



The VHF Transmitter



Keystone VHF Club, Inc.

W3HZU

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York-area Scouts use ham radios to talk to scouts around the world

By Sean Philip Cotter - York Dispatch

The legend surrounding the source of ham radio's name sounds like a bad punchline, but Brad Kline says he's heard it's the truth. Here's how it goes: In the radio's early days, the amateur radio users kept talking too much, hogging the airwaves, Kline said. "They kept hamming it up," said Kline, a member and one-time president of the York-area Keystone VHF Club, a 140-member organization of ham enthusiasts. So government officials began to refer to them derisively as "hams," but the amateur radio operators readily appropriated the moniker, said Kline, whose call sign is KO3T — now, they call themselves "hams."



Under the guidance of the Keystone VHF Club members, York-area Scouts spoke with other Scouts hundreds and even thousands of miles away. (SEAN COTTER — scotter@yorkdispatch.com)

The VHF club's building at 3650 Deining Road in Springettsbury Township, replete with a bristling array of aerials and radio towers, hosted York-area Boy and Girl Scouts on Saturday, allowing the kids the chance to take part in the 57th annual international Jamboree-on-the-Air. During the Jamboree-on-the-Air, or JOTA, as the radio operators shortened it to on the airwaves for concision's sake, involves scouting groups around the world partnering up with local hams in an effort to talk to far-away scouts.



Ava, 6, a Girl Scout Brownie, and Troop 25 assistant leader Jeff Patterson search the airwaves for other Scouts to talk to.

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Cameron Bailey, KT3A

Retires from the Air National Guard

Air Force Guard Chief Master Sgt. Cameron Bailey is retiring from the U.S. Air National Guard on Oct. 1, after serving honorably for 33 years.

Bailey entered the Pennsylvania Air National Guard in 1981 as a Ground Radio Communications Specialist with the 193rd Electronics Combat Group. He was an Honor Graduate from both Basic Training and Technical schools. He transferred to the 211th Engineering Installation Squadron in 1989.

His communications background includes maintenance, installation, engineering, and project management of both aircraft and ground communications systems. This includes the EC-130J aircraft transmitting and receiving platform and numerous fixed communications systems. One such installation was the Air Force Research Laboratory radar relocation project. His participation in exercises, operations, and various missions, has taken him to 33 states and 11 different nations.

While assigned as to the 211th Engineering Installation Squadron, he deployed and managed communications projects in support of Operations Southern Watch and Enduring Freedom. During these operations he was responsible for installation of critical installation projects in support of national interests in Saudi Arabia, Qatar, and Afghanistan as well as a humanitarian project in Honduras.

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Dave Ness, N3LZP and David Sharp Jr, N3ONL - Silent Keys



On Monday, October 6, we received word that long time member, Dave Ness, N3LZP passed away the day before on Sunday. Dave moved to Southport, North Carolina in about 2003 and we lost touch with him so we do not precisely know the circumstances of his passing. Dave joined the club in 1992 and was an active member helping at work parties and doing antenna work. He was also active in the Southport Fire Dept after his move. For awhile he was checking into our Tuesday evening HF net.

I also received word from Ray Shaub, W3AXC that **David Sharp Jr., N3ONL** a club member since 1993 has become a **Silent Key**. David lived along Carlisle Road in Dover and was a neighbor of Ray. His membership was current up through 2014. Regrettably, I do not have a photograph of David.

NEXT MEETING

Thursday, November 6th, at the York County EOC on Davies Road

The York-area Scouts had good luck Saturday chatting with their counterparts around the U.S. And during the afternoon, assistant leader of Troop 25 and licensed ham Jeff Patterson — call sign KB3RCT — said they might find international Scouts as night rolled in and the airwaves became less crowded.

York's Perry Bevivino, the father of Joey, a 9-year-old scout in Troop 25, said his son originally "wasn't super excited" at the prospect of the event. But after Joey finished up a brief conversation with Alex, a 17-year-old Eagle Scout from the Chicago area, he expressed somewhat different sentiments when asked if he'd want to use the radio again. "Yeah, definitely," Joey said with a smile.



The "VHF" of Keystone VHF Club's name stands for "very high frequency," a mode of radio communication that has a shorter range but can transmit more data, including images.

Merit badges: The Scouts were working toward gaining their radio merit badges. "The best part about ham radio is that it teaches procedure," said Calvin Miller, call sign KB3PRD, an assistant leader for Troop 64. He said it teaches people to be clear, concise and to have attention to detail.

County hams: York County boasts about 700 licensed hams, Kline estimated. Patterson said there are about 750,000 in the country. "That's increased a lot over the years," Kline said. Miller said the local clubs serve as a backup for the county's emergency communication services. When everything else fails, he said, ham radios still work. He said that was the case in New York City during 9/11 and New Orleans during Katrina.

It shows up in the movies, too — after all, he said, the humans never would have beaten the aliens in "Independence Day" without ham radio. — **Reach Sean Philip Cotter at scotter@yorkdispatch.com.**

The article above was in the York dispatch and I believe that this was the best publicity we have ever received in reference to JOTA events up at the club. Major kudo's go out to our club members who made this possible! Jeff Patterson, KB3RCT and Brian Klimes, KC3CFW were the primary scoutmasters that organized the event itself. Mike Stackpoole, N3VQH was there all day enabling the scouts to work HF with the clubs Yaesu FT-920. Calvin Miller, KB3PRD was working with the scouts to obtain their Radio Merit badges. Tim Barefoot, W3TWB, an Eagle Scout himself was there for several hours. Brad Kline, KO3T as always, was in attendance and really provided a positive image of the Club and Amateur Radio itself to the media! Both Brad and Joe Imgrund, KB3TCM worked many stations on 40 meters on our new Yaesu FT-897D. Joe has been active in many of our public service events for many years ... thanks Joe!

Steve Steffan, WB3EFA showed the scouts how the repeater worked by making contacts via his HT through the 97 machine.

All in all I believe that it was a rewarding day even though it probably became a bit crazy at times! I am certain that the scouts enjoyed it and it probably was the first exposure to Amateur Radio for their parents.

Scheduled Club P.S. Events for 2014

* **December 7 - Jingle Bell Run**

POC: Jack Dellinger, KC3JD jkdelli@aol.com

* **December 24 - Glen Rock Carolers**

POC: Stan Walters, AB3EM abacuspe@comcast.net

NCS SCHEDULE FOR YORK COUNTY NET

NCS	CALL	2014 DATES			
Walt	K3DQB	Jan 06	Apr 07	Jul 07	Oct 06
Micah	KB3TGY	Jan 13	Apr 14	Jul 14	Oct 13
Jon	KB3IGH	Jan 20	Apr 21	Jul 21	Oct 20
Lorna	KB3SST	Jan 27	Apr 28	Jul 28	Oct 27
Ralph	K3HQI	Feb 03	May 05	Aug 04	Nov 03
Tom	KB3ETG	Feb 10	May 12	Aug 11	Nov 10
Fran	WA3GYW	Feb 17	May 19	Aug 18	Nov 17
Jack	KC3JD	Feb 24	May 26	Aug 25	Nov 25
Dick	WA3USG	Mar 03	Jun 02	Sep 01	Dec 01
Stan	AB3EM	Mar 10	Jun 09	Sep 08	Dec 08
Rich	KR3EE	Mar 17	Jun 16	Sep 15	Dec 15
Nate	WN3I	Mar 24	Jun 23	Sep 22	Dec 22
Sandy	N3ECF	Mar 31	Jun 30	Sep 29	Dec 29

AED Training Status

The following club members have expressed interest in attending the AED training:

Mike Stackpoole, N3VQH Tim Stumpo, KC3BWP Nate Kirschman, WN3I
Steve Steffan, WB3EFA Ken Brody, AB3BG

These are the folks that I got a response from my e-mail. Keep in mind that this is about a 45 minute session on the AED itself, not a course on First Aid or CPR. If you would like to be added, e-mail wa3usg@verizon.net

Cameron Bailey, KT3A retires ... continued from Page 1

As commandant of the Lightning Force School, he staffed and reorganized the school into what is now known as the Lightning Force Academy. This training facility became the second Community College of the Air Force school house within the Air National Guard.

He was a key advisor to Air Combat Command and Air Force Space Command's Inspector General Offices as they worked to realistically conduct Engineering and Installation unit operational inspections. He was a strong advocate as a member of the Engineering Installation Policy Working Group, striving to streamline, update, and revise methods and procedures. Bailey was the senior enlisted leader for soldiers and airmen of the Pennsylvania National Guard during four state emergencies and two Presidential Inaugurations, protecting lives and property in Pennsylvania and the District of Columbia.

Bailey was last serving as group superintendent with 193rd Regional Support Group, Fort Indiantown Gap Air Guard Station, Pa.

He is a 1975 graduate of York County School Of Technology, York, Pa.

To my amateur radio friends ... above is my Pennsylvania Air National Guard retirement article. Thanks for your support over these 33 years. Some of you have known me since the time I enlisted! Amateur radio has been a big influence in my career and deserves much of the credit. 73, Cam, KT3A

Cam joined our club in 1979. In 1980, he was our 1st Vice President, in 1981 he was our President, and again in 1985 he was our 1st VP. Over the years Cam became too busy at his job and the Air National Guard to hold office with the club but was still very active in club events, public service events and work parties. Cam & his XYL Debbie are also active in the organization of our Holiday Party at the Fairview Firehall. Three years ago, Cam even built & brought to the club a bicycle powered generator for use at Field Day. I still have his 600 MHz pizza pan antenna ... I need to get it back to him! We sure hope that retirement allows him more time for the greatest hobby of them all Amateur radio and of course, our club!



Join the Fun!



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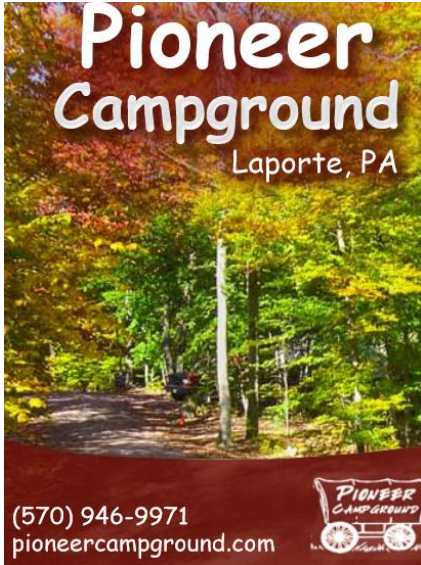
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The 2014 Pennsylvania QSO Party in Sullivan County - W3TWB

For about the last 5 years Bob Gundlach, N3NBT and Jack Dellinger, KC3JD have made a sojourn to Sullivan County to work the PA QSO Party. They've done this because there are virtually no Hams living there and it is a rare county.

Last year, they made a "Clean Sweep" from that location (they worked all 67 PA counties) and they decided that they didn't want to make the trip anymore. They approached me and asked if someone else in the club would like to take it over. I in turn spoke to Tim Barefoot, W3TWB and Dan Melato. KB3JSV and both of them showed an enthusiastic interest.

The location that Bob & Jack operated from was in a cabin in the Pioneer Campground near Laporte, Pennsylvania.



The campground is nestled back off the main road about 3/4 mile. They have RV sites, tent pads, cabins, and cottages for rent at very reasonable rates. The cabin that we were in did not have bathroom facilities but we were within a couple hundred yards of the campgrounds bath house. There was also a water faucet, charcoal grill, and a fire ring at our site. The cabin had a propane heater which at this time of the year was certainly nice. Perhaps the best part of this facility were the owners. They made us feel welcomed and had no problems with us erecting antennas. Matter of fact, they seemed quite interested in what we were doing. This place would be fun to visit for a variety of reasons!

We rented cabin #5, the same one that Jack & Bob have been using. This has a fairly open space to the left of it where we could erect our 3 band Inverted Vee (80/40/20 meters). We used 28 feet of fiberglass mast sections as the center feed point. This needs 2 set of guy ropes connected to stakes in the ground. Unfortunately, the cabin and ground adjacent to it are sitting on a gravelly surface. The stakes for the guy ropes kept pulling out which greatly complicated our setup. After much gnashing of teeth, tangling of guy ropes with antenna wire and antenna feed line, we got the antenna up.

The antenna worked quite well on all three bands. We certainly worked everyone that we could hear. With all the tangling problems we had getting this array up, I think that next year (if we use the same cabin) we will hoist the center point aloft using a tree for the support (there are plenty of them). Dan Melato also brought along his "Slim Jim" antenna (roll up J-Pole) that we used to work the 145.33 MHz repeater located in Williamsport. We were thinking about erecting another antenna 90 degrees from this one further back but there were simply too many trees. This array stayed up over the weekend with no problem and with the exception of the band edges, required no tuner.

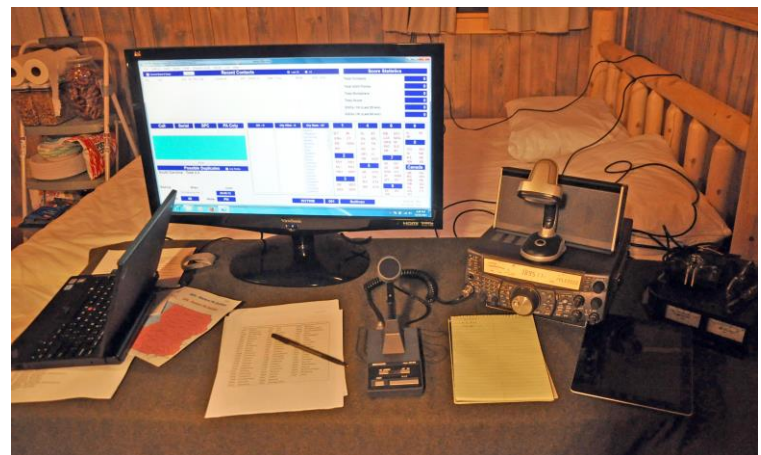


This is cabin #5, our home for the weekend. It had a nice spacious porch where Tim did all the cooking and worked out very well. We are thinking about renting a cottage next year (it has a bathroom & kitchen)



The main room was quite spacious. There was a small refridge next to the propane heater. We used a 5 foot table to set up our operating position. The door in the back leads to the "Bunk Room", where there are four bunk beds.

Below - Our operating position.



On Saturday, both Jack, KC3JD and Bob, N3NBT drove up to pay us a visit (we knew that they couldn't stay away). They both operated the contest for a couple of hours and then joined us for a great seafood dinner prepared by Tim, W3TWB.

It was great having the five of us up there operating, Tim Barefoot, W3TWB; Dan Melato, KB3JSV; Dick Goodman, WA3USG; Jack Dellinger, KC3JD and Bob Gundlach, N3NBT. We all made a great team! We ended up with a Clean Sweep of all 67 counties and a score of about 48,000 points.

Continued on Page 5

Schedule of Keystone VHF Club Sponsored VE Testing for 2014

Laurel VE Group Testing sponsored by the Keystone VHF Club are held the second Saturday of the odd months. All tests are at 10 AM, pre-registration is appreciated except at the Hamfest. Contact, Ralph Brandt at ralph.brandt@comcast.net or phone 717-792-1017.

Locations are York EMA Office at 120 Davies Road, York, or Keystone VHF Club on Deininger Road, York, near the Rocky Ridge Park

Testing dates:

Keystone VHF Club sponsored testing by the Laurel V.E. Group. These sessions are held in the Training Room at the York County EOC, 120 Davies Rd., York, PA. Testing starts at 10:00 AM. Preregistration is appreciated. Contact Ralph Brandt at: Ralph.brandt@comcast.net or phone 717-792-1017 to register.

November 8

VE exams will be sponsored by Southern Pennsylvania Communications Group (SPCG). These sessions are held at the Shrewsbury Borough Building, 35 Railroad Ave., Shrewsbury, PA. Testing starts at 9:30 AM. The point of contact for these sessions is the same as above.

December 13

Local area nets:

Capitol Area Traffic Net starts **Monday at 8 PM** on the South Mountain Radio Amateurs (SMRA) repeater on 146.46 (67.0 tone), 1 MHz offset. All properly licensed radio amateurs are invited to check in.

The Combined Club ARES/RACES Net meets **Monday at 8:30 PM** on the Keystone 146.97 Repeater (Tone: 123 Hz).

South Mountain Radio Amateurs (SMRA) Net on **Monday at 9 PM** on the 145.43 (Tone: 67 Hz) repeater located in Mt. Holly Springs. *After the normal FM net, a group moves off to 144.210 MHz operates SSB*

The Keystone VHF Club Digital Net on **Tuesday at 8 PM** on the York 146.97 Repeater.

The Digital Familiarization Net on **Wednesday at 8 PM** on the SMRA 145.43 Repeater.

The Keystone 75 meter net on **Tuesday at 9 PM** on a frequency to 3820 to 3840 KHz (+ or - the QRM). In the Summer, the net is suspended.

The Quarter Century Wireless Association (QCWA) net meets on **Wednesday 9 PM** on the York 146.97 repeater. (Net currently not held)

A local FM Simplex Net runs **Thursday at 8:30 PM** on 146.55 MHz.

South Central PA 10 Meter Net **Friday at 8 PM** 28.495 MHz USB

**** Listed below are some local 10 meter nets ****

Ham Shack Talk Net - Monday at 9 PM: 28.335 MHz.

Delaware Lehigh Valley ARC Net - Sunday 4:00 PM: 28.430 MHz

Do Drop In net - Sunday 8:30 PM: 28.450 MHz

Penn- Mar Club net - Friday. 8:30 PM: 28.495 MHz.

10 Meter Ragchew Net - Every evening starting 7:30PM: 28.600 Mhz

FOR SALE/WANTED

Rohn 25G tower, 6 sections (60 feet), already taken down. You haul away **\$125.00** Call Tim Stumpo, KC3BWP 717-434-7727

Yaesu FT-8800R, Mobile, Dual band transceiver (2 meter/70 cm) With remote kit and Mag Mount antenna **\$300.00** Call Millard Martin, NN3Z at 717-764-6594

Some Vintage Equipment Free to a Good Home

This is Dave Laughlin, KJ3K writing to you from Felton. I would like to offer some vintage equipment to any ham who would give it a good home. I am cleaning out and cleaning up our barn, and offering my Heathkit DX-100B transmitter (which worked last time I fired it up many years ago) and my Drake 2-B receiver (which currently is not working).

This equipment was my first real rig used for many, many years beginning in 1967. I just hate to see it end up as scrap metal, so I thought I might offer it to the club or any interested member.

Thanks for your consideration. Any interested member could email me at dlaughlin425@gmail.com or call me at **717-880-1286**. Thanks and 73's Dave.

Trustee's Report



Tim, W3TWB



Thierry, KB3TPX



Jeff, KB3RCT

The grounds of the club house are looking good for the Winter. We need one more clean up work party but that will probably be about it. We have the storage shed cleaned out (with the exception of a huge pile of computers) but hopefully, these will be gone in a month or two.

PA QSO Party ... Continued from Page 4



Yes ... I know that we were supposed to be dead serious about contesting but we also came up here to EAT! Here Tim and Dan are shown at our secondary operating position ... the dinner table! Just as important as the contest! Eatin' well and campin' out in the wilderness ... what a weekend!



Check out this spread that Tim put on for us! From left to right: Fried fresh Catfish, Crab Cakes, Shrimp, Fresh Scallops, Fresh cut French Fries. All in the bed of a Pickup Truck up in the Mountains! It doesn't get any better than this!!

The Status of our Projects ... and what's been going on at the Club

Hallelujah ... the hole dug for the guy anchor for the 60 foot tower has been filled with concrete (a lot of concrete) and another job is completed! On Thursday, November 6th a motley crew arrived at the KVHFC to await the concrete truck.

This was composed of Tim Barefoot, W3TWB, Jack Dellinger, KC3JD, Bob Gundlach, N3NBT, Kip Glunt, WB3AFL, Rich Reese, KR3EE, Thierry Mathieu, KB3TPX, Calvin Miller, KB3PRD, and myself, Dick Goodman, WA3USG.

The truck was supposed to be on site by 12:30 PM but was delayed until almost 2.



When it arrived, it couldn't get close enough to use its ramp to guide the 1.5 square yards of concrete into the guy anchor hole so we had to load up wheel barrows ... with a couple hundred pounds at a time and roll them about 30 feet where they were then dumped into the hole. The first couple of barrows were somewhat overloaded and things got a bit dicey! At one point, Jack kind of veered wildly off course with a wheel barrow containing upwards of 300 pounds of cement. He managed a save in the nick of time but loaded up lighter after that.



It took about 30 minutes to wheel barrow all the concrete over there & fill up the hole. We kinda took turns doing this ... Tim moved 1 load ... Jack & Dick each did about a dozen loads as did our young buck Calvin. The truck operator was incredibly patient with us ... I think that he figured if he got some of us old farts excited, we might drop over dead.

Upon completion of filling the forms in the guy anchor, the operator told us that he still had about another yard of concrete that we could have ... for FREE! So we set about trying to decide where to put it. We built a sidewalk leading to our tenants door (albeit not a very neat one). We filled in some low spots in the driveway near where the cables pass under it (we don't think that the ground hog will ever get in

again unless it has a jack hammer!

Basically, the guy anchor is finished. Now all we have to do is replace the guy lines with new Philly strand that was donated by Rich, KR3EE. Mike, N3VQH and Calvin, KB3PRD are going to assemble our new Mosley HF/6 meter beam that will be installed on this tower. Matter of fact, as I was sitting here typing this, I heard Mike talking to Chad on the repeater. Apparently, Mike & Calvin had started working on this tonight!

We still have not received our new control box for the antenna rotor from MFJ but even if this doesn't come, we have the rotor motor unit and can put that up with the antenna. We can use one of our older control boxes to turn it. Once this is done, we have completed our outside work for the year and we can concentrate on inside projects ... which there are many!

If you look in the shed, you will notice that there are about 50 computers that were given to us by the county. Of these, we need to configure about a dozen that will go out to area EOC's for use in Amateur Digital communications. The remainder may be given to club members for their use.

Over the next several months, we will be setting these computers up with the Linux operating system. Using this system, you will be able to run many different logging programs, virtually all of the digital communication modes, and also word processing and other traditional computer applications.

The club would supply the computer, keyboard, and mouse. We also have a limited number of flat screen monitors. If you would like one of these computers, please let me someone in the tech committee know. The computers are about 6 to 8 years old and will run most Amateur radio applications very well.

The Quarter Century Wireless Association (QCWA) Corner

By Ray Shaub, W3AXC

The following members met for our regular October meeting at Hoss's on White St. in York: Glenn K3SWZ, Mark K3MSB, Steve WB3EFA, Gerry WB2VIE, John WA4RBQ and Ray W3AXC. We didn't have a quorum but we made a few decisions that will affect the entire chapter.

1. We will have our annual meeting / Christmas party on December 13th. at Hoss's on White St. in York. We will invite all members and invite the ladies as we have in the past.
2. We discussed the reasons why we have a chapter dues payable each year on or before our regular December meeting. Each member present was given the following run down of our expenses. Some of these expenses are not recurring.

WHY DO WE NEED CHAPTER DUES?

This is an accounting of our expenses this year so far.

Our check book balance at the start of 2014	\$481.56
Our expenses:	
Our website renewal	\$ 76.00
Our website hosting	\$ 67.00
ARRL technician books	\$ 67.38
Our ham call renewal	\$ 28.40
total expenses	\$238.78
16 members paid their dues	\$112.00
subtracting dues from expenses	\$126.76
The \$126.76 was spent out of the \$481.56 balance	\$354.80

I need to know how many of you would attend the Christmas party at Hoss's and if you would bring your XYL or another guest. I know this is 7 weeks away but give me your best guess. If you know now you won't be there I would like to know that.

I talked to the manager at Hoss's and got a menu of meals that are available for group gatherings. They have steak dinners that cost from \$29.99 for a 24 oz. porterhouse to \$11.99 for a steak stuffed with homemade stuffing. They have a steak and seafood dinner which is a sirloin steak and shrimp or scallops dinner for \$17.49. They have Maryland crab cakes at \$14.99. They have Scallops, Salmon dinners, Chicken dinners and all kinds of sandwiches. With all of these dinners you also get the salad bar and dessert. Of course there is the salad bar only for \$6.99 which is our old standby when we have our regular meetings.

So I need to know if you plan to be there. Let me know ASAP so I can let them know at Hoss's. The manager said it will be no problem if everybody gets something different.

20 Household Items that Double as Emergency First Aid

Posted on October 31, 2014 by Brian Meyer

When it comes to first aid, it's just about impossible to be too prepared. Sure, you definitely need a solid first aid kit at home and in the car, but in the case of a true emergency, those supplies will run out fast. With traditional supplies gone, you'll need to rely on other sources for help, and lucky for you there's a lot out there.

Everyday items in your home like tea bags, Elmer's glue, and even wooden rulers can all help rebuild your first aid kit in an emergency, and their alternative uses are good even today. Check out the list below and make sure to check the comments for home remedies and alternative uses that others like that we didn't list here.

Food

1. Oatmeal – While oatmeal is a great way to get breakfast, it's also pretty amazing for your skin, too. An oatmeal bath eases the pain and itchiness from rashes and poison ivy as well as sun burn and eczema. An easy way to draw an oatmeal bath is to place oatmeal in a stocking and soak it like a teabag in the water.

2. Honey – While a perfect sweetener for your tea, honey is also great for helping to heal burns, too. Just spread it over the burn and cover with gauze. You can also use honey to disinfect wounds and even help with a sore throat!

3. Tea Bags – Speaking of tea bags, they're good for more than making tea with, too. Tea leaves are excellent anti-inflammatory agents, which means you can use them to relieve bee stings, boils, and other skin irritations. You can even use them on hemorrhoids

Office Supplies

4. Elmer's Glue – As kids just about all of us put Elmer's glue on our hands and peeled it off. While this is fun as a child, it's actually pretty useful as an adult. If you get a splinter or metal sliver in your skin you can cover it with a drop of the glue, and when dry peel it off. The sliver will come with it.

5. Super Glue – If you have a cut that won't seem to stay closed, you can actually glue it shut with superglue. Clean the wound and spread a thin layer of glue on the cut. Trust me, you want to get as little inside the wound as possible. It doesn't feel too good. This can irritate your skin, so use sparingly and at your own risk.

6. Duct Tape – You don't need a list to tell you duct tape is useful, but you can always use a few good first-aid uses for the wonder tool. Paired with some gauze you can cover a blister safely with duct tape as well as making makeshift bandages. You can even get creative and make splints, braces, and even arm immobilizers that wrap around your neck.

7. Wooden Ruler – A simple wooden ruler is perfect for making a splint. Place it against the broken limb and wrap with fabric. Don't wrap completely with duct tape though, as it'll be too difficult to remove.

Hygiene Products

8. Tampons – These are the wonder tool of your new first aid kit. A tampon can stop a bloody nose, aid in absorbing blood from a medium-sized wound, and help with absorption just about anywhere on the body.

9. Toilet Paper – File this under something you don't respect until it's gone, toilet paper is a definite necessity, that's for sure. Above it's intended use, you can use toilet paper for bandage creation if you're in a pinch as well as use pieces to apply medicine and even twist to use as a wick for a candle. You can't do too much first-aid in the dark, now can you?

10. Dental Floss – In a land without dentist offices, keeping your teeth clean is a necessity most people can ignore, but an infected tooth can kill you just as easily as dehydration or injury. For this reason, it's worthwhile to keep dental floss with you, but there are a few other uses, too. You can suture a wound with dental floss, just make sure you don't use the flavored varieties. There are non-first-aid uses too, like making a

small game snare, too.

11. Towels – You can use multiple junk towels stitched together to make a blanket, you can shove them under doors to keep drafts out, and when ripped into strins. they can be used as splint ties. tourniquets. and even bandages



Outdoors

12. Garden Hose – Beyond the standard use of getting water from one place to another, you can use small pieces of hose to protect your hands from shark or wiry items. Just split the hose down one side and slip offending item. Large enough hose can be split down one side and used as a finger splint, too.

13. Lumber – Depending on the size of the lumber; it can be used for immobilizing limbs and for making splints.

14. Garbage Bags – When talking survival medicine, garbage bags are worth far more than their weight in gold. Remember that a garbage bag is basically just plastic sheeting that's formed into a bag. This plastic sheeting can be used for waterproofing first aid supplies, covering a wounded foot with, and even for carrying water. Your best bet is the simple thick black garbage bags that are used for lawn maintenance.

Cleaning Supplies

15. Non-Sudsing Ammonia – You can use ammonia mixed 50/50 with water to relieve and treat insect bites.

16. Liquid Dish Soap – Mixed with water and placed in a sealed bag, you can cool dish soap and use it as an ice pack.

17. Bleach – Bleach is the survivalists' best friend. It can be used for decontaminating surfaces and disinfecting drinking water, which is vital for first aid.

Everything Else

18. Plastic Wrap – Plastic kitchen wrap is great for protecting burnt skin. Thoroughly clean the skin and apply any burn cream you may have, then loosely wrap in plastic wrap. The wrap should only cling to itself, leaving your wound protected from infection. This needs changed often and your burn will need cleaned frequently, but it can be a huge help.

19. Phone Book – In the case that someone comes across live power wires and touches them, their muscles tense, making it impossible for them to let go of the wire. If you try to grab them, you'll be shocked, too. A phone book is thick enough that it can be used to push the person out of the way. Also, you can stand on a decently thick phone book to un-ground yourself so you can use a wooden stick to move the wire.

20. Credit Card – This works for any hard plastic card, including drivers licenses and even medical cards. If you're stung by a bee you can scrape towards the tip of the stinger to pull it out.

This is only a sampling of uses for everyday items for first aid. Have a favorite we didn't mention?

Gang ... One of our members, Joe Piscello, KB3WZU, had stomach surgery last month and is recuperating at home. Depending on how he's doing in two weeks, he's due to have ankle surgery.

Joe ... please know our thoughts & prayers are with you!



**Keystone VHF Club
General Meeting Minutes of
October 2, 2014
By Sandy Goodman, N3ECF –
Secretary**

The General Club Meeting held at Keystone VHF Club was called to order by Pres. Dick WA3USG at 19:00. There were 38 members present and 7 guests from Walt's class.

TECHNICAL HAPPENINGS:

Jeff, KB3RCT, announced that the Boy Scout Jamboree on the Air (JOTA) will be held Oct 18th from 10 am to 7 pm at the Keystone Club. There may be 4 packs of about 40 scouts attending. Jeff and Brian, KC3CFW, will be working on Merit Badges for the 8 to 10 year olds. Jeff is looking for help. You can also help from home by providing contacts. Jeff moved to approve spending up to \$150 for drinks and snacks. Steve, WB3EFA, seconded the motion. Motion was approved.

Cam Bailey, KT3A, sent an email about a current proposed legislation in congress, HR-4969, "The Amateur Radio Parity Act of 2014." This is about allowing "reasonable accommodation" provisions for Amateur Radio antennas to include all types of land-use regulation, including deed restrictions and restrictive covenants. Cam encourages members to write directly to the 4th district representative, Scott Perry, or send a letter to the ARRL to request support. More information on this can be found at arrl.org/hr-4969.

SECRETARY REPORT: Sandy, N3ECF. John, KC3BOJ, moved to accept the September minutes as published, 2nd by Joe, KB3TCM. Motion carried.

TREASURER REPORT: Linda, KB3EBV, reported for September: Income: \$957.32; Expenses: \$375.69; increase of \$581.63. Balances: Club CD \$7,629.97; Checking Acct \$3,908.56; Trustee Acct \$921.64; Total \$12,460.17. Lee, KB3HNA, moved to accept the report. Rich, KR3EE, seconded the motion. Motion carried.

COMMITTEE REPORTS:

TRUSTEE REPORT – A work party will be scheduled the first or second weekend in November. Thank you to Rich, KR3EE, for cutting logs. Attendees for the AED Training were verified.

TECHNICAL COMMITTEE REPORT -- The 2 meter and 70 cm antennas (along with the new rotor) are up and working. The Mosley HF beam needs to be assembled and made ready for installation. Need to get concrete poured in the 60 foot tower west guy anchor. Need about a yard and half of concrete and some rebar. Buzz, K3GWK, moved to allow \$400 to purchase the concrete and rebar. Bob, K3DJC, seconded. Motion carried. Chris, KB3TWW, talked about his 146.79 repeater, which is a dual mode repeater (analog – DMR). He and Dick, WA3USG, are experimenting with it. Dick played a demo of their experimentation. That led to discussion about DMR and D-Star.

EMCOMM/PUBLIC SERVICE NEWS –

The activity at the Three Creek Century tour were in the newsletter. Operators are needed for Marine Corps Marathon and Michaux Team Challenge on October 26, then later for the Jingle Bell Run and Christmas Eve in Glen Rock.

VE/ED REPORT -

No one passed at the last exam. There are a few scheduled for the next test. Nate, WN3I, and Steve, WB3EFA, are teaching the Technician Class. Dec 13 is the target for the exam. They are considering teaching a General Class in the spring, after the snow

CONTEST REPORT –

PA QSO is the weekend of Oct 11-12. Two groups will compete: Dick/Dan/Tim will go to Sullivan County. Mike and some others are going to Cumberland County.

Oct 25 CQ World Wide SSB Nov 15 Nov Sweeps SSB
Jan VHF Contest coming up, think about Jan 18.

NEWSLETTER/WEBSITE –

Newsletter was sent out and the website is up to date. It was suggested that the club's location and address be included on the home page.

OLD BUSINESS:

Second reading was done for Doug Good, KC3AYT. Doug was then voted into membership.

We also reinstated Dillip Patel, N3YRQ, back into membership. He had left in 1999, then reapplied recently.

NEW BUSINESS:

For the annual Holiday Party, it was decided to hold it again at the Fairview Fire Hall. Chris, KB3TWW, will check into a reservation that does not conflict with the Jan VHF Contest.

A Nominating Committee was set up: Jeff, KB3RCT, Dan, KB3JSV, and Tim, W3TWW. Dick is resigning as President, and Linda is resigning as Treasurer.

GOOD OF THE CLUB -

50-50: \$26 won by Nate, WN3I, was donated back to the club.

Adjourned at 20:08.

VA Plans to Build Nationwide High-Frequency Radio Network to Communicate During Emergencies

The Department of Veterans Affairs plans to build a nationwide high-frequency radio network to connect its medical facilities in case of an emergency that knocks out other forms of communications -- applying century-old technology to current needs.

VA said in a [contracting notice](#) Tuesday it intends to award a five-year, fixed-price indefinite-delivery, indefinite-quantity contract for the fully functional "turnkey" Emergency High Frequency Radio Network. VA plans to issue a formal request for proposals by Oct. 31.

The network will include an undefined number of high-powered "backbone" stations equipped with 200-watt transmitters designed to receive and automatically relay communications from 125-watt stations located at approximately 200 Veterans Health Administration facilities, VA said.

The network would provide emergency two-way radio communication and links to national wired, cellular and IP telephone networks enabling radio-to-telephone communications, according to the agency. High-frequency radios operate in the three-to-30-MHz bandwidth and can transmit signals for hundreds or thousands of miles as the signals are refracted off the ionosphere. Changes in ionospheric conditions require HF radios to be periodically retuned, done automatically with a technology known as [Automatic Link Establishment](#) built into the radios. VA has specified ALE radios for its HF network.

Though outmoded by satellite and internet communications, HF networks still serve as an emergency backup for federal agencies, including the Air Force for communications with Air Force One as well as its transport, tanker and bomber fleets.

The Department of Homeland Security operates a high-frequency network called SHARES, which provides additional capabilities for users with a national security and emergency-preparedness mission to communicate when landline and cellular communications are unavailable.

The Federal Emergency Management Agency and the Army National Guard also operate national HF networks. The Centers for Disease Control and Prevention has set up the National Public Health Radio Network as a communications back up in all 50 states.

Bernie Skoch, a retired Air Force general, consultant and amateur radio operator, said high-frequency remains the only reliable long-distance communications capability that depends entirely on terminal systems for end-to-end communications.

"There is no copper, no fiber, no space segment and very thin network management requirements" -- just radios, antennas and the ether, he said. That independence from complex infrastructures, coupled with relatively inexpensive portable and mobile packages, makes it ideal for command and control, disaster and continuity-of-operations systems, Skoch said.

KEYSTONE VHF CLUB OF YORK, PA



W3HZU



Membership Application

Name: _____ Phone: _____ - _____

Address: _____ Callsign: _____ Expires: _____

City: _____ State: _____ Zip: _____ Lic Class: _____

Occupation: _____ E-Mail: _____

Membership Desired

Full → Full Club Privileges
\$20.00 annually & one time \$5.00 Application fee

Family → Sponsoring members call: _____
Privileges same as Full membership
\$5.00 annually & a one time \$5.00 Application fee

Associate → Repeater Support
\$20.00 annually & a one time \$5.00 Application fee

Are you a member of:

ARRL Y-N

ARES Y-N

RACES Y-N

QCWA Y-N

Special Areas of Interest (circle all that apply)

AM Antenna building ATV Contesting CW Digital (Packet, RTTY, PSK-31, etc)
DX FM HF QRP Satellites SSB SSTV SWL Tower climbing LF DSP
UHF/Microwaves VHF Astronomy Photography Other: _____

Application & Dues Mailing Address:

Make checks payable to: *Keystone VHF Club Inc.* Mail to: *PO Box 20143*

York, Pa. 17402-0140

FOR CLUB USE ONLY

First Reading Date: _____ Second Reading Date: _____

Date voted IN-OUT: _____ Date Dues Collected: _____

Applicant Sponsored by: _____