



Contra Costa Communications Club, Inc
An ARRL Affiliated Repeater Group
Dedicated to Service



General Meeting Minutes :
April 15, 2007

The meeting was called to order at 8:00 a.m. by our President Ken, KA6TUX. Introductions were made around the room. Gem, KE6PEV, was at the meeting. So good to see you again Gem. Welcome Back!! The previous months' minutes were approved as printed in The Communicator. Repeater fund collected today: \$41.00. Thank you all!!!! Natalie, WA6QVM, has moved to Oregon. This was her last meeting. We will all miss you Natalie! We wish you the best of everything in your new adventures!! Please keep in touch with us. Progressive Raffle: \$40.00 would have gone to Paul Mason, WA6EUZ, who was not present at the meeting. The raffle will be \$45.00 at the June meeting. Free Breakfast: Don Spurlock WB6BMW, which asked that his free breakfast money be put back in the treasury. There will be no meeting for May due to Mother's Day. We will meet again in June. Happy Mother's Day to all!!! We will be having a Pizza Night on Wednesday May 9 @ 6:00 p.m. at Mountain Mike's Pizza on San Pablo Dam Road in San Pablo. Hope to see you all there. Meeting adjourned @ 8:20 a.m.

Submitted by:
Burgie Jones KE6MSF

Board Meeting Minutes:
April 15, 2007

The meeting was called to order by President Ken. The previous months' minutes were approved as printed. If anyone has any pictures they would like to display on our web page, please let Jack know. We need some new and old pictures from you all.

Those in attendance were: Ken Miller KA6TUX, Jack Burris K6JEB, Ed CAine KA6OFR ,Don Hamma KE6ZFP, Burgie Jones KE6MSF ,Robby Robinson N6MNL

Submitted by:

Burgie Jones KE6MSF

Public Service Opportunities

Sunday, June 10, 2007 - Dipsea - (0700 - 1700 hrs)

Saturday, June 16, 2007 - Terrible Two - (0800-2230 hrs) A Sonoma County event that we have been asked to help out on if possible.

Saturday, June 23, 2007 - Double Dipsea (0700-1600hrs) (Field Day)

Saturday, Aug 4, 2007 - Mt. Tam Double Century (0700-2200 hrs)

Saturday, Aug 18, 2007 - Holstein 100 bike run (0800-1730 hrs)

Sunday, Sept 30, 2007 - Escape From Alcatraz (run portion) 1000 - 1730

Volunteers do not have to commit to the entire time frame. If we get enough volunteers we can break up the longer shifts. To volunteer, contact: Randy KA6BQF ka6bqf@arrl.net 510 526-4089.

SUNSHINE OPPORTUNITIES

Hello Everyone!!!! I hope this finds all of you well. I would like to extend our prayers and good thoughts out to:

Red Bryant N6UMG

Bernie Bacom WB6UYJ

Juanita Miller KC6KAR

We worry about you when you don't check in on the nets, so please try to remember our nets. We hope all of you are doing better. We look forward to hearing from you soon.

Sincerely,

Burgie Jones KE6MSF

burgie0001@yahoo.com

PIZZA NIGHT

A great time was had by all who were able to attend the MAY PIZZA Night

A big THANK YOU to Burgee, KE6MSF for organizing the event!

Contra Costa Communications Club, Inc publishes the Communicator monthly for the benefit of club members. No Personal information to be reprinted without permission.

Editor – Victoria, KE6FSU 510-724-4966 or KE6FSU@sbcglobal.net

Deadline for July 2007 issue: June 25

2007 CONTRA COSTA COMMUNICATIONS CLUB, INC.

DAILY AND WEEKLY NETS

DAYS	NET CONTROLLER	REPEATER/NET NAME/TIME
MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY	DAN – KF6HQO (Backup CHET – WA6PAC) BURGIE-KE6MSF, JAN-N6UYE [ROTATE] BOB-W6WTJ GARY – KG6RJA BOB – AB4AL ALTERNATE STAN-KB6SEI	145.110 OVER-THE-HILL 7:10 AM
WEEKLY - TUESDAY	ED-KA6OFR ALTERNATE ROBBY - N6MNL	224.300 QRM NET 7:30 PM
WEEKLY – WEDNESDAY		
WEEKLY - THURSDAY	ROTATE	145.110 WEST CONTRA COSTA CTY ARES/RACES 6:45 PM
WEEKLY - THURSDAY	ROTATE THURSDAY NIGHTS IN ORDER ROBBY-N6MNL, ANDREW-KM6VT, ALTERNATE: FRED-KC6VLL, BARBARA-KD6OKJ BOB – AB4AL, DAN – KF6HQO	145.110 CLUB NET 7:30 PM
WEEKLY - THURSDAY	BOB – AB4AL	145.110/440.275 TECHNICAL NET 8:00 PM
WEEKLY – SATURDAY & SUNDAY	JOE LEE, W6DOB	145.110 ARRL TRAFFIC NET 7:30 PM

Club Officers FOR 2007

President: Ken Miller, KA6TUX (2007)
 V. Pres: Don Hamma, KE6ZFP (2009)
 Secretary: Burgie Jones KE6MSF (2009)
 Treasurer: V. Thompson, KE6FSU (2008)
 Trustee: Robby Robinson, N6MNL (2014)
 Director: Jack Burris, K6JEB (2008)
 Director: Ed Caine, KA6OFR (2007)

Emergency Coordinator ARES/RACES West County -
 Stephen Adams-KF6WNH

Repeater Controller's
 [Call & Report any Problems/Concerns]
 Robby.....N6MNL
 Ed.....KA6OFR
 Red.....N6UMG
 Ken.....KA6TUX
 Gabe.....WA6KQB
 Howard...KE6PTT
 Bob..... AB4AL

Committee Chairperson

Membership:
 Barbara Grazer, KD6OKJ
 Technical Committee:
 (Chair) Robert Gregory, AB4AL
 Paul Mason WA6EUZ UL
 Paul Henson KF6FMX
 Assist. Technical:
 Howard Burk, KE6PTT
 Packet:
 Robby Robinson, N6MNL
 NARCC:
 Robby Robinson, N6MNL
 Picnic:
 Fred Neiman, KC6VLL
 Christmas:
 Barbara Grazer, KD6OKJ

Museum Ships Weekend

JUNE 9 & 10 2007.

We are inviting amateurs from the Bay Area to visit the Hornet Museum and NB6GC on the weekend of June 9 - 10 to participate in the Museum Ships on the Air event. Visitors will be able to operate the station on HF bands and will be able to tour public areas of the aircraft carrier. We will have special tours of the ship's main radio room and other electronic rooms. 73,

Ken Fowler, KO6NO

"The USS Red Oak Victory will be using its original WWII Mackay Radio/Federal Telephone [FT-106] CW equipment for Museum Ships Weekend. The ROV's FT-106 is probably the last original FT-106 in existence. Also the Vietnam era AM equipment [Northern] will also be in operation.

To make a CW or AM sked [using the ship's original equipment] please contact

Steve, wb6uzx at: wb6uzx@arrl.net

or Tom, wa6ope at:

wa6ope@hotmail.com

SSB, PSK 31 and modern equipment CW will also be in operation.

73, Gary, WA6KCP

ADDRESS UP DATES:

Alex J Vilaikam, AI3X email

khmuprog@netzero.com

Michael Farris, KF6CDX

kf6cdx@hotmail.com

16410 84th St. N.E. #D473
Lake Stevens, WA 98258

Natalie Mealer, WA6QVM

natmeadow@gmail.com

or

natmeadow@pocketmail.com

Natalie's node 3178 link 9453

New East Bay Section Web Page

www.eastbaysectionarrl.org

Congratulations to Ed, KA6OFR on the birth in May of a **third** Great grandchild, Robert James.

ARRL aiding effort to mitigate repeater interference to military radars

The ARRL has been working with the US Department of Defense to develop a plan to mitigate alleged interference from 70 cm ham radio repeaters to military radar systems on both coasts. Citing an increasing number of interference complaints, the US Air Force has asked the FCC to order dozens of repeater systems to either mitigate interference to the "PAVE PAWS" radars in Massachusetts and California or shut down. Amateur Radio is secondary to government users from 420 to 450 MHz and must not interfere with primary users. The Commission has not yet responded. ARRL Regulatory Information Specialist Dan Henderson, N1ND, stresses that the Defense Department acknowledges Amateur Radio's value in disasters and emergencies and is being extremely cooperative, and a wholesale shutdown of US 70 cm Amateur Radio activity is

not in the offing.

"The ARRL Lab is working up calculations on each repeater system the Air Force has identified to determine where interference-mitigation techniques offer a reasonable chance of keeping the repeater on the air," Henderson says. The situation affects 15 repeaters in the vicinity of Otis Air Force Base on Cape Cod, Massachusetts, and more than 100 repeaters within some 140 miles of Beale Air Force Base near Sacramento, California.

A US Air Force contractor identified the problematic repeater systems last summer, but the situation didn't become critical until the Air Force contacted the FCC a month ago. ARRL officials met with Defense Department representatives in late March to discuss alleged interference to the PAVE PAWS radar sites. Henderson has contacted Amateur Radio frequency coordinators in both affected areas.

PAVE PAWS is a missile and satellite detection and tracking system, and its facilities occupy essentially the entire 70 cm band – one factor that makes mitigation difficult. As a "first step," however, the ARRL is recommending that all affected repeater owners reduce power -- possibly to as little as 5 W effective radiated power (ERP).

"We understand the difficulty this may cause to owners and users," Henderson said, "but the alternative to operating with a smaller coverage area may be not operating at all." Henderson says the League is still seeking further information on the problem. "Until the Defense Department accepts a mitigation plan, repeater owners should exercise patience," he cautioned.

Contact Dan Henderson, N1ND, n1nd@arrl.org, or 860-594-0236, with specific questions or issues associated with this situation.

From the Martinez News Gazette

POT LUCK
With Olga Bier

On The Road

Jan and Jim are homeless. Well, not really. I meant to say that they do not live in a house; they live in a motor home. This interesting couple have been living full time in some kind of a traveling vehicle since '95 and loving it.

Although they have family in the Bay Area and have worked here all their lives, Jan and Jim decided to see everything there was to see in our United States. So, they started out towing a trailer, then moved up to a camper (with a 5th wheel) and now enjoy a luxurious 31' motor home with a little Honda trailering in the back. It's like driving a big truck and trailer, but Jan as the designated driver has become quite an expert. They are convinced that they live in the best of all worlds, and to listen to the glowing descriptions of their travels and the wonderful folk they meet, they've got me convinced.

Both Jan and Jim are radio "hams" - that is, they are both licensed Amateur Radio Operators. In addition to cell phones and computers, they also can use the air waves for communication. No matter wherever they might roam, they can always be in touch with friends and family.

I could have listened all day as Jan told me about the wonderful places they have camped in, the sights they have seen, and festivals they have enjoyed and the interesting friend they have made. However, my main objective was to quiz her about cooking on the road. After all, when you have only 6" of working space between the sink and the stove and basically only 4 pots and 4 tools (check out the picture), cooling meals on the road I figured must be quite a challenge.

Even though the motor home obviously has limited space, Jan's pantry is stocked very much like my own kitchen. She carries a good supply of canned cream soups. (chicken, mushroom etc.), tomato sauce, fruits, yams and potatoes, and shrimp, crab and tuna.

There was a time that I would challenge anyone to a cream sauce contest, bragging that I could make a good white sauce in the almost the same time it takes to open a can of cream soup. I would still make that claim today, but the quality of the

canned soups (and other canned or pre-prepared dishes) has improved so much during the past decades that I often figure "Why bother?"

The other staples that she stocks, as do I, are packets of onion soup mix and Italian seasoning mix. There is also olive oil, bouillon cubes, lemon pepper, cinnamon and dill weed. Cake and muffin mixes, crackers, brown and white rice, oatmeal, instant potatoes, mayo, mustard and ketchup in small quantities as well as cheeses, eggs, onions, garlic and ginger root share measured spaces. Jan shops at regular supermarkets en route and keeps a fresh but small stock of fruits and veggies. Comparing this list with my own or yours, I am confident that would not be many differences.

I actually thought that food might be cooking merrily on the stove as they drove down the highway. Silly me. To cook by electricity, they would need to be "plugged in" at a motor park; to cook with propane while moving with be insane and unsafe. What the cook in a motor home needs most of all is the ability to plan ahead. Parked for sightseeing, resting or sleeping is when the cool-on-the-road plans to fire up the stove or crock pot, of course.

The crock pot is a marvelous vessel for cooking a chuck roast covered with 2 c. water and a envelope of onion soup mix. Jan adds 1 c. of prepared salsa as well. Sometimes she cooks the chuck with 1 can of ginger ale and 1 1/2 c. ketchup. These can cook on low setting overnight for 8 hours or on high for 4 hours. Pretty simple, and when served with instant mashed potatoes and a Waldorf salad of apples, celery, nuts and mayo, it makes a pretty tasty down-home meal with very little work.

One of Jim's favorite meals is Jan's meat loaf which she makes in her muffin pan. The little microwavable pan has 6 coups to make 6 muffins, but it also serves to make 6 little meatloaves or — as we might say—6 large meatballs. Here's my version:

Little Meat Loaves

Mix together 1 lb. Lean ground beef with about 1/2 c. oatmeal, 1 egg, 1/2 pkg. Onion soup mix and 1/3 c. ketchup. Mound in to the 6 muffin cups and cook in the microwave for about 20 minutes. If there is any remaining mixture, make into fat patties and freeze for later cooking in the microwave or sautéed in a fry pan when partially thawed.

Jan asked me to guess why she

seldom cooks pasta. I had no idea, but the fact that they can only carry 20 gallons of water would make the answer obvious. Pasta requires a lot of water to cook which then must be drained away. Rice, for instance, requires little water which is absorbed in the cooking. Elementary, me dear Watson!

Breakfast on the road is sometimes an occasion for this adventurous couple to enjoy eating out. When they are in a travel mode, they often eat just two meals a day and breakfast out enables them to have a larger meal. When eating 'at home' before starting out, their breakfast is often sautéed chopped onions and chopped canned potatoes scrambled with at least three eggs. That's one of my favorite late morning breakfasts as well, although I use raw cut up or shredded potatoes. The canned potatoes are time and space savers for the cook on the road.

When time is really of the essence, Jan prepares a quick light breakfast that is very nourishing by blending a can of Ensure with assorted fruit such as a banana or berries to make a 'smoothie.'

Shopping at supermarkets on the way or from farmers' stands on the road allow the cook on the move to prepare almost any kind of meal. With meals anticipated and planned for, the folks in the motor home can head for festivals and historical areas and exciting and fun-filled days and nights. New friends soon become good old friends when they meet at campgrounds all over the country. With Jan on the mandolin and Jim on his guitar, the crock pot merrily prepares tomorrow's meal while the jam session goes on late into the night. Tomorrow morning they might be on their way to a Bluegrass Festival or to see Mt. Rushmore.

"Each day is an adventure," says Jan enthusiastically, and since she is a master at short-cut cooking, meal preparation doesn't interfere with her and Jim's full and interesting life on the open road. Come back soon, guys, and bring lots of pictures!

Cheers Olga B.

(Thanks Jan for sharing this !)

NOTE: The article had a nice picture of **Jan's complete cooking equipment— A set of 4 nested pots with lids and a removable handle, a plastic steam basket, immersion style mixer, a pierced drain paddle and a 6 cup microwavable muffin tin.** That all! Unfortunately the picture quality in newsprint would not scan for this article.

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THE COMMUNICATOR
June 2007

**Contra
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Simplex 146.505
Packet "Node" CC4CC 145.05 Packet "Mail Box" WD6EZC -1
Home Page: <http://contracostacommunicationsclub.org>
Club Address: CCCC, Inc. P.O. Box 20661,
El Sobrante, CA 94820-0661

A NON-PROFIT CLUB DEDICATED TO SERVICE

Contra Costa communications Club, Inc.
P.O. Box 20661
El Sobrante, CA 94820-0661

POSTMASTER: ADDRESS CORRECTION REQUESTED

Next Regular Club Meeting: June 10, 2007

Denny's on the corner of San Pablo Ave. and Potrero Ave in El Cerrito, CA 94530

Breakfast at 7:15 a.m. Club meeting at 8:00 a.m. Board meeting at 8:45