



THE HAMSTER

November 2021

Official Monthly Newsletter of the Rochester Amateur Radio Club

MEETING PROGRAMS

Eric (KFØS) - Vice President kf0s@arrl.net

November 9, 2021

Discussion on Recent FCC Amateur Radio Exposure Rules

Eric (KFØS) will lead a discussion on the recent FCC Exposure Rule changes. Eric will provide some discussion points and links relative to the recent changes in the exposure rules. Bring your knowledge and questions and we will hopefully be able to answer most if not all of each others questions.

December 14, 2021

TBD

January 11, 2022

RARC Holiday Get-together



PRESIDENT'S MESSAGE

Dave (KØVH) - President dcnaatz@gmail.com

We had great attendance for our October ZOOM meeting but it's great to be in person so unless City restrictions change we'll get back to the NE Fire Station EOC plus a ZOOM option for our Nov - Dec meetings. A couple years back we went to a plan for our annual voting meeting to be a "normal" December meeting and a post-holiday party in January.

Our Nominating committee will be meeting, emailing and calling prior to Nov 9 with a vote in December. Please consider helping RARC leadership in 2022. Since cool WX has finally arrived do try at least casual HF contesting &/or getting on our local 2m repeaters at home or while mobiling before the roads get dicey. We are past public service and SkyWarn so warm up those heatsinks with a friendly chat or check in to one of our many club nets, see our [club calendar](#).

As discussed in October, I would like to also look for volunteers for a short term workgroup on how to recruit & educate new hams. This is clearly tied to long term education plans, the JM HS club, but also using a bunch of new connections like Facebook, other clubs needing communications (snowmobiling), and ideas you have. I'd like a mix in this group of newer and experienced hams so please consider helping. The JM HS club is also looking for hams to stop by with WOSTV, currently 2:45-3:15 PM on Thursdays. Contact Steve (WOSTV) via [email](#) for details.

Our next meeting is Tuesday November 9 at 6:30 PM. The plan is to be at the Fire Station EOC with an optional ZOOM connection (see page 4 for login information). Please bring masks if you're attending the Fire Station (city rules) and also stay tuned via our [groups.io](#), the [rarchhams.org](#) website, Sunday 9pm ARES nets and our 82 and 255 repeaters *if we need to make last minute changes to this plan.*



EDITOR'S RAMBLINGS

Mark - (K0GMK) Hamster Editor

If you were unable to attend the Tuesday, October 26th RARC 10 Meter Net you missed a great Q&A discussion led by the **former editor and assistant editor of the National Contest Journal, Dr. Scott Wright (K0MD) and Dr. Fred Regennitter (K4IU) about HF Contesting.** We had a record 21 Hams check in for the net. **October kicks off the contest season** with many events now through February 2022. If you missed the net and would like to get more information on contesting **Scott (K0MD) appeared on Neil Rapp's Ham Talk Live podcast on October 7th.** You can listen to Scott's **Contest Primer** at the following link: [Episode 275 - Contest Primer with K0MD | Spreaker](#)

The **John Marshall High School Amateur Radio Club** began meeting again on Thursdays from 2:45 to 3:30 PM. **The club is led by Melissa Erickson (KE0WNH), John Marshall educator.** Week one this fall was attended by **Steve (W0STV) and Dave (K0VH)** to present a primer on Ham Radio. Radio clubs such as this are one of the initiatives being conducted by RARC to help grow the hobby and RARC. If you would like to help, please contact Steve (W0STV) on [email](#) or on the repeater of the week.

As Dave (K0VH), RARC President, said in his monthly column RARC is looking for volunteers for a short term workgroup on how to recruit & educate new hams. This is clearly tied to long term education plans, like the JM HS club, but also using a bunch of new connections like Facebook, other clubs needing communications (snowmobiling), and ideas you have. Dave would like a mix in this group of newer and experienced hams so please consider helping.

Please feel free to contact me if you have any ideas to improve the Hamster or would like to contribute to the Hamster. We are always looking for content and ideas.



Optional November RARC ZOOM Meeting Info

Here is the information for the November 9, 2021, 6:30 PM **Optional** RARC ZOOM monthly club meeting. ZOOM info is also posted via the [RARC email reflector](#) (which is private to the subscribed 120 Rochester area Hams). The remainder of this newsletter will go on a [the RARC website front page](#) without the passcode. The passcode is available to members on [rarc.groups.io](#) or by contacting [KOVH](#) prior to the meeting.

- ◆ **When:** November 9, 2021 @ 06:30 PM Central Time (US and Canada)

- ◆ **Join Zoom Meeting (copy & paste the link below in your browser):**
<https://us06web.zoom.us/j/9876548873?pwd=T0JBWEFzSCtBYzhiazA1NTdDb2Rkdz09>
- ◆ **Meeting ID:** 987 654 8873
- ◆ **Passcode:** : *****

- ◆ **For audio only from a mobile phone:**
Call: (312) 626-6799 US (Chicago) **Meeting ID:** 987 654 8873 **Passcode:** *****



CONTEST CORNER

Fred (K4IU) k4iu@me.com

Last month it was great to hear some new RARC RTTY activity during the September CQWW RTTY. **KØGMK and KØVH discussed some of their success on the 10 meter net.** Conditions were good and we shared some of their fun. **Also, no stranger to VHF/UHF contesting Mel, KC0P, /Rover placed 5th nationally and Carol, N0HZO/Rover placed 6th in the recent September VHF contest!!! Both were in the **Unlimited Rover category.****

The big contests in November include the ARRL sponsored [Sweepstakes](#) on November 6-8 for CW and 20-22 for SSB. Both contests have their roots in public service/traffic nets. The exchanges are scripted and have a lot of detail contestants must copy. But the exchange is like the type of information which might be sent in traffic handling situations.

At the end of the month the SSB version of the [CQWW](#) will be held 27-28. The full November schedule of HF operating can be seen on the [DL2NBY](#) and [WA7BNM](#) calendars. Here are the important dates:

CQWW SSB: 10/30-31
CQWW CW: 11/27-28
ARRL SS CW: 11/6-8
ARRL SS SSB: 11/20-22

Are you a new ham trying to figure out the ARRL supported Logbook of the World, LOTW? It used to be a daunting process, but things have gotten easier.

The ARRL has a new updated [LOTW user guide](#) to help you, You can use this tool for QSLs confirming QSOs and then apply for awards. You don't have to be a member of the ARRL, and you will save a lot of postage in the process.

KØMD was featured on the HamTalk Live podcast October 7th. Scott's topic was on contest basics. If you missed the podcast, you can catch it [here](#). Also, **November's QST has a contest season supplement page 65-76.** Finally, Gary, W9XT was last month's speaker at the RARC Zoom meeting. His presentation on next level contesting can be seen or reviewed [here](#).

ARES



AMATEUR RADIO EMERGENCY SERVICE

Steve (WØSTV) w0stv@yahoo.com
Olmsted County ARES-EC

October is national security awareness month, check out: <https://www.cisa.gov/national-cyber-security-awareness>.

I want to talk about responding to emergencies with preparedness, and equipment. I have been following and collecting information on go bags/kits, for years. I have found one thing common between all the lists, pictures or videos. None of them are the same. You can get ideas to build your own portable communications but you have to decide what works for you. Basics can help build an effective kit. Decide how much you want to spend, on purchases, maintenance, and were to stage it. Building it piece by piece over time is effective and economical. Make a list of what you need and watch for new and used sales, and do not forget extra radio batteries, accessories and tools. Consider how you want to communicate, with your voice, and/or data, using an HT, mobile, or base radio. Will you use VHF, UHF or HF frequencies? Will you use a cell phone, tablet or computer with ham apps or programs to interface communications with the radio(s)? What connections do you need to make these work? Consider our seasonal weather, type of precipitation, and temperatures. Will you be operating days, nights, or both and the length of deployments when considering your communication sustainability. Use past Minnesota disasters to optimize your communications equipment. History does repeat itself. Start out with modules or bags to make yourself flexible for deployment, and maximize your operating times (hours or days). Think how your equipment will be moved to were its needed. Could you operated in a moving or stationary setting. Can you use a larger bag to supply a smaller bag for your EDC for batteries, lights, weather gear, cloths, water, nourishment, etc. Always try to be equally sustainable between your equipment and yourself.

- continued on net page -



To compliment your equipment stay current with EOC disaster management programs and information. Minnesota ARES has useful information. Check the RARC Facebook page for posted training and EM-COMM operating videos. Most important is programming your radios with the Minnesota ARES simplex frequencies, and "ALL" the southeast Minnesota county repeaters.

You can have the best and greatest radio, but until it gets programmed its no better then a junk radio. **Our mission is to be so effective that we are able to be helpful to others.** You may Email w0stv@yahoo.com with questions relating to **Olmsted ARES.**

Please check out the following video on **Emergency Communications After The Disaster:**

[Emergency Communications Part 2 After The Disaster - YouTube](#)

HAMSTER HINTS



Bob (KEØEXE) gettuit@charter.net

I've been re-coating the handles of some hand tools recently, using a colored, liquid-rubber product, which I picked up at a big-box store, north of town.

This "goo" seems much-improved, since the last time I tried this, about 25 years ago. In fact, I liked it well enough to buy a can of Red, as well as the can of Black.

Mostly, I've coated the usual stuff (various pliers & cutters), but it seems like it might be good for sealing antenna-line connections, too. **Here are some hints, to speed the learning curve and get great results:** (1) Read and more follow the directions, carefully. (2) Clean your object's surfaces first, by wiping with a cloth soaked in isopropyl alcohol. (3) Once you extract your object from the goo, be very careful not to allow anything to touch it for quite a while. Before you dip, set up a "holder." I use a wooden clamp and/or a vice. (4) After dipping, you can immediately invert the dipped object, which allows gravity to help smooth-out the little tail that will form on the last part that comes out of the goo. I will usually hold the wet object in the air, free-hand, turning it various ways for a few minutes—or at least until it firms up and a good skin has formed. (Holding it in a fan's gentle air-stream will dry it faster, too, but watch out for wrinkling, which is caused by too much liquid goo moving around underneath the surface, as it skins-over.) Eventually, I set it up in the clamp, often overnight, to really firm-up. (5) Repeat the dipping several times, for thicker coatings. I've even changed to a new color, successfully, on re-dips. (6) Once dry (I allow a couple of days, just to be sure), a razor-knife will cut through the firm rubber. To make a nice, finished "end" edge, cut a line through the rubber, all the way around. To cut, *press* the very sharp knife edge through the rubber, rather than trying to slice or "drag" it through. Once cut, it will peel away from most hard (metal) objects cleanly. (Obviously, don't try to cut through it if you are dipping a cable, though—just leave the border-line, as it dried.) (7) Use "more-than-adequate" ventilation—this is tougher now that Winter is knocking. (8) Dip your longest handles first, because the level in the can goes down as the goo is used-up; later, the goo-can can be tipped, but it *is more difficult* to completely coat the object without messing-up the new coating. With one of my cans, I tried to put scrap metal in the bottom of the can, to displace the goo upward, in order to be able to use more of the goo; don't do this; it really doesn't work very well! (9) The goo can also be blobbed-on, or even "painted"-on, if you work quickly. (10) After opening the metal can-top, reseal, using the provided, plastic can-cover; with my cans, the goo has remained usable for at least two weeks since opening the cans. Happy dipping; it is fun to see the satisfying results!

TECHNICAL COMMITTEE

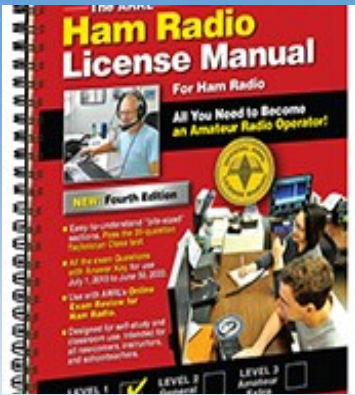


John (KAØMYG) ka0myg@charter.net

The **Technical Committee** will be meeting soon to continue the process of planning for a **remote HF Ham radio station for the club**. A remote HF station can be operated remotely by computer eliminating the need for an antenna and HF transceiver wherever you are located, have internet access and a computer. This type of station is particularly useful for those Hams living in a location where a HF Ham radio station is not feasible such as an apartment building, HOA or a retirement facility. More information will be published in this column as progress is made.

Work continues on an **inventory all the RARC owned equipment** to be followed by preventative maintenance. In an effort to ensure a complete inventory,

If you have RARC club equipment in your possession, please contact the committee members at club meetings, after the Sunday night net or post an email to the [RARC email reflector](mailto:rarc@groups.io) on rarc.groups.io and let us know what equipment you have.



EDUCATION

Bill (KØRGR) k0rgr@arrl.net

Unfortunately the Technician Class that was scheduled to start was cancelled due to events beyond my control. We hope to still schedule a class in the near future, if possible.

Prospective students will need to contact me, wfosler@gmail.com, to plan a potential date for an upcoming class. The book for the class is the [ARRL Ham Radio License Manual](#), and students will need to read the first four chapters prior to class.

Since the onset of COVID, I've had very few students. I need to try to reconnect with Community Ed to see if we can get back in their next catalog. But we should also seek opportunities to recruit students. My mobility is zero now, so we need ideas and 'boots on the ground'.

Volunteers?

I can be contacted via [email](#) or phone (507) 251-5921



PARKS ON THE AIR ® (POTA)

Mark (K0GMK) K0GMK@arrl.net Hamster Editor

Perhaps you've heard talk on the repeaters or on one of the Nets about [Parks On The Air \(POTA\)](#) You might be interested and think that it could be **fun to operate your rig and antenna remotely in a beautiful outdoor setting.**

In a nutshell it's all about operating in a state or national park, state trail, national monument, historical location or battlefield and making at least 10 QSOs to "activate" the entity. It's as simple as that, but there are a few [rules](#).

Take a look at the [Parks On The Air](#) website, view the [FAQ page](#), the [Help/Getting Started](#) section and perhaps view some of the getting started [videos](#) by seasoned POTA operators. If you are interested in becoming an Activator fill out the [sign-up](#) to become a member and get started.

Did you know that there is a [POTA entity in Rochester?](#)

Take a look at the [map of entities](#) to see the wealth of entities to activate close to Rochester as well.

POTA is a great way to enjoy Ham radio and enjoy the bonus of being outdoors!

You won't regret the experience.



RARC WEEKLY NETS

- ♦ **Monday 8 p.m.** Elmer's Net 147.255 repeater (PL Tone 100)
- ♦ **Tuesday 7 p.m.** (except on Club Meeting Nights) RARC 10 Meter Net meets on 28.325 Mhz. USB. The Net is cancelled without notice if lightning in the area or SkyWarn activation.
- ♦ **Thursday 6:30 p.m.** 147.255 Repeater. The first Net of each month is a voice net, and it's the SE MN District ARES Digital Net. The other weeks, it is an informal digital net, using MT63/2KL protocol and NBEMS.

Most of us use [FLDIGI](#) and the rest of the [NBEMS](#) suite of programs, all of which are free. MT63 is a very forgiving mode. You can do MT63 on VHF without a soundcard modem - 'acoustic coupling' works fine. meaning you can hold your HT up to the mic on your computer and copy it very well and do the reverse to transmit.

- ♦ **Thursday 8 p.m.** HF Digital Net, 3583.5 kHz, Olivia 8/500
- ♦ **Daily M-F about 11:30 a.m.** - Repeater Of The Week - Very Informal Morning Net - If you show up and there is no net control, become one! The object of this net is to encourage more on-air activity.
- ♦ **Saturday 8:30 p.m.** Iowa D-Star Net on RARC D-Star Reflector XLS632A
- ♦ **Sunday 7:30 p.m.** Minnesota D-Star Net on RARC D-Star Reflector XLS632A
- ♦ **Sunday 8:30 p.m.** Dodge County ARES Net on the 147.255 Repeater at 8:30 p.m.
- ♦ **Sunday 9:00 p.m.** RARC/ARES Net rotates between the 146.820 Repeater on even numbered Sundays and the 147.255 Repeater on odd numbered Sundays at 9:00 p.m.



CLUB FUNDRAISER

RARC is always in need of funds to operate. We have insurance costs, we have cost involved with running 3 repeaters and putting on a field day. Dues cover most of it but we need approximately 100 paid members to break even each year. RARC now has another way to help bring funds to the club and it's painless.

[Smile Amazon](#) is a simple and automatic way to [support the RARC](#) every time you shop at [Amazon.com](#) at **no cost to you**. Tens of millions of products are eligible for donations.

Simply follow the [link](#) below and every time you purchase an eligible item the RARC will receive .5% of your purchase. There is no cost involved for you!

So, please click on the [picture](#) below, share it with others in your family and your friends. It will help out the RARC:





- ♦ Are you a member of the [ARRL](#)?
- ♦ Are you new to Ham Radio?
- ♦ Have you been licensed for a while but not active?
- ♦ Are you active but never explored the [ARRL](#)?

John (NØHZN) and **Fred (K4IU)** decided it was time to let other Hams know about the ARRL. Of course, you may think, "it's just another group that wants my money because I'm a Ham." But there is more to it than that, they truly want to grow the hobby.

So here are two links you can explore to see what the [ARRL](#) offers Hams. Take a look:

- ♦ [ARRL Benefits](#)
- ♦ [The Value of ARRL Membership](#)

