



Mike And Key



An ARRL Special Services Club

Founded 1914

SARC Calendar

January

- 13th General Meeting: Sacramento Blood Bank, 1625 Stockton Blvd. Sacramento at 7:00 PM. Informal get-together at 6:30 PM.
- 27th Executive Committee Meeting: Keith Crandall's QTH at 7:00 PM.

February

- 10th General Meeting: Sacramento Blood Bank, 1625 Stockton Blvd. Sacramento at 7:00 PM. Informal get-together at 6:30 PM.
- 24th Executive Committee Meeting, Keith Crandall's QTH at 7:00 PM.

March

- 10th General Meeting: Sacramento Blood Bank, 1625 Stockton Blvd. Sacramento at 7:00 PM. Informal get-together at 6:30 PM.
- 31st Executive Committee Meeting: Keith Crandall's QTH at 7:00 PM.

Thank you Gary and Steve

by Jim Rich, N6SZQ

The 1999 SARC officers would like to thank two club members who have performed well in important positions for at least four of the last eight years: Gary Bryant, KB6KZZ, as President; and Steve Cates, KC6TEV, as Treasurer. These men devoted countless hours of unpaid labor behind the scenes to ensure the smooth operation of the Sacramento Amateur Radio Club. The new President and Treasurer will build upon the good foundation these two hams have constructed. Well done, guys.

PREZ SEZ

By Gary Bryant, KB6KZZ

Dear members:

It was with great pleasure, to have another opportunity last year to serve as your club president after a brief hiatus. I learned a great deal about the club and its member's, as I hope you also discovered last year. One of the biggest things I learned was the enormous time, and effort that was put forth by so many of the club's members during our events, and meetings. I hope that everyone will give our new and first time President: Tom the same, if not more support in the coming year. Again I say, It was a great pleasure!

73's one last time.

By Tom Preston, KQ6EO

Dear members:

Welcome to the New Year at SARC. Also I want to thank you for having the confidence in me to elect me your new President.

In the October Issue of the 'Mike and Key' I wrote the article "A New Year is coming" in which I stated that I thought we needed to find new activities to stimulate interest

Our People

1998 SARC OFFICERS

President

Tom Preston, KQ6EO
722-9358 KQ6EO@jps.net

Vice-President

Frank Zawalick, WD6DCV
682-1589 wd6dcv@jps.net

Secretary

Jim Rich, N6SZQ
361-3542 JWRich9@aol.com

Treasurer

Ed Braaten, K6EKB
939-1432 ekb@sprynet.com

Directors

Les Ballinger, WA6EQQ
393-4775 lballinger@juno.com

Herb Bennett, KA6VHF
451-6864 hbenn66018@aol.com

Gary Bryant, KB6KZZ
646-1171

Keith Crandall, K6QIF
452-5056 k6qif@cwnet.com

Glenn Hartzell, W6WBO
428-0885

Jim White, WS6K
456-9206

W6AK Trustee

Keith Crandall, K6QIF
452-5056 k6qif@cwnet.com

PIO

Vacant

Newsletter Editor

Tom Preston, KQ6EO
722-9358 mikekey@jps.net

PREZ SEZ

Cont.

in the club for existing, and future, members. The starting point for any endeavor is to determine where you are at now. I have included a survey with the newsletter so that we can establish that starting point. I know it is quite long but please fill it out and either mail it back or bring it to the meeting. (WARNING: I will keep bugging you until I get it.) Please take the time as soon as possible to fill it out and feel free to include any comments you wish to make.

Next start thinking about what we can do in the club to make it more interesting and enjoyable to you. Would you like to see more club nets, formation of SIG's (special interest groups), club contesting, or some kind of training. Would you like to have some kind of weekend meeting? It could be a Saturday morning brunch informal meeting where the people who could not make the Wednesday night meeting could still stay involved. We have quite a few people involved in emergency communications on an individual level but maybe we could do more at a club level.

Maybe you want to stay with the status quo but I hope not. Let me know. Be vocal. It's your club and I want to know how it can be made more valuable to you.

73's until next month.

Field Day

By Tom Preston KQ6EO

I know, I know, Field Day is not until June. Well Bob Browning, KE6YHQ, and Mike McDermott, KF6RUQ, have volunteered to chair the Field Day Committee.

They have a lot of good ideas and I bet we have a bigger and better time this year. They will be looking at other locations and getting the families more involved. If you have any ideas let them know. Also if you have any club equipment let them know for their planning. Thanks Bob and Mike.

KIT KORNER

By Frank Zawalick, WD6DCV

The hustle and bustle of the holidays is winding down and soon many will be returning to work and school. I hope all had a wonderful holiday and that everyone received a kit from the jolly old man.

This month I am writing about a newcomer to the kit business, VECTRONICS.

I was not able to learn much about this company, other than that they are located in the same vicinity of MFJ. Their advertisements in the HAM publications are very similar to MFJ and I wonder if there is a connection between these two names. Neither the web site nor the advertisements mention their history or origin.

The Vectronics kit line consists of over 30 different kits designed to provide a professional product at a hobby price. From short wave radios to aircraft receivers and ham radio kits, their kits offer something for everyone. Engineers who are hobbyists at heart create the kits. Each kit features a professional quality epoxy glass PC board with solder mask and screen printer component legend and the highest quality components. Each kit features an exclusive "owners manual" which was written specifically for each kit. This detailed, yet easy to follow manual features illustrations, specific instructions and precise schematic

diagrams. Not only are step-by-step instructions and helpful hints provided, their manuals also guide you into the next step -- the fun of using your equipment.

Vectronics offers an optional custom cabinet for most kits, which includes a sturdy metal box, knobs, hardware, decals and protective rubber feet. It will turn your kit into a showpiece that friends won't believe that you built. These kits are designed for satisfaction, relaxation and a super fun product you will be proud to use, because you built it yourself.

Listed below is a listing of amateur related kits and prices (as of 12/31/98).

Shortwave Converter / \$27.95
Shortwave Regenerative Receiver / \$59.95
2M Monitor Receiver / \$79.95
Crystal Radio Set / \$19.95
Aircraft Receiver / \$29.95
CW Keyer / \$24.95
CW Memory Keyer / \$69.95
SCA Decoder / \$27.95
Super CW Audio Filter / \$19.95
Super CW Audio Filter with 1 watt Audio Amp / \$29.95
Super SSB Audio Filter / \$19.95
Tunable SSB/CW Audio Filter / \$34.95
2M FM Receiver - 6M FM Receiver / \$34.95 each
10M FM Receiver / \$14.95
20M - 30M - 40M - 80M Receiver / \$29.95 each
20M - 30M - 40M - 80M QRP CW Transmitter / \$29.95 each
2M FM Transmitter / \$99.95
AM Radio Transmitter / \$29.95
TV Transmitter / \$27.95
High Performance 2M Pre-Amp / \$59.95
144MHz - 220MHz - 440MHz Pre-Amp / \$17.95 ea.
All Purpose Ni-Cad/Mi-MH Rapid Battery Charger - Conditioner / \$49.95

Cases for the kits are available / approximate cost is \$14.95 for each kit.

Fully assembled amateur radio products are also available. These include various antenna tuners for fixed and mobile operations; wet and dry dummy loads; high and low pass filters; 2-Meter intermod filter, handheld and mobile; HF/VHF/UHF SWR/Wattmeters; CW electronic keyers, paddles and code tutors; SWR analyzers; 13.8VDC power supplies and DC multi-outlets; 1KW HF Amplifier w/QSK 110VAC and 500W HF Mobile Amplifier; Portable SWL Active Antenna 300 KHz-30MHz and 6 Band Vertical Antenna 40/20/15/10/6/2 Meters.

As you can see from the extensive listing, VECTRONICS has a product for everyone either in kit or factory assembled. If you visit the web site, the manuals for the kits are available for download in Adobe Acrobat PDF format. They also provide a link to the Acrobat Download section of Adobe's web site.

VECTRONICS -- 1007 Highway 25 South, Starkville, MS 39759 USA -- Order (800) 363-2922 -- FAX (601) 323-6551 -- TECH (601) 323-5800 -- WWW <http://www.vectronics.com>

Personality Profile

By Tom Hughes WA6ZYK

Charlotte Crandall

KF6DHU

(Aka Mrs. Keith Crandall)

Charlotte is a native of Sacramento. She was born in July 1924 at home on 35th. St. which, by the way, she still owns. Apparently she has

On the Air

W6AK

146.91 - PL 100

442.80 + PL 100

224.1 - (coming soon)

Sacramento Valley Noon Net
Every day at Noon

On the Net

<http://home.sprynet.com/sprynet/w6ak>

Meetings

General Meetings are the second Wednesday of every month at the Sacramento Blood Center, 1625 Stockton Blvd. Sacramento. 7:00 PM

Please Join Us

always been pretty happy with life in this state since she advises that she has only been outside of California twice in her lifetime.

She attended David Luben, Kit Carson Jr. High and Sacramento High where she graduated in 1942.

Charlotte says she first became interested in Amateur Radio due to her brother being involved with it. She says that she tried and tried but just couldn't get up to speed for her license so she took up roller skating and bowling instead. After graduation from High School, she went to work as a Key punch Operator in the Social Security Dept. of the State of California.

She and Keith first met at the USO (it's the uniform that does it!). They dated and then became engaged prior to his going overseas. In 1944, when Keith returned, they were married.

Her next job was at the Sacramento Army Depot (I assume it was the "Signal Depot" at that time) as a typist. Her primary duties were the ordering of radio parts. After she and Keith were married and started their family, she temporarily "retired". This retirement lasted about six months until Keith started his two-way radio business, Keith Radio. Not only did she take care of the bookkeeping but also assisted with the radio installations. One of her early projects was the installation of the antennas on the first O.E.S. Communications Van. She says that, while she was not a repairperson, she did replace defective radios with spare units, which they kept ready. When asked if she had had any hobbies other than Amateur Radio, she said that, with a family to raise and a 24 hour-a-day business to attend to, she didn't have time for hobbies!

Presently, she is involved doing volunteer warehouse work for the L.D.S Church. Although she is not a member of that church, she says that she believes in spreading her volunteer work around. After that, if there is any spare time remaining, she enjoys doing Jigsaw puzzles and playing Solitaire on her computer. She decided that she really needed to get her Amateur license and, in 1996, passed the test and got her license. She has been a member of the SARC for approximately seven years. She said that her really favorite thing to do now is to spend some time at their other home, which is located on Bodega Bay.

Meeting Minutes

December General Meeting Minutes

By Tom Preston KQ6EO from notes by Harold Baber KN6NTX

The Sacramento ARC meet in the Alhambra Annex on Wednesday, December 9, 1998. Our President, Gary, KB6KZZ, began the meeting with the usual round of introductions. Jettie Hill, our ARRL Section Manager, joined us.

Next the treasurer, Steve Cates KC6TEV, gave the year end financial status of the club. This was followed by a discussion of the need to find more advertising for the Mike and Key. The business portion concluded with the elections of 1999 Officers and Board Members. The results were:

President
Tom Preston KQ6EO
Vice-President
Frank Zawalick WD6DCV
Secretary
Jim Rich N6SZQ
Treasurer
Ed Braaten K6EKB
Board Members
Les Ballinger WA6EQQ
Herb Bennett KA6VHF
Gary Bryant KB6KZZ
Keith Crandall K6QIF
Glenn Hartzell W6WBO
Jim White WS6K

The remainder of the meeting was occupied with the Christmas Party and White Elephant raffle. Everyone enjoyed Pizza and sodas

while Glenn Hartzell won the first raffle draw to win the brand new Alinco DJ280 220 MHz Handheld. Others won a 1999 ARRL Handbook, a Red Hat Linux PC operating system, two gift certificates to the Radio Place, and other items. The Handbook and gift certificates were donated by the Radio Place. A Great time was had by all

November Board Meeting Minutes By Jim Rich N6SZQ

The SARC Board of Directors met at Keith's house on Wednesday, December 30. The 1998 and 1999 club officers and directors were joined by Dennis Bartholomew, Mike McDermott, and Bob Browning. We began the meeting by discussing future speakers and programs, including an excellent idea suggested by Mike and Bob. We then discussed possible sites for the club's new 220 MHz repeater. Les Ballinger, Ken Wing and Ed Braaten have formed a committee to test possible repeater sites.

We also discussed a donation of old radio tubes to the club, the SARC constitution and bylaws, Tom Preston's draft questionnaire survey of club members, interference to the W6AC repeater, the SARC's checking account, and the change over to the new club officers.

Mike and Bob suggested we consider a new spot for this year's Field Day operation. They

The Sacramento Amateur Radio Club Founded 1914. An ARRL Special Service Club. **1998 SARC Officers:** President—Tom Preston, KQ6EO, 722-9358; Vice President—Frank Zawalick, WD6DCV, 682-1589; Secretary—Jim Rich, N6SZQ, 361-3542; Treasurer—Ed Braaten, K6EKB, 939-1432; **Directors:** Les Ballinger, WA6EQQ, 393-4775; Herb Bennett, KA6VHF, 451-6864; Gary Bryant, KB6KZZ, 646-1171; Keith Crandall, K6QIF, 452-5056; Glenn Hartzell, W6WBO, 428-0885; Jim White, WS6K, 456-9206. **W6AK Trustee—**Keith Crandall, K6QIF, 452-5056; **Mike and Key Editor—**Tom Preston, KQ6EO, 722-9358. **Club Dues—**\$16 per year, from January to December (new memberships will be prorated). **The SARC Newsletter, Mike and Key,** is published monthly by and for the membership of the Sacramento Amateur Radio Club. Permission is granted to other amateur radio organizations to reproduce in whole or in part for internal non-profit use, provided credit is given to the SARC Newsletter and to the authors of the reproduced materials. **Articles—**Manuscripts and letters are welcome. Items may be sent to Tom Preston, email at mikekey@jps.net, or snail-mail at Editor, Mike and Key, 8425 Arcaro Ct. Citrus Heights, Ca. 95610. **Advertising—**commercial non-personal advertising, business cards through full page, is available. Contact the editor above for information. Classified advertising is free to members of SARC. Submit ads monthly to the Editor at the above addresses.

mentioned a couple of interesting sites in the foothills, plus what could be an ideal new site close to Sacramento. The Board agreed to investigate these new sites, and invited Mike and Bob to become involved in the site selection process.

January Meeting

January's speaker will be Ben Green, WD8CZP, ACS/EAS Coordinator for the State Office of Emergency Services. Ben replaced Stan Harter when Stan became a silent key last year.

February's speaker will be Eddie Richins on Taxes. Eddie's talks have always been very informative.

BUY, SELL, or TRADE

Advertising of Ham related items are free to club members. So if you have anything to sell or trade or you are looking for something, get the information to Tom Preston, KQ6EO and I will post it here.

Classes and Testing

VE Testing - 3rd Saturday of the month at 9:00 AM. Carmichael Elks Lodge, 5631 Cypress Ave. Carmichael. Corner of Cypress and Hackberry.

RCARCS will have classes starting after the new year. Call 492-6115 for further info.

Ham Swaps

Placerville - 3970B Missouri Flat Rd. #3 Placerville. Third Sunday of the month, 7:00 AM to 11:00 AM. Talkin 146.865 - PL 142.2 or 440.700 + PL 88.5

Livermore Swap Meet - Las Positas College in Livermore. First Sunday of each month, 7:00 AM - 12:00 noon. Talkin 147.04 (from west) or 145.35 (from east).

Foothill Flea Market - Foothill College in Los Altos Hills. Second Saturday of March through October.

HEART ATTACK SYMPTOMS / WARNING SIGNS

By Jim Rich, N6SZQ

Stan Harter, SARC Vice President and State OES official, died of a sudden, unexpected massive heart attack on April 2, 1998. Do you know the early warning signs of a heart attack? Do you know what to do if you or a loved one should experience any of those symptoms? Early detection of heart attacks and immediate care for their victims could save thousands of lives in this country every year. Jim Rich, N6SZQ, has pulled together the following information from several Web sites:

From the American Heart Association:

IF YOU THINK YOU ARE HAVING A HEART ATTACK, CALL YOUR EMERGENCY MEDICAL SYSTEM IMMEDIATELY.

The AHA says the body likely will send one or more of these warning signals of a heart attack:

- Uncomfortable pressure, fullness, squeezing or pain in the center of the chest lasting more than a few minutes.

- Pain spreading to the shoulders, neck or arms.
- Chest discomfort with lightheadedness, fainting, sweating, nausea or shortness of breath.

Not all of these signs occur in every attack. Sometimes they go away and return. If some occur, get help fast. **IF YOU NOTICE ONE OR MORE OF THESE SIGNS IN ANOTHER PERSON, DON'T WAIT. CALL YOUR EMERGENCY MEDICAL SERVICES AND GET TO A HOSPITAL RIGHT AWAY!**

From the Early Heart Attack Care Center:

ALL HEART ATTACKS ARE NOT CREATED EQUAL!

Heart attacks come in different sizes and shapes. In most cases, they begin with warning signs that tell us something - heart damage and/or death - is impending. The road to destruction and the "crash" of your life has stop-off points that can save you if you recognize the signs.

STEPS TO BECOMING AN EARLY HEART ATTACK CARE GIVER:

1. Watch the videotapes. (FREE rental at all Blockbuster Video stores nationwide.)
2. Learn the warning signs.
3. Take the quiz. . . .
4. What kinds of heart attacks are there?

There are actually three presentations of heart attacks. First, there is a type that stops you dead in your tracks. Second, there is a heart attack where damage is taking place . . . Third, there is the heart attack that is just beginning.

5. How can we help the person who is having a heart attack?

We call this the first responder, one who is upon the scene. In the first case we need to know cardiopulmonary resuscitation (CPR) and perform it well. In the second case we need to call 911 the emergency medical system and behave as an executive spouse. Here the patient usually does not put up much of a fuss, the patient is in severe pain and is weak like a kitten. The third [case] is the most difficult one and requires the first responder to be alert and have to act in the absence of peer pressure. We call this person the early heart attack care giver . . .

Finally, I have read in *Reader's Digest* and elsewhere that you should give one or two aspirin tablets to someone experiencing one or more of the symptoms of a heart attack. This sometimes prevents or reduces damage to the heart.

Pictures by Gary Bryant KB6KZZ

Top
Front: left to right:
Keith Crandall, K6QIF, Trustee
Glenn Hartzell, W6WBO, Board member
Steve Cates, KC6TEV, outgoing treasurer
Rear:
Les Ballinger, WA6EQQ, Board member

Bottom:
Left to right:
Tom Preston, KQ6EO, Incoming Presidnet
Jettie Hill, W6RFF, ARRL Section Manager



Advertising
Space
Available

Contact Tom KQ6EO at 722-9358

METRO ELECTRONICS

ELECTRONIC DISTRIBUTORS

1831 J STREET
SACRAMENTO, CA 95814

(916) 442-1512
FAX: (916) 442-1586

Sacramento Amateur Radio Club

P. O. Box 161903, Sacramento, Ca. 95816-1903

MEMBERSHIP APPLICATION and RENEWAL FORM

Date _____ New Renewal Change of Address

MEMBERSHIP CLASS

General, \$16.00 Associate, \$16.00 Family, \$16.00+\$5.00 for each additional Student, \$8.00

Please fill in and circle anything you do not wish to have printed in the SARC Roster.
Family memberships must reside in the same household.

NAME _____ CALL _____

LICENSE CLASS: N T T+ G A E Birthday _____ ARRL Member: Yes No

Family member: NAME _____ CALL _____

LICENSE CLASS: N T T+ G A E Birthday _____ ARRL Member: Yes No

Family member: NAME _____ CALL _____

LICENSE CLASS: N T T+ G A E Birthday _____ ARRL Member: Yes No

ADDRESS _____

CITY _____ ZIP _____

TELEPHONE (____) _____

E-MAIL ADDRESS _____

Areas of interest, bands and modes used:

Emergency communications capabilities: ACS/RACES or ARES

New memberships in mid-year will be pro-rated.

This form must accompany your check, made payable to SARC. Send to SARC at address above.

The Radio Place

YOUR COMPLETE AMATEUR RADIO SOURCE!
SERVING THE GREATER SACRAMENTO VALLEY SINCE 1976

YAESU

ICOM

MFJ

Tuesday - Friday 9:00 - 5:30
Saturday 10:00 - 4:00



5675-A Power Inn Road, Sacramento, CA 95824
Telephone 916/387-0730 FAX 916/387-0730



Sacramento Amateur Radio Club
P.O. Box 161903
Sacramento, CA. 95816-1903

FIRST CLASS

To: