

COMMUNITY GRILL PROGRAM

RAISE MONEY FOR YOUR NON-PROFIT

REACH SENDIK'S SHOPPERS &
HELP RAISE MONEY FOR YOUR
SCHOOL OR ORGANIZATION!

WITH
Sendik's
FOOD MARKET

WARAC is GRILLING UP BRATS and BURGERS

COME JOIN US!!



Saturday, July 15th
11:00 AM to 4:00 PM



Sendik's New Berlin Store
3600 S Moorland Rd
New Berlin WI 53151

This is WARAC's main fundraiser for the year. We **NEED**
your help!! Pitch in for an hour or stay the whole day.
Every little bit helps

Contact Frank, KA9FZR to sign up
fhump@milwpc.com





Official Publication of the
West Allis Radio Amateur Club

Hamtrix

Volume 72, Issue 7 July , 2023

[click here to go to web site](#)

JULY CLUB HAPPENINGS



NUT NET
3.985mhz
Monday-Saturday
8:15am CT
NUT NET
Breakfast
8:30am fourth
Tuesday
of the month

Milwaukee-Florida Net
Every Day on 14.290 Mhz
7:00AM - 9:15AM ET
6:00AM - 8:00AM CT

Field trip meeting

6:30pm July 11, 2023

The July meeting of WARAC will be held at Vretnar Park (4230 Kirkwood Ave, St. Francis). The activity of the month will be a showcase of the technology used in today's Police vehicles and Fire Rescue Vehicles. Hopefully, there will be representatives from both of these agencies who will share with us how these technologies are utilized in citizen and officer safety. I have requested a Police Vehicle and a Fire vehicle to show up at the park so we can have a first hand look at what these vehicles are capable of.

See page 7 for more info and map . . .



Sendik's Grill Fundraiser

Will be on **July 15, 2023** and September 9, 2023
Save the dates and join us.

Index

Meeting Minutes	3
DX/contest update.....	4
Digital Digest.....	6
Meeting inst.....	7
Memory	9
From Editor.....	11

Wed Park Ops.....	12
Slow Speed CW net....	14



WARAC

Find Us On The Air

VHF Simplex 146.55 Mhz



Looking for a Club Member to chat with? Fire up the VHF rig and give a shout out on the VHF Simplex Frequency 146.55. You'll be surprised how often someone is listening. Hit the PTT and say "Hello"

DMR - BM TG 3155 WI State



The WI State 3155 TG is available on all the local DMR Repeaters AND via your HotSpot. Put yourself monitoring and come find a Club Member

Nut Net - Mon to Sat on 3.985 Mhz @ 8:15 AM



Join The Nut Net on 80 Mtr SSB from 8:15 to 9:00 AM Mondays thru Saturdays. Check-ins are from all over WI. You'll be a Nut Netter regular in no time. This is a general discussion net that gets your day started out right.

Milw - Florida Net - Mon to Sat 14.290 Mhz 7:00 AM



Join Tom, K9BTQ, for this early morning Check In Net, Mon thru Sat on 20M from 7:00 AM to 8:00 AM. Get the news to get your day started out just right.

6 Meter Chat - Wed, Fri 50.160 Mhz @ 9:30 AM



Paul, W9PCS, hosts this informal 6m online get together on Wed and Fri starting at 9:30 AM. This is a round table discussion and everyone is welcome to drop by and join in.

WARAC General Meeting Minutes – June 13, 2023

Club Meeting called to order by Feroz WU9N @ 7:02 pm.

Attendance: 21 – 15 Members, 6 Visitors.

May Meeting Minutes: Approved.

Treasury Report – Bill N9KPH: No changes since May's report.

July Meeting location - City of St. Francis Milton Vretener Memorial Park for a talk on technology use in police and fire department vehicles.

August – Pizza party. Location TBD.

Dave WB9OWN: Field day 2023. DJ Mackie picnic area. 1 Day only. - Saturday June 24.

Planning 3 Stations, battery or solar only. Station heads - 20m cw, Tom M, Mike. 40M digital Max. 15m,10m digital Paul, Gill. 6M Gill, Donna. GOTA 10m, 15m digital, everywhere? at their own risk. Will have filters to use. Food, water, and soda will be available.

Tom K9BTQ: WARAC Field Day History.

Power Point presentation of club FD outings, and a FD tower failure movie. The club was founded in 1954. Some of the FD locations over the years include, Greenfield Park, Wehr Nature Center – Whitnall Park, Brookfield – by the water tower by I-94, New Berlin by recycling center, and more. Water Tower was just built, took a tour. Antenna supports used over the years, towers, extension ladders, trees, bucket trucks, home brew wood supports. Tilt over tower. Delta loop, dipole, dip antenna, beams, more. Generators that was used, 2 WWII surplus units. Would normally run as 3A, 4A or 5A over the years.

Meeting Adjourned at 8:13 pm.

Respectfully Submitted

Bill Dargis KD9BJZ

Secretary WARAC, June 13,2023



After many years Al Hovey (Big Al) WA9BZW has had to retire from writing the "CONTESTING and DX" page in Hamtrix.

Michael Falk AA9RK has agreed to take it over for Al

If you see them give them a big thank you for the work they have/will do to make Hamtrix what it is!

Thanks

Frank KA9FZR Hamtrix Editor

Contest Corner and DX Report

Hey all, I've agreed to take over the contesting and DX column from Al Hovey, KA9BZW, who has been keeping us all informed for years in Hamtrix. Many thanks to Al for all that's given us, and also for the help he is continuing to give me!

It's not a contest, but the 13 Colonies event runs from July 1 through 7. K2A, K2B, all the way up through K2M, are active on HF during this week on SSB, CW, and FT8. The bonus stations are one American (WM3PEN), one British (GB13COL), and one French (TM13COL). You can get a certificate whether or not you work all 13 stations for a clean sweep. Get more info on www.13colonies.us and they recommend using DX Summit for spots.

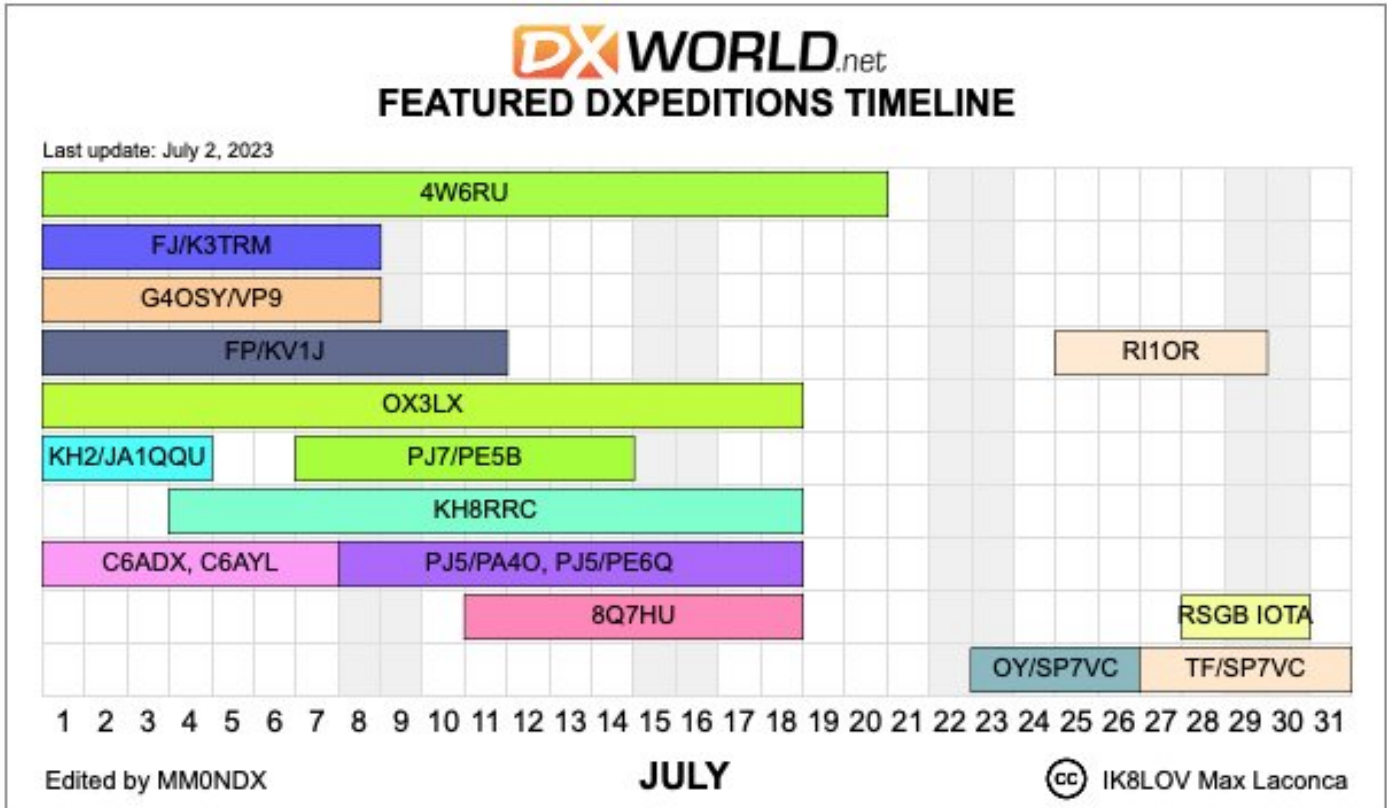
July 15 and 16 is the big contest weekend this month. VHF folks will be interested in the CQ Worldwide VHF Contest. Unlike the ARRL 'tests, this one is VHF only. It takes place only on 6 and 2 meters. No 222, no UHF. CQWW has been innovative with the entry categories, including the newer Hilltopper category. More details at cqww-vhf.com. If VHF is not your thing, the North American QSO Party – RTTY runs at about the same time down on HF. More info is at ncjweb.com as this contest is sponsored by National Contest Journal.

August 5 and 6 is another two contest weekend. The North American QSO Party – CW runs Saturday afternoon and evening, and the ARRL 222 MHz and Up Distance Contest runs Saturday afternoon until Sunday afternoon. (The NAQP-SSB takes place two weeks later, on August 19th and 20th.)

I also want to focus in each column on some of the weekly and monthly contests that are a lot of fun. This month we'll look at some of the QRP and CW events that happen frequently:

- The ARS Spartan Sprint happens the first Monday of each month, from 7-9 PM local. Activity tends to be around 14040, 7040, and 3560, usually at 20 WPM or slower.
- The Walk for the Bacon QRP event takes place over two nights, starting on the third Wednesday of the month, at 13 WPM maximum, on 20 meters only.
- The Run for the Bacon is on the third Sunday of the month with no speed limits.
- Weekly, there is the CW Ops CWT (>25 WPM) every Wednesday at 8 AM, 2 PM, 10 PM, and 2 AM Thursday. The ICWC sponsors a Medium Speed Test (20-25 WPM) at the same times (except no 2 AM) on Mondays.
- I always like to plug the K1USN Slow Speed Test (<20 WPM), every Friday afternoon from 3-4 and Sunday night from 7-8.
- The North American QRP CW Club runs a sprint event monthly too, but the day and week change.

Details on all of these can be found on contestcalendar.com.



On the DX side...

- FP/KV1J (Miquelon island) is active through July 11, 80-6 meters, all modes, and FM satellites.
- TR8CR is active from Gabon until the end of July, on 30 through 10 meter CW.
- If you need the Maldives, 8Q7HU is on the air July 11-18, 40-6 meters.
- KH8RRC and W1AW/KH8 will be on the air from American Samoa July 4-18.
- Sint Eustatius (Statia) in the Caribbean will be QRV as PJ5C, PJ5/PA4O, and PJ5/PE6Q from July 6-18.
- 4W6RU is still on the air from Timor-Leste (formerly known as East Timor). They call this a “suitcase DXpedition”, so they have small setup and a small signal.

What would you like to see in this space? Send me an email: aa9rk@e-falk.com
 -Michael AA9RK . .



July 2023 * Hamtrix * By Michael Johnson, WO9B

Unobtainium Update

Looking back at old editions of Digital Digest, it struck me that all manner of gear has been highlighted for which the availability of some of those items has hovered in the impossible to get category for quite some time. So diverting from a strictly digitally inspired column this month, I thought it would be fun to check on the availability of a range of ham stuff. Pricing will not be discussed because, well...just because. Climbing out of the pandemic supply chain debacle has not been easy, nor fun. But from my admittedly thin level of research, progress has been made. Let's take a look.

The Big Three: Icom, Yaesu, Kenwood - While there may be spot shortages for individual models,, generally their products are available and shipping immediately via their retail suppliers. That includes the popular Icom 7300, Yaesu FT-891. Icom and Yaesu have new products being added to their line. Not so much for Kenwood, which has stagnated, perhaps waiting for a big reveal at some point. Interestingly, there were no big product announcements from any of them this year at Dayton.

Elecraft: Most, if not their entire product line remains heavily backordered for weeks and weeks and weeks.

QRP Labs: No significant backlog. Their popular QCX, QDX and the new QMX are up and shipping. From order to receipt is a couple of weeks. Very normal.

DMR Radios: Too many manufacturers to hone in on. AnyTone is a popular brand. Availability is immediate.

Raspberry Pi's: RPi 4's - Nope, not going to happen. They remain out of stock everywhere. Same story with the RPi Zero products.

Digital Nodes: This generally covers AllStar, Echolink and various digital modes (DMR, DStar, ect).

Clearnode / Clearalpha: These are available!!

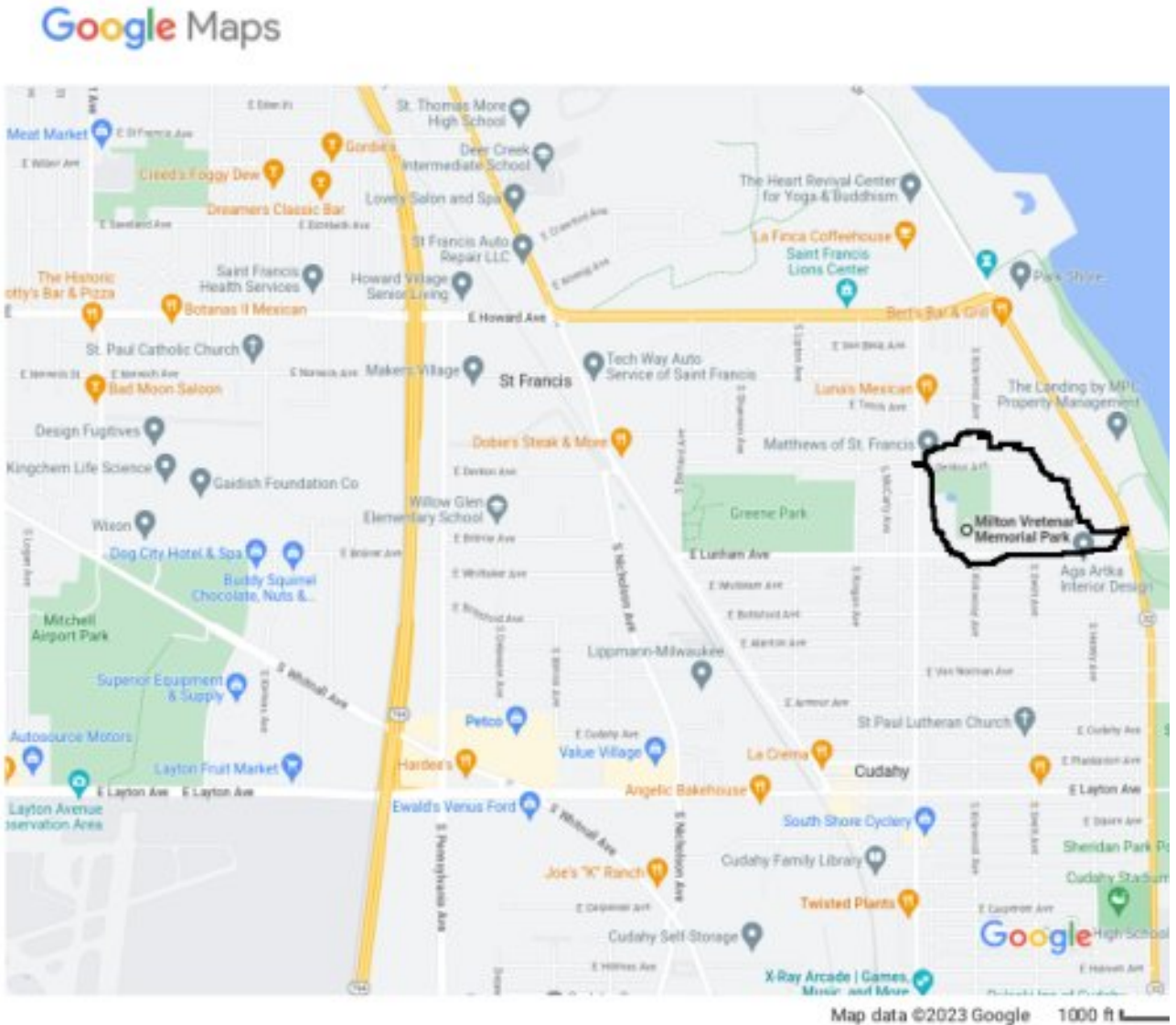
Shari: Unknown, though these come in various configurations. These are RPi dependant and that may be the ultimate issue. Contact the manufacturer.

OpenSpot4: Available. Expensive, but generally highly regarded!!

HotSpots: MMDVM hotspots are widely available via eBay et al. The underlying RPi's are the issue.

Digital Modems: All available. The main brands, **Signalink**, **DigiRig** and **Master Communications** all ship as fast as you can wield your credit card.

Is this good news? Yes it is. The big exception is the Raspberry Pi's which remain stubbornly out of stock.



6:30pm July 11, 2023

The July meeting of WARAC will be held at Vretnar Park (4230 Kirkwood Ave, St. Francis). The activity of the month will be a showcase of the technology used in today's Police vehicles and Fire Rescue Vehicles. Hopefully, there will be representatives from both of these agencies who will share with us how these technologies are utilized in citizen and officer safety. I have requested a Police Vehicle and a Fire vehicle to show up at the park so we can have a first hand look at what these vehicles are capable of.

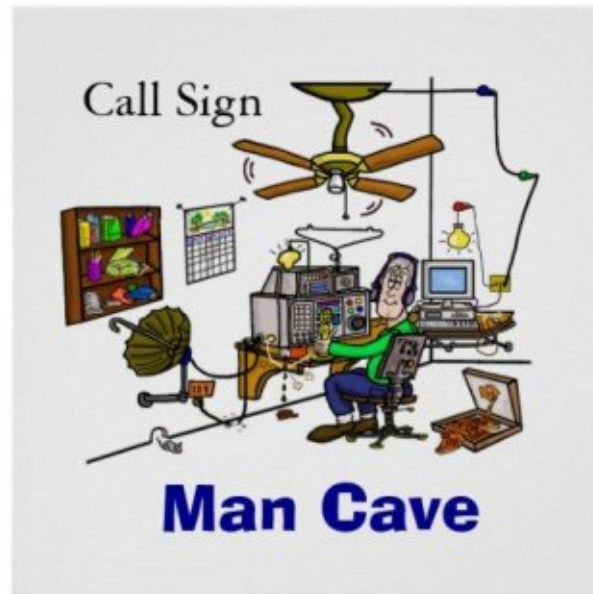
This also gives us an opportunity to share with these emergency services what we do as Amateur Radio operators and how we can interface to work together. These are baby steps and they take time to develop and refine.

I urge you to bring your questions and curiosity along with your grandchildren.... (I believe all kids like fire trucks and police cars!). Don't forget your camera too!

We will start our meeting with the program and the business portion of the meeting will be held after the program is done.

CU then,

Feroz, WU9N



2022 Challenge for our membership. Have someone you meet, Ham or Ham wannabe come to a meeting this year!



Nut Net Breakfast

Several years ago there was talk among Nut Net members that we should get to meet each other. A breakfast get together idea was started. It was open to all hams, XYL/partners and anyone who wanted to learn about amateur radio. Even visiting OM/XYL couples joined us.

So, on the fourth Tuesday each month at 8:30 am we meet at Gensis Restaurant, corner of HWY 100 and Beloit Road, Greenfield, WI. Looking forward to seeing you, mark your calendar.

Phil, W9NAW

Memory, Our Brain & Brain

Tom Langer KD9FPC

OK, quickly, what do memory and ham radio have in common? Lots. Think of the times you need to remember things in our hobby. Learning CW, learning a new piece of our kit, working with software. And yes, the list goes on. Whether young or older, the ability to remember well impacts our hobby. For the next few minutes we'll talk about how we might improve our memory of things ham radio and beyond.

Before we push off, it's important to remember the following. Short term memory is in use when we have to quickly remember a phone number, read an instruction when assembling a kit, etc. Long term memory is the part of memory used to store things long term that we're able to recall later. Driving, piloting an airplane, etc. As a general aviation pilot for many years you learn to trust checklists to remind you of what comes next. Then, after reading each checklist item your long term memory kicks into gear. We need to move things to our long term memory if we're to have a chance to recall when we're faced with a regular task. And, as we age, the short term memory erodes far more quickly than the long term.

Do you think that it's better to study/learn 3 hours straight? Or is studying 1 hour daily for three days better? The answer, according to the principle of Distributed Learning is the latter. By breaking up the study into three days we have a far better chance of recall when it's needed. According to experts in the field by splitting it up we give our brain a chance to work and chew on a more manageable amount of information. Then, the next day, quickly skim what you did the day before and then launch into your next hour of new information. If learning CW, study for multiple short sessions, for example. It's called the Spacing Effect.

Next, as Carey suggests, follow the following

formula for maximum memory and retention:

Test It – even if it's easy material, don't assume you know it. Test yourself. This is where using a review list in the back of the book comes in, maybe flashcards, possibly a partner asking you about it. In any event, everyone remembers what assumes means...

Mix It – As you move along a new subject, maybe something in the user manual of a new transceiver, go thru it once. Test yourself. Then mix up the material in a different order and test yourself again. Or, for CW, study a few characters, both sending and copying, go on to a new set of characters, then incorporate the first few with the second few and mix up the six characters.

Teach It – Lead a session at a club meeting on a topic that you are trying hard to learn. You'll find out quickly what you don't know. For example, if you are studying for your Extra, find someone else who would or is doing the same. Then, each time you meet, taking turns, you teach each other the material. If for whatever reason you cannot meet in person, use Zoom or similar software to meet virtually.

And remember, as we age (yes, I am 64), if you wish to keep the memory, it is necessary to come back around to whatever material or task we've learned. Or, "our brains will fill up and it'll fall off". Hihi. Not really. We use a very small amount of memory as a rule. But, the details will get hazier over a long time. So, if it's important to you, do keep it in use or review it once in a while.

Know what time of day you should reflect on what you've learned? I didn't either until the research. The answer is right before you sleep, whether for the night or for a quick nap. It is called the Zeiqurnick Effect. As you fall asleep and after being asleep your brain will be chewing on the new information. Have been trying this as a habit. I lay down, put on some good instrumental, relaxing music, listening through

an active noise cancelling headset and then think about what I'm trying to learn for a few minutes and go off to sleep. So far it has helped in conceptual learning.

Gamitar Learning states that experience teaches (and causes better retention) than just listening to lectures, You Tubes, etc. All of that is great to introduce a subject. But, for better memory retention, you need to "just do it". Maybe a number of times. Have found this helpful when, for example, I am trying to make heads or tails of a new set of instructions or a new user manual.

And in my opinion, using this approach, it's easiest to break down a set of instructions by each step. Then I do it. Several times. Then using the earlier mentioned Distributed Learning, I do this step each day, adding to it one more step the next day. Then the third day I add a third step and combine it with the previous steps. Once through all steps, then I do the complete process once each day for a number of days. Each day, take a read through or watch the source materials. Then I put the instructions together with a virtual link if available and store it in my steel memory... the filing cabinet... for later use.

For the last little bit we'll wander into the world of music. Many music and psychological therapists are of the opinion we are able to help control our stress, anxiety and emotions. There are two concepts in use.

First, Binaural Beats. The idea is if I listen to 10mz in my left year and 20mz in my right, it will create a 15mz sound in my brain. It's called musical dissonance. It is said to lower depression, anxiety and other positive effects. You will find a myriad of sites on your search engines that plays the sounds. And, they'll build the beats under a musical tune.

The second music related theme is called the Solfeggio Frequencies. In this case there are many levels of frequencies that provide a variety of benefits. The one I see most discussed is the 432

Hz frequency. When you listen to this frequency it's believed to lower anxiety, enhance brain power and more. Again, there are sites who provide popular tunes that have been tuned to 432 Hz. Or, a great deal of classical music is tuned in the 432 Hz region.

My personal experience is that both binaural and 432 Hz help me. That's a for what it's worth, which is the amount you're paying to read this! Music is a wonderful thing. And if I am able to learn better after hearing a 432 Hz version of What a Wonderful World by Louie, then I guess it works.

So, we have reached the end. There is so much more, but only one newsletter! No matter your age or ability, something presented more likely than not will help you. Why did I do this research? As a result of complications of some surgery I was left with a damaged brain stem and more. Whether someone suffers with Aphasia following a stroke or traumatic brain injury due to an accident, this information may be of help. Please feel free to contact me if this is your situation and maybe two really is better than one alone.

Sources: Varied, and include Fourney ISD, Gamitar Learning, Music Theory, Solfeggio, Carey, Zequrnick and too many more to list.

From the Editor

July already! Looks like Feroz, WU9N has set up a special presentation for us. I suspect we will find out a lot more than we imagine is going on in our emergency vehicles which we see every day.

A week from Saturday we are having our Sendik's fund raiser. Without Swapfest it is a major fundraiser for the club so come join us. Help, visit, have some good food. Hopefully the weather will be good and lots of people will be hungry.

You will also notice Big Al "DX & contesting" page has a new look Al WA9BZW is having some eye problems and finds it hard to continue. We are lucky Michael AA9RK is willing to take up the torch. He is off to a good start. Be sure to thank both of them if you get a chance.

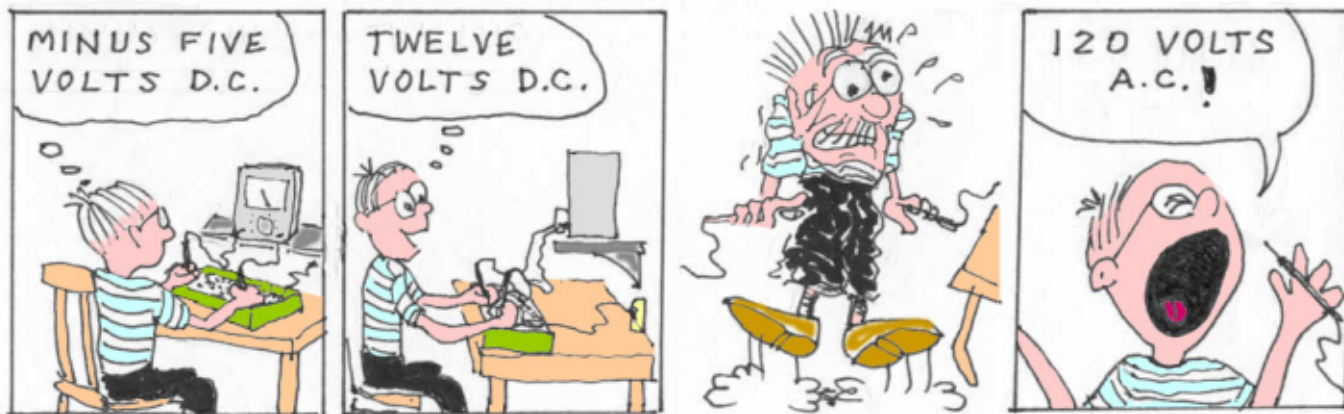
Being "4th of July" the 13 colonies special event is going on. As you all know I'm trying to improve my CW skills. I have improved, but with contest speed code I have to really work to make contacts. At the time of writing this I have made 4 contacts.

So everyone enjoy the summer and I hope to see you at the meeting and Sendik's

73
Frank

ELMER

by Rich Regent, K9GDF





2023 July Notes

We are in full stride mid-season form now. The weather is hot. The sun is a blazing. The summer attendees are attending!!! Summerfest is over for the year. Even the 4th is in the rear view mirror.

I sound like a broken record but it has been a wonderful season this year. I was a little melancholy at the beginning, but with Wednesday's piling up, I look forward to getting it going more and more. This year it seems more radios are appearing. It is really good to see all that battery power going to good use. The bands have not been great typically, but that has not dulled the effort. FT8 is the versatile mode of choice and we seem to be working it on all available bands.

This past month we elbowed our way into familiar parks, all within the SW Milwaukee metro area. It was a short month with Field Day eliminating one week's operation. We visited Calhoun Park in New Berlin, the Root River Parkway in Greenfield and Lafollette in West Allis. All of them were picture perfect weather and so well attended.

With July, we are going to go a bit further afield. We will be making a couple of actual POTA activations. I'll announce those early so that the possibility of car pooling can actually be arranged. The idea, which we can discuss amongst the group, is to go to Harrington Beach in Belgium, WI. It's a doable drive up to the Port Washington area. We may want to get it started a bit earlier than normal, but it is a very scenic spot right on Lake Michigan.

So stay tuned. The summer session is in full swing. Pack up your gear and come along. You won't be disappointed.

Questions? Comments? Let me know... Mike, WO9B mike@palomonet.com

**Wanted to buy;
5A or 10A Variac, such as a General Radio W5MT3 or W10MT3.**

**Brian Ganiere AD9AL
brianganieri@wi.rr.com
414-745-5134**

DON'T KEY LIKE A PHONE MAN



SLOW SPEED CW QSO NET

Monday's - 8:00 PM - WBOAFB Repeater 147.045 + 127.3 Tone

CW Practice

One of the best and maybe the only way to get better at CW is practice. Having someone else who also wants to practice also helps. Just makes it more fun.

The West Allis Radio Club is going to try to help. We are running a CW practice net on Monday at 8pm The repeater is 147.045+ 127.3 the CW portion is on HF

Mike WO9B has been joining me and setting up some practice but we are open for suggestions on where to go with this. Come join us.

Officers and Board
President
FEROZ GHOUSE WU9N

Vice President
MikeJohnson WO9B

Secretary
William Dargis KD9BJZ

Treasurer
Bill Reed N9KPH

Directors
Tom Macon K9BTQ
Erwin von der Ehe Wi9EV

Newsletter Editor
Frank Humpal, KA9FZR
fhump@milwpc.com

past president
Frank Humpal KA9FZR

West Allis Radio Amateur Club
P. O. box 511381
New Berlin, WI 53151-1381

West Allis Radio Club
PO Box 511381
New Berlin, WI 53151-1381