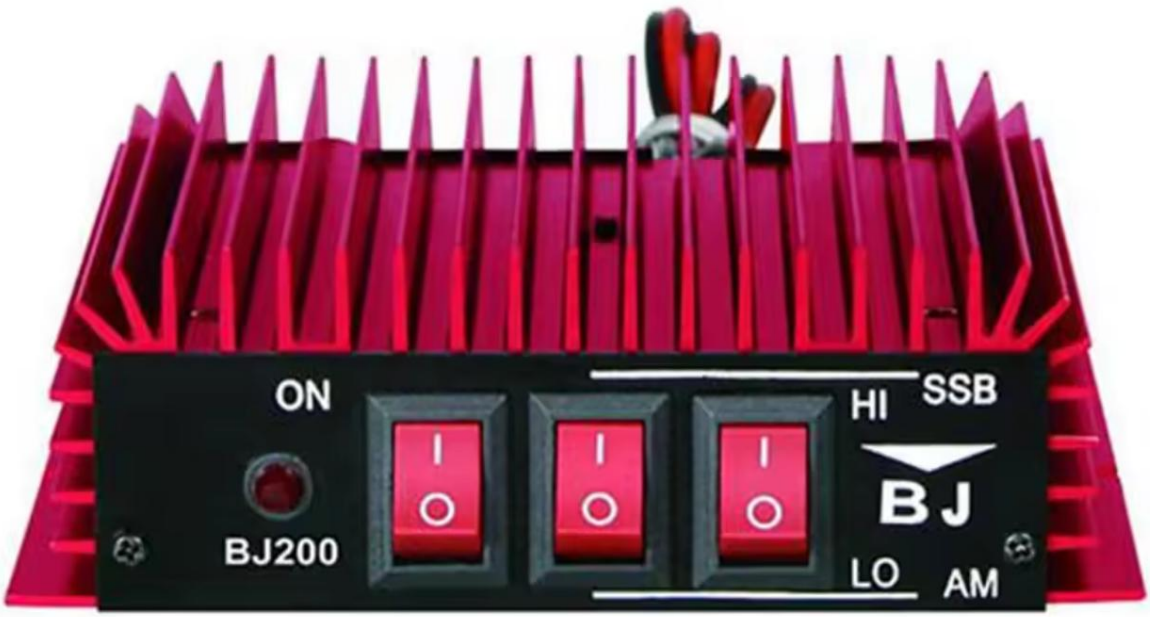
It will be interesting to see where studies like this take us.

High powered CB radios were once used to get free petrol.

Any person entering a petrol station will no doubt see the normal warning that you cannot use your cellular phone near a fuel pump to avoid the risk of an explosion. But it's also well known, and multiple tests have confirmed, that RF signals cannot ignite fuel, or cause the sorts of sparks that could ignite fuel.

Ok.Its time to put on your tin foil hat, and goe full conspiracy mode, Is it possible the reason for the warning is actually to do with the risk, not of fire, but that your RF may prevent the pump metering from detecting how much fuel you pumped, and even worse, it may have cost the government the much needed excise tax and GST.

[CB Radio Operators Jammed The Petrol Pumps To Get Free Fuel]



The video shows a story of past practice that was used to interfere with older pumps. The use of the radio would cause the sensors to fail to count the fuel flow correctly, ausing the pump to operate incorrectly, either zeroing the count, or counting slower than normal.

No doubt this trick would have worked for any HF rig operating at the same time as the fuel pump, and I wonder if any ham ever found themselves getting discounted fuel from a station if someone in the vehicle continued a QSO while they filled up?

Or are we all so compliant, that we shut off our radio transmissions while filling?

I don't know the answwr, but its an interesting story. I assume modern equipment is protected from this sort of interference? Or….

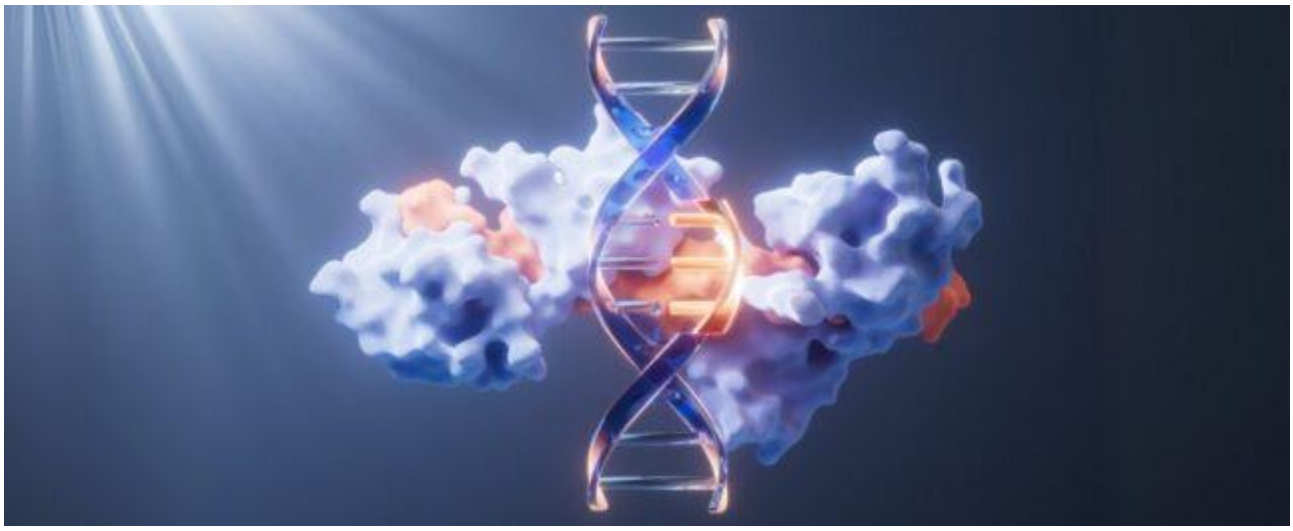
As we move to Electronic RUC monitoring, I wonder if the equipment is well screened to prevenet rF from affecting the accuracy of the units?

You shouldn't exist – So maybe you don't

From the weird world of Quantum Physics, comes the notion that we are in fact not real, but a simulation, and while it seems absurd, it has many reasons that allow quantum physicists to seriously consider this as very possible, others have even sugguested we may exist within a Black Hole, and the galaxy we think we see is only a reflection on the even horizon.

But this pales into insignificance if we stretch our minds to consider the creation of life in a primordial soup.

The story that started me on writing this was in two parts, the first was from a study, where chemist's claimed they had replicated a critical step in the evolution of life… This step was to find a way to get RNA and Amino Acids to merge in a lab. This is a pretty simple step, but the change from RNA to DNA (this did not happen in the Lab) required this to happen regularly and easily.



I was intrigued as one of my own issues with Spontaneous creation of life was that DNA made of exclusively right handed molecule strings, and Proteins, made of only left handed strings of molecules, had to appear at the same time… Or at least within 20 minutes of each other. This made the mathematical probability of such an event very high. In fact almost a mathematical impossibility. However my own limited skills with high end statistical mathematics was hardly sufficient to prove this to that satisfaction of my professors.

This is why the second study, performed not in a lab, but on a computer, caught my attention. Robert G. Endres of Imperial College, London, developed a framework indicating that the spontaneous emergence of life may have been far more difficult than previously thought by most scientists.

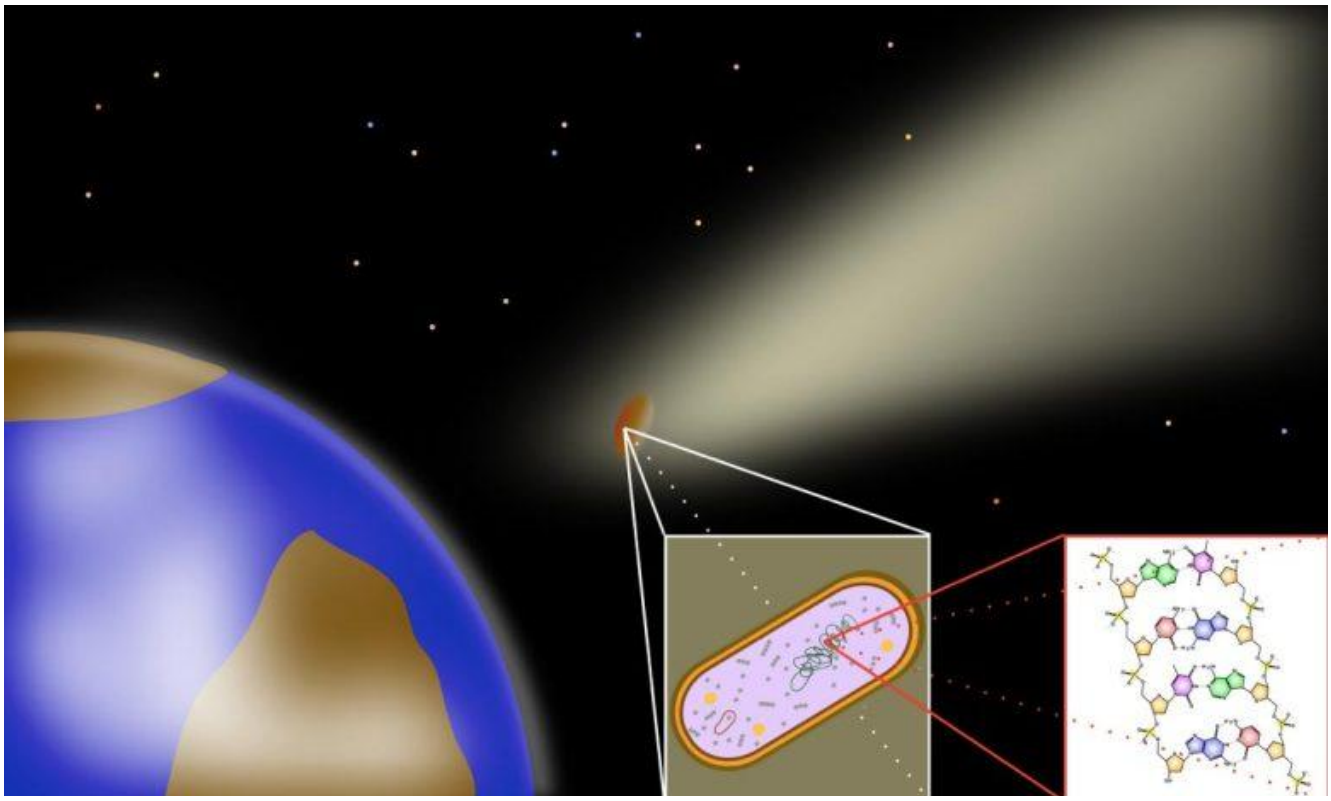
His research highlights the immense challenge of generating structured biological information under realistic prebiotic conditions, underscoring how unlikely it would have been for the first living cell to appear naturally. Think of it like trying to write an article about the origins of life for a well-renowned science website by randomly throwing letters at a page. The chances of success become astronomically small as the required complexity increases.

By applying information theory and algorithmic complexity, Endres analysed what it would take for the earliest living cell, known as a protocell, to self-assemble from simple chemical components. This mathematical perspective demonstrates how improbable such a process would be if left to chance under natural conditions.

The findings indicate that chance alone, combined with natural chemical reactions, may not sufficiently account for the origin of life within the limited timeframe of early Earth. Because systems generally move toward disorder rather than order, the formation of the highly structured arrangements required for life faces serious barriers.

This does not imply that the emergence of life was impossible, but it suggests that current knowledge may be lacking. The research highlights that identifying the physical principles behind life's rise from nonliving matter remains one of the greatest challenges in biological physics.

The study goes on to address the probability that directed panspermia, originally proposed by Francis Crick and Leslie Orgel, remains a speculative but logically open alternative. This hypothesis suggests that life might have been intentionally seeded on Earth by advanced extraterrestrial civilisations, though the author notes this idea challenges Occam's razor, the scientific principle favouring simpler explanations, While maintaining scientific rigour.



Panspermia suggests that Life from other planets could have made its way to Earth, seeding the planet

This research doesn't disprove the possibility of life emerging naturally on Earth, though. Instead, it quantifies the mathematical challenges involved and suggests that we may need to discover new physical principles or mechanisms that could overcome these informational barriers. The work represents an important step toward making the study of life's origins more mathematically rigorous.

The study also reminds us that some of the universe's greatest mysteries still await solutions, and that combining mathematical precision with biological questions can reveal new depths to age-old puzzles about our existence.

And once again shows why only those who know little about science and the scientific process would be brave enough to say "the science is settled" or "We know for a fact" when discussing theories that cannot be proven in a lab. It may also suggest life may be less plentiful in the universe than we might have been led to believe.

Daylight saving may have even more issues

It's no secret that I'm no fan of Daylight Saving, Just as I start to enjoy waking to natural daylight, and travelling to work in the daytime, I suddenly have to adapt my body clock to a new normal of being back in the dark, and fighting to be work-ready when I arrive.

In addition, when I'm settling down to sleep, the sun continues to stream in making my sleep rhythms impossible. While most New Zealanders seem to love it, Survey have shown 68% support, any dissenting voices are either wanting it to be permanent, or to do away with it completely.

Well, it turns out that not only should we abandon DST for practical reasons, we should do it for health reasons as well. A new study conducted by Stanford University created mathematical models that translate light exposure to human circadian rhythm under three time regimes: the modern one observed by most states (looking at you Arizona and Hawaii), permanent DST, and permanent standard time (ST). While the most beneficial option was reverting to permanent standard time, both steady, non-oscillating options were better for human health. The results of the study were published in the journal PNAS.

"You generally need more morning light and less evening light to keep well synchronised to a 24-hour day," Jamie Zeitzer, the senior author of the study from Stanford, said in a press statement. "The more light exposure you get at the wrong times, the weaker the circadian clock. All of these things that are downstream—for example, your immune system, your energy—don't match up quite as well."

According to Zeitzer's (and his team's) research, switching to permanent standard time would result in the US having 2.6 million fewer people with obesity and 300,000 fewer cases of stroke per year. If the U.S. decided to shift things permanently into DST (meaning darker mornings, but sunnier evenings), the country would still see progress, but it would result in roughly two-thirds of that health improvement across the population.

It would be interesting to see how these numbers would relate to New Zealand. But the research indicates that it's the change that causes the health issues. So if you want to be happy and healthy, don't change your clocks and stay on standard time.

I can dream.

Eight Hours Of Sunlight That Changed The History Of Art.

The image may not win any awards today, but the plate above is considered to possibly be the oldest surviving photograph in existence. But did you know the history of the man who invented this technology?

Two centuries ago, a French inventor gazed out of his window in Saint-Loup-de-Varennes and captured a defining moment in the history of science (not to mention art). As the sunlight poured down on the rooftops ahead, Nicéphore Niépce set up a peculiar contraption on his windowsill: a darkened box holding a pewter plate coated with a light-sensitive goo. Then he simply let it sit.

After opening a hole in the box and leaving the plate exposed to the outside world for eight hours, a ghostly image of the view in front slowly emerged. For the first time, light had etched a clear, permanent image onto a film. The result – titled View from the Window at Le Gras – is widely considered to be the world's first surviving photograph.

While Niépce did not consider himself much of an artist, the experiments he had developed to create this process were deeply creative.

He coated the plate with bitumen of Judea, a tar-like substance that hardened when exposed to light. After the long exposure, he washed the plate with lavender oil and petroleum, rinsing away the unhardened areas to reveal the eerie outlines of rooftops, trees, and chimneys.

Niépce called his finished process "heliography"; "helios" meaning "Sun" in Greek and "graphy" stemming from the Latin word for "to write" or "to draw." In other words, the process of heliography was "drawing with the Sun."

In 1827, Niépce crossed the English Channel on a trip to visit his mentally ill brother, taking with him six heliographical plates. He was hoping to show them off to the Royal Society, but the institution was “practically dysfunctional at the time” due to internal political squabbling. They showed little interest in his project, much to the dismay of some members, so Niépce returned to France without grasping any recognition.

However, upon his return, he started exchanging ideas and collaborating with Louis Daguerre, a French artist who eventually pioneered the "daguerreotype process of photography." This process did manage to woo the Royal Society in 1839, by which time they had resolved their troubles, and the act of photography exploded in prominence.

Tragically, Niépce had died in 1833, meaning he never saw his invention obtain the respect it deserved. Daguerre and Niépce now share the title of photography’s founding fathers, yet it took many decades for Niépce’s contribution to be fully acknowledged, as is often the way for bold pioneers.

While writing about a statue of Niépce in his hometown Châlon-sur-Sáne, one writer put it like this: “The sculptor worked for nothing, animated by no motive more selfish than the desire to express in lasting bronze his respect for a great man's memory."

"If every human being who has had occasion to be grateful to the discoverer of photography had contributed to his work the sculptor might have been royally remunerated, and the statue, instead of bronze, might have been of silver and gold.”

Smile and Wave Boys

A Sorry Fable:

A Crow was sitting in a tree watching the world pass. When a rabbit spotted him.
The rabbit asked the crow what he was doing.
I am doing nothing, I just sit here and look important the crow said.
The rabbit pondered this, then asked if he, too, could sit and do nothing?
The crow nodded, and so the rabbot sat under the tree, resting.
Suddenly, a fox jumped on the rabbit and ate him; later, the crow picked clean his bones.

The Moral of this story is that some may be able to sit all day doing nothing,
But only because they have already risen to a high place.
The rest of us had better keep busy.

Q: Where do you find a cow with no legs
A: Exactly where you left it.

Q: What Starts with E, Ends With E, but has only one letter in it?
A: Envelope

Q: What kind of Food do runners like to eat?
A: Fast Food.

Heard Around the Scene

JOTA

The Jamboree on the Air will be held over the weekend of the 18th and 19th of October 2025.
This year the Papakura radio club will be assisting with an event. Details will be given at the General Meeting

If you can't assist with the club station, at least listen out on air, and ensure the scouts have contacts to communicate with.

Used equipment sale.

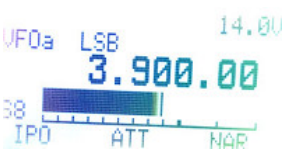
With a large amount of equipment from a silent key, and some additional items from members, we are planning to run a used equipment sale at the clubrooms in November.

Watch for further communications and pricing for tables and possibly car boot sale options.

ZL100C Callsign.

David and Terry have been busy working the Special ZL100C callsign to celebrate 100 years of the New Zealand Association of Radio Transmitters. David is working 10 and 15 Metres primarily, while Terry has been running a special FT8 station.

If you would like to assist with other Bands or Modes, please contact Davind ZL1DK to arrange a schedule for your band and mode.



The next NZART broadcast is on the 29th June 2025 at 8:00 pm (replayed at 9:00 pm) and will be posted on the website about the same time.

The HF broadcast is made on 3900 KHz, LSB at the top end of the 80m band. It will be rebroadcast in the Auckland area on the 6625 Repeater, and is available on the NZART website: NZART-Official Broadcast

SOME NETS – FOR WHEN YOU ARE LOOKING FOR SOME COMPANY

Day	Time (NZST)	Freq (MHz)	Group
Sunday	08:00	3.750	Southern Net
	08:00	**146.625**	**Br 65 – Papakura Net**
	09:00	3.700	Br 10 - Franklin
	09:00	**3.755**	**Br 65. Papakura.**
	09:30	146.900	Br 10 – Franklin ZL1SA
	19:00	146.700	Auckland YL Net
	19:45	145.575	Thames radio club ZL1DF
	20:00	3.710	Br 42. Titahi Bay
	20:15	146.625	Sunday News and Net (Auckland)
	21:30	146.900	Franklin Net (ZL1-SA)
Monday	11:30	3.850/7.125	Br 12. Hamilton
	19:30	3.757	Br 12. Hamilton
	20:00	Echolink	Basic Morse (ZL1PX)
	20.00	3.540	CW Practice Net
	20:00	3.605	Br 80. Hibiscus Coast
	20:30	3.870	O.T.C (Old Timers Club)
Tuesday	09:00	7.096	Ex Post Office Techs
	19:30	3.690	QRP ZL3TK
	20:00	3.581	CW improvers Net
	20:00	7.025 – 7.040	VK CQ QRS Group (CW)
	21:00	1.850	160m Net
Wednesday	11:30	7.125	SPAM Net
	18:00	14.049	VK CW NET
	19:30	146.700	ZL1AB Net
	20:00	3.660	Geek Net
	20:00	3.645	Br 02. Auckland
	20:30	146.525	W.R.S.C
Thursday	09:00	7.096	Ex Post Office Techs
	18:00	7.0674	SAS Net (CW)
	20:00	3.615	Br 89. REG Net
	20:30	3.696	ZL1OA
	20:30	3.666	LF Net ZL2CA
	20:00	3.690	ZL QRP SSB Net
Friday	20:30	3.850	SPAM (AM Mode)
	20:30	3.650	W.S.R.C.
	20:30	3.560	Digital Modes Net
Saturday	10:30	28.530	10-10 Down Under (AK Based)
	19:30	3.650	Christian Fellowship
	20:30	3.600	Br 62. Reefton/Buller
Daily or Other	07:30	3.696	ZL2OA
	08:30	3.730	ZL3RP
	15:00	14.300	Pacific Seafarers
	17:30	3.760	Home Brew
	05:00 Zulu	14.183	ANZA DX Net
	18:00	7.115	VK7OB
	19:30	3.720	ZL1MO
	18:30	3.766	ZL3LE
	08:00	3.730	ZL3DAC
	20:30	3.725	ZL2HN / ZL4RF
	21:00	3.677	Counties Net ZL2MA
	21.00	3.535	New Zealand Net (CW)

Our desire is that this will be a living list,
Please email zl1nux@outlook.com any updates, deletions or changes required.

Papakura Radio Club Inc.
Branch 65 NZART Club Directory
Wellington Park, 1 Great South Road.
PHONE 09 296 5244
Westpac 03-0399-0019896-00
Club website: http://www.qsl.net/zl1vk Club email: zl1vk.club@gmail.com

President ZL1NUX Gavin Denby 021 459 192
Vice President ZL1BNQ Richard Gamble 021 729 270
Secretary ZL1AOX Ian Ashley 021 198 1810
Treasurer ZL1MR David Wilkins 021 185 7903
Committee ZL1DK David Karrasch 021 560 180
ZL1IRC Ian Clifford 021 082 48400
ZL1RJS Rob Stokes 021 307 005
ZL1RIC Ricky Hodge 027 533 8155
ZL4MDE Mike Enderby 021 529 895
Zl1KIM Kimi Nooroa
AREC Section Leader ZL1BNQ Richard Gamble 021 729 270
CD Liaison ZL1AOX Ian Ashley 021 198 1810
Newsletter Editor ZL1NUX Gavin Denby 021 459 192
Hall Custodian ZL1AOX Ian Ashley 021 198 1810
Newsletter. Contact: zl1nux@outlook.com

Our newsletter is published monthly and normally distributed just before the club meeting. Please forward articles etc to the editor Wednesday 1 week before the general meeting. Please notify any change of address. Including E-Mail Address to the secretary.

Meetings
General Meetings are held at the Clubrooms on the 1st Wednesday of each month, starting at 7.30 pm. Look at your calendar and mark these nights. The speaker follows the General Meeting.
Activity Nights are held on the 2nd Wednesday starting at 7.30 pm.
Committee Meetings are held on the 3rd Wednesday of each month at 7.30 pm unless advised.
Project Evenings are on the 4th Wednesday of each month.
AREC Meetings are on the 5th Wednesday night, also starting at 7.30 pm
AGM: Held in November

Subscription: Full membership and newsletter $25.00 Family Membership and newsletter $40.00
Bank Account number: 03-0399-0019896-00

Working Bees As required.

Branch 65 21 Award: For contacts with ZL1VK (5 Points) and 8 Papakura Radio Club Members (2 Points each). Total 21 Points. Cost $5-00. Certified list and $5-00 to Secretary, Papakura Radio Club. Address above.

ZL1VK Club Nets
146.625 MHz Sunday at 8.00 am. Controller ZL1NUX, Gavin Denby. If the repeater is not available, listen 146.475MHz simplex.

3.755 MHz Sunday at 9.15 am. Controller ZL1BNQ Richard Gamble. (Linked to 146.675 & 438.775)