



Sunshine Committee

The Sun is shining!!!! The rain has disappeared for awhile and our "hams" seem to be doing better. I hope all of you who have been under the weather are feeling much better. **Cheryl Johnson, KF6HEN**, has not been feeling well lately. Please remember her in your prayers and thoughts.

Dan Kelley, KF6HQO, is doing much better. It is so good to hear you back on the radio again Dan. Keep up the good work!!

I hope we all will be able to get out and enjoy some of this Sunshine.

If you know of someone who has not been feeling well, please let me know. I'll try to bring them some Sunshine from the Sunshine Committee.

burgie0001@yahoo.com

Please take care all.

Burgie KE6MSF

Membership

I would like to welcome **THREE** new members into our large family of fellow hams.

Neal Robert Gregory KI6LCC of Vallejo. He is an Tech and a member of ARRL.

Jim Latham AF6AQ of Livermore. He is an Extra and a member of ARRL.

Stephen Wilson W6SDY of Mill Valley. He is also an Extra and a member of ARRL.

Thanks to all of you for supporting our repeaters and for supporting the ARRL.

Now for the those of you who still have not mailed in your dues, please call and let me know "It's in the mail".

See you all at the next meeting on 3-9-08.

73 Barbara Robinson KD6OKJ

A MESSAGE FROM THE PRESIDENT

Hi Everyone!!

It was nice to see so many people at the meeting this month. We've had a good turn out this year.

We had an excellent turn out at our Pizza Night. I believe this was our largest crowd yet. We had a good time. We will plan another get together perhaps in May since we don't have a meeting in May due to Mother's Day. I will check Mountain Mike's pizza and see if they have any openings for Wednesday night in May.

Thank you all for coming. I enjoyed talking with everyone.

We look forward to seeing you all at our next club meeting.

Burgie KE6MSF

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

Editor – Victoria, KE6FSU

Phone 510-724-4966 or

e-mail at KE6FSU@sbcglobal.net

Deadline for submissions:
The 25th of each month.

If you have Ham Radio related up coming event please notify the editor so they can be added to the newsletter.

2008 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 2008

President: Burgie Jones KE6MSF (2009)
 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 (2010)
 Director: Ken Miller KA6TUX (2010)

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

Paul Henson KF6FMX

Assist. Technical:

Howard Burk, KE6PTT

Packet:

Robby Robinson, N6MNL

NARCC:

Robby Robinson, N6MNL

Picnic:

Fred Neiman, KC6VLL

Christmas:

Barbara Grazer, KD6OKJ

General Meeting Minutes February 10, 2008

The meeting was called to order by President Burgie, KE6MSF @ 8:00 a.m. Introductions were made around the room.

No New Business.

Old Business: Reminder that the Pizza Night was at Mountain Mike's on February 13.

Treasurers Report: CD: \$3,698.74

CK: \$2,363.03

SV: \$2,102.04.

Repeater Fund relieved today: \$31.00.

Thank you all for donating to the repeater fund.

Net Controllers: The Tuesday night net is going well with an average of 10-12 check-ins. The other nets are going well also.

The meeting was adjourned at 8:15 a.m.

The raffle winners were:

World Radio: Don Hamma KE6ZFP

Free Breakfast: Martha Seymour KI6KOV

Progressive raffle: Robin Fraatz \$5.00

Next month our raffle will be worth \$5.00.

Submitted by: Burgie Jones KE6MSF

Board Meeting Minutes: February 10, 2008

The meeting was called to order by President Burgie, KE6MSF.

Those present:

Victoria Thompson, KE6FSU

Don Hamma, KE6ZFP

Ken Miller, KA6TUX

Robbie Robinson, N6MNL

Burgie Jones, KE6MSF

Ed Caine, KA6OFR

440 Antenna: There is a potential that our 440 will be on the list to be shut down. We will not be investing any repeater fund monies in the 440 antenna until we know if we are clear of the closure.

Unfinished Business: The bylaws will be reviewed and any changes that need to be made will be updated.

Meeting adjourned @ 8:25 a.m.

Submitted by: Burgie Jones KE6MSF

R	A	S	W	E	N	I	T	C	C	E	L	D	G	M	T	N	E
D	A	E	M	A	G	V	N	S	Q	E	M	A	S	P	M	A	L
T	A	N	R	H	I	A	N	S	D	Y	D	B	E	U	D	F	I
T	E	R	T	U	O	O	T	A	H	E	R	T	Z	A	O	O	K
R	L	A	C	E	T	G	L	L	N	T	S	D	A	C	I	N	H
C	U	E	A	T	N	H	C	C	O	D	S	O	T	I	E	E	T
O	N	X	P	L	B	N	S	A	N	Y	B	T	E	D	A	R	A
L	O	A	A	I	A	E	A	R	B	C	A	T	O	T	E	L	E
L	T	T	C	B	I	V	C	T	S	M	N	C	H	S	Q	H	H
I	G	A	I	O	T	E	S	X	K	E	E	K	I	W	T	C	N
N	N	T	T	M	I	I	U	E	R	S	I	S	A	E	D	D	N
S	I	L	O	U	N	E	O	R	R	T	T	M	O	I	O	I	A
I	W	O	R	E	S	O	U	O	Y	O	U	X	O	I	P	O	M
T	E	Y	W	L	N	C	M	Z	R	Q	E	B	N	B	S	M	O
N	N	A	C	O	L	L	I	N	Q	P	O	E	E	C	I	C	E
I	Y	E	A	E	L	C	Y	C	A	G	E	M	A	M	A	L	S
E	W	L	I	N	E	A	R	T	I	O	T	R	Y	R	A	N	E
B	D	E	M	P	W	C	A	P	A	C	I	T	O	P	L	H	A

AMPS

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ARRL,

CAPACITOR

COLLINS

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HAM

HEATHKIT

HERTZ

LINEAR

MEGACYCLE

MOBILE

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NICAD

OHMS

OSCAR

QRZ

RESISTOR

SINE WAVE

SSB

TUBE

VOLTAGE

WPM.

Chili Recipes from the TECH NET

Ok folks fire up the smoke stack and have a go at these good chilies. These were all given on TECHNIGHT.

AB4AL CHILI

Makes 12 SERVINGS GRILLED STEAK CHILI
4 TBS MINCED GARLIC
¼ CUP CORN OIL
3 CUPS Chopped ONIONS
1 CAN (14-1/2 OZ) BEEF BROTH
3 CANS (14-1/2 OZ) MEXICAN-style diced TOMATOES with chili UN-DRAINED
2 CANS (14-1/2 OZ) CRUSHED TOMATOES
¼ CUP plus 2 TBSs chili powder
2 TS GROUND CUMIN
2 TS dried Oregano LEAVES
1 TS GROUND BLACK PEPPER
4 LBS RIBEYE STEAK
¼ CUP CORN FLOUR MEAL or yellow corn meal
GARNISH WITH GREEN ONIONS AFTER COOKED

RIB EYE STEAK

2 BY ½ IN STRIPS STEAK THAT HAS BEEN SEARED ON EACH SIDE

1 PLACE GARLIC AND OIL IN LARGE STOCK POT ADD ONION, STIR, COOK 5 MINS, STIR IN BEEF BROTH, TOMATOES, CHILI POWDER, CUMIN, OREGANO, PEPPER: BRING TO A BOIL. STIR AND REDUCE HEAT AND SIMMER ONE TO TWO HOURS UNTIL THICK.

2 BRING ELECTRIC GRILL OR BROILER OR OVEN GRILL THE STEAK UNTIL BROWN ON BOTH SIDES (ABOUT 8 MINUTES). LET REST 15 MINUTES. SLICE IN 2-1/2 INCHES STRIPS, SAVE JUICES. HEAT 5 TO 10 MINUTES. IF THICKER CHILI IS DESIRED, SLOWLY SPRINKLE IN CORN MEAL: COOK AND STIR 12 TO 15 MINS UNTIL THICKENED. GARNISH WITH CILANTRO, ONIONS, AND OLIVES.

KO6FR QUICK AND EASY CHILI:

Ingredients:

1 lb ground beef or turkey
1 jar of pasta sauce 1 lb. 10 oz.
3 or 4 cans beans white, black, pinto or kidney.
1 package chili spice mix
1 can crushed tomatoes
1 onion (size to taste)
OTHER SPICES IF YOU WANT.

COOKING:

Cook ground meat until done. (Drain), Drain 3 or 4 cans beans

and add to meat. Add can tomatoes Add onion. Add other spices if you want. Add pasta sauce and stir Cover and heat

NR6I-CHILI

1 lb lean ground beef
1 clove garlic, minced (About 1 tsp)
1 large onion, finely chopped (about 1 cup)
1 medium green pepper, finely chopped (about 2/3 cup)
4 tbsp chili powder
1/4 tsp allspice
1 tsp cumin
1/2 cup water
2 cups (16 oz) canned crushed tomatoes
1 16-oz can red kidney beans, with liquid
1 tbsp cider vinegar
1/4 coriander
1/2 tsp salt, or to taste

Cook beef, garlic, onion, and green pepper in a heavy skillet over medium-high heat, stirring frequently to break up meat. Cook until onion is soft and meat has lost it's pink color. Add remaining ingredients. Bring to a boil, cover and reduce heat. Simmer the chili for 45 minutes, stirring frequently.

To make chili hotter, add cayenne pepper or Tabasco sauce. For a thicker sauce and fuller flavor, add mesa (corn flour). To improve flavor, let the chili simmer longer; chili often tastes even better the second day, after it's ingredients have had a chance to blend overnight.

NJ6T-CHILI

2 pounds ground beef
1 8-ounce can tomato sauce
2 cups water
1 package Carroll Shelby's Chili Kit
Brown ground beef in large skillet. Drain fat. Add tomato sauce and water. Add Large Spice Packet and salt to taste. For spicier chili, add cayenne pepper (Small Red Packet). Cover and simmer for 45 minutes, stirring occasionally. Serve piping hot. Makes 5 servings.
Last night I substituted browned stew beef and simmered it in beer until it was fork tender then added 1 can of roteli brand chili and tomatoes with the liquid and Contadina tomato paste instead of the 8oz of tomato sauce. Then added the water and season packet DO NOT ADD any SALT I finished it by adding pinto beans. Served it with a dollop of sour cream and chopped red onion and grated cheese. Boy did that make a difference. Yummy

I have two more Chili recipes that will be the April Newsletter.

Let's see if we can come up with some "Mom's Favorite Recipes" for the May edition to honor Mom for Mother's Day.

**E-mail or Snail mail to the editor,
Victoria KE6FSU**

VE TEST DATES

EBARC, ORCA, and ARCA sponsor joint ARRL VEC Amateur Radio Test Sessions quarterly:

1/27, 4/27, 7/27, 10/26 at 0900 hours.

Exams are held at Fire Station #1 Media Room, 1605 Martin Luther King at 17th Street, Oakland. The 2008 fee (and retest fee) remains at \$14. For info call 510-846-1587 or 510-741-8227.

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THE COMMUNICATOR
March 2008

**Contra
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Club Inc.**

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Packet "Node" CC4CC 145.05 Packet "Mail Box" WD6EZC -1
Home Page: <http://www.wd6ezc.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: March 9, 2008

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