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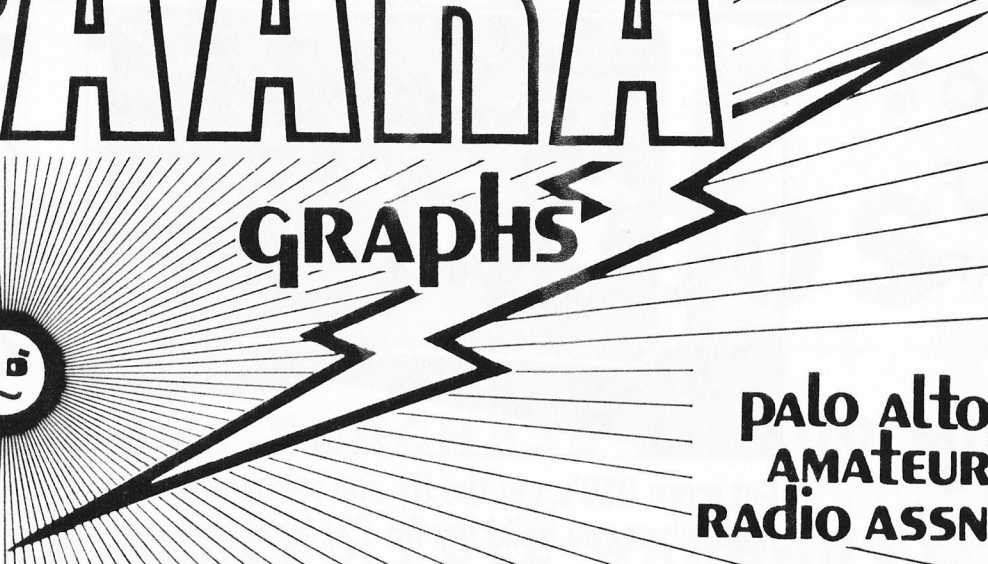
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vol. 25
OCTOBER 1982

PAARA

GRAPHS



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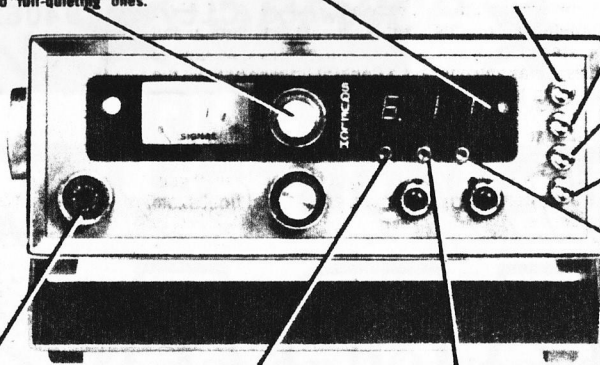
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Friday, October 1, 1982

7:30pm

R E G U L A R M E E T I N G

AMATEUR MICROWAVES

by

Ed Johnson, WB6CFW & John Hendricks, W6STQ.

Ed will talk on equipment and John will talk on propogation. So dig out your plumbing tools, your klystrons, your Gunn diodes, your tunnel diodes, your parametric amplifiers and your circulators, and come to the meeting to find how you can put them all together!

Meeting to be held at the Menlo Park Recreation Centre, Alma at Mielke, Menlo Park. Future meetings: November 5, 1982; December 3, 1982.

Circle the Date

October 1, 1982

PAARAGraphs is the official organ of the Palo Alto Amateur Radio Association and the Menlo Park Civil Defense Radio Club.

1982 CLUB OFFICERS:

President	:	Gerry Tucker	WA6LNV	326-4908
Vice-President	:	Kevin Lapp	WA6FAC	364-2654
Secretary	:	Gerry Wagstaffe	W6NIR	325-4670
Treasurer	:	George Nixon	GI30EN	854-6445
Trustee, K60TX	:	Fred Canham	K6YT	948-9238
Property	:	Ed Fairbanks	W6AIN	322-0319
Co-Property	:	Fred Canham	K6YT	948-9238

ARES Officer : Steve Stuntz K6FS 322-4952
Club Historian : Jerry Zobel W6ARA 322-0063

Club Nets : 147.45 MHZ, Monday, 8:30 L.T.
14.287 MHZ, Monday, 9:00 L.T.

BOARD OF DIRECTORS:

Chairman : Gerry Tucker WA6LNV
Members : John Buonocore KD6ZL
: Wally Porter K6URO
: Clif Keely KA6JWA
: Ed Fairbanks W6AIN
: Bill McElhinney KA6LZI
: Bob Wheeler K6SEM

PAARAGRAPHS STAFF:

Editor : George Nixon GI3OEN
Advertising : Swede Swenson N6CHL
Mailing : Bill McElhinney KA6LZI
Cover : Sue Lindner LØVLY

PAARA POLICIES:

Membership in PAARA is \$6.00 per calendar year (payable in January), which membership includes a subscription to PAARAGraphs. Freebee distribution to those who indicate an interest in the Club, and as an inducement to their becoming members, and is subject to change with changing interests in the Club. Make payment to: PAARA, P.O. Box 911, Menlo Park, CA 94025.

Written contributions to the P.O. Box above, or to the Editor, 1140 Sherman Avenue, Menlo Park, CA 94025. Deadline is two or three days after the Board of Director's meeting.

President's Corner:

PAARA upstages National talk show!

The September meeting proved to be a precursor to the Larry King talk show about 10 days later. Our own talk by NASA scientist, Dr. Kent Cullers, WA6TWX, regarding the search for Extra Terrestrial Life, (SETI), provided an exciting glimpse into a new application of Ham Radio. When I tuned into the Larry King show a few mornings later, I couldn't believe that they were talking about SETI. Stay informed - come to the PAARA meetings!

Didn't we just stagger through January? How can October be upon us already? (Speak for yourself re staggering through January, Gerry. The rest of us didn't celebrate New Year's Eve with your enthusiasm. Ed.). It seems like we haven't said enough about the AUCTION to get everyone prepped, but here it is next month. Get the word out to your ham buddies. Everyone wants to make this one, but not everyone knows the date. We have fairly good coverage on the nets, but word of mouth is extremely important. Donations to PAARA are running quite slow this year so, if you have something, or your electronic employer has something, to donate to PAARA, please step forward. My thanks to Bill McElhinney, KA6LZI et al for covering the Foothill parking lot with flyers. One thousand pieces were delivered to the group sponsoring Pacific Division Convention on October 8, 9 & 10. Last but not least, come to the October meeting to get your work assignment if you don't already have it.

de Gerry Tucker, WA6LNV.

Club Meeting and Board Meeting Reports: The Club meeting of September 3, 1982 was held in the Menlo Park Recreation Centre with a good crowd in attendance.

The Explorer Scouts were the first to address the Club;

said that their UHF repeater frequency would be changed it caused interference in the Sacramento area. Tentatively, the new frequency will be 441.85. The Scouts also asked PAARA members to direct aspiring novices to the Post's Novice class; at the moment, there was only one student!

Our President, Gerry Tucker, WA6LNV, then spoke of the progress in getting the CCRC Field Day Plaque properly mounted in the Menlo Park Recreation Centre. Gerry has a suitable piece of tempered glass; and Frank Chandler? is welding an angle-iron frame, which will be bronzed. Gerry was worried that the Plaque might become like the Stanford Axe, ie liable to be stolen by disappointed members of rival clubs; therefor the Plaque case should be near impregnable in his view.

Fred Canham, K6YT, reported that he had got our 1982 victory engraved on the Plaque. Fred also reported that he had forgotten to bring the PAARA name tags for those who had ordered them.

Bill King, N6CHI, then spoke about the low attendance at the July picnic. In his view, there was insufficient publicity; he, Bill King, would have come to the picnic if he had known about it. The incident showed your President, Gerry Tucker, and your Editor, George Nixon, that repeated and obtrusive notices are needed of any event to achieve near 100% communication. (Nothing personal, Bill. - Ed.)

Jerry Starkey, WA6LIJ, then spoke on a subject close to Gerry Tucker's heart, that of encouraging better contesting. Jerry proposed offering trophies for the best scores inside the local Clubs in the November cw and phone Sweepstakes. There was once such a trophy, and Jerry proposed to reactivate it. The members of the Club at once agreed, and Jerry Starkey was nominated to handle the event and coordinate the effort between the local clubs. Allen? will coordinate a special PAARA prize.

Bill Jenkins, WB6LML, who was appointed to act as liason between the Club and the Palo Alto City Council in regard to the forthcoming installation of Cable TV in Palo Alto, gave his report. Bill told the members that the problem of Cable TV interference is very real and not restricted to the VHF bands; Cable TV interference can occur as low in frequency as the 40 m band. there is interference right now on 145.25 MHZ, and Andy Korsak, VE3FZK, turned on his new hand-held to demonstrate that Bill was right. Bill said that the technical standards that the City would set was where Ham input was vital. Because Cable TV may be federally de-regulated in the near future, meaning that anyone could set up a system, we had better get good technical standards right now in Palo Alto in case a tidal wave comes. Bill pointed out that interference is a two-way street; apparently Gill Cable in San Jose had to abandon D channel because ham transmissions were getting into the cable on this channel.

The Subject for the evening's talk was SETI - the Search for Extra-Terrestrial Intelligence - and the first person to speak was Dale Ubil, the Editor and Publisher of CQ ET, the magazine of the Delta Vee Corporation, a 2 year-old non-profit corporation that finds funding for NASA projects that about to loose their funding. Their first project, two years ago, was to raise private funding to permit NASA to keep monitoring the transmissions from the Viking station on Mars. Federal funding for that project had been cut from the NASA budget. Another project that Delta Vee is currently interested in is raising funds for sending a satellite into Halley's Comet. Some PAARA members may know that there has been talk of using comets as motive power for interstellar travel, ie. have a satellite pulled along by gravity within the comet.

After describing the efforts of the Delta Vee Corporation, Dale introduced the main speaker of the evening, Dr. Kent Cullers, WA6TWX. Kent explained that the main listening effort for Extra Terrestrial radio signals is between 1400 MHZ and 1700 MHZ, the hydrogen molecule resonance frequency

a

and the oxy-hydrogen molecule resonance frequency. However the 700 MHZ to 1200 MHZ band is also quite a likely area for intelligent beings on other solar systems to try to contact us. Kent is organizing a ham project to listen for intelligent signals from outer space, and he is going to have a schematic or printed circuit board for a low-noise Gallium Arsenide FET receiver for those who are interested. A dish antenna is needed but it needs only to move in azimuth; the rotation of the Earth is sufficient for horizontal movement. A computer program is available for searching the receiver output for coherent signals.

Kent said that early experimenters were fooled by pulsars. The experimenters could not think of a natural mechanism that could cause such periodic signals. However, to date, no definitely non-random signals have been picked up.

A PAARA member asked about the Stanford dish, for Stanford University was very active in the early days of radio astronomy. Another PAARA member answered, saying that the dish had been badly damaged by people walking on it. A third PAARA member wondered if Ham effort could be used to repair it. Perhaps an auto body man, if there is one in the club, is what is needed!

On flying saucers, Kent said that the current NASA position is that, if they exist, they are using methods of propulsion and communication that we do know, and that they are avoiding definite contact with us on Earth.

Kent's talk was very well received by the Club members; it reminded them that Ham Radio covers a wide field; that Ham Radio is more than 2 metre nets, DX-chasing and slow-scan TV.

After the meeting, with a view to getting a good quote for PAARAgaphs, your Editor asked Gerry Wagstaffe, W6NIR, what message he, Gerry, would send back if he received an intelligent communication from outer space. Quick as

a flash, Gerry replied: "Bomb Sherman Avenue!", his eyes lighting up at the thought of little green men in flying saucers erasing your Editor's home!

Over at the Village Host after the meeting, your Editor ran into another disgruntled PAARAgaphs reader, Fred Canham, K6YT, who was concerned about being misquoted in PAARAgaphs. Your Editor, of course, apologized for any errors, but he pointed out to Fred that being misquoted is like being wounded in serving your country; at least it proves that you were there serving your country. Fred does more for the Club than any other single person; therefore he is quoted (and misquoted) in PAARAgaphs more than any other person. The person who does nothing for the Club is the one who stands the least chance of being misquoted (or even quoted) in PAARAgaphs!

The Board Meeting of September 8, 1982, was held at the Club trailer, and present were: Gerry Wagstaffe, W6NIR; Bill McElhinney, KA6LZI; Wally Porter, K6URO; Ed Fairbanks, W6AIN; Andy Anderson, K6EHS; Gerry Tucker, WA6LNV; Kevin Lapp, WA6FAC; Clif Keely, KA6JWA; Dave Daniel, KB6WP; and George Nixon, GI3OEN. Gerry Tucker chaired the meeting.

The Directors first passed a resolution congratulating PAARA member Eric Edberg, W6DU, on his appointment as President of the Northern California DX Club.

Another announcement was that Post 599, the Explorer Scouts, were holding their Novice licencing class on Thursdays, 7.30 to 10.00 pm, at the Post QTH at St. Thomas Aquinas Church, Homer and Waverly, in Palo Alto. For more information, call Rob Taylor at 857-9158 or John Buonocore at 366-1658 or Chris Schellenberg at 324-4591.

The ARRL Pacific Division Convention will be held on October 8, 9 & 10 at the Holiday Inn, 611 Ocean St., Santa Cruz, Calif. The Chairman is Susan Tracy, WA6OCV, tel. 408-426-6691. Santa Cruz is nice in October, with the mobs

having gone, and every one should have a good time.

The PAARA auction, to be held at the Ampex Cafeteria, on By Road near the Woodside Road on October 16, Saturday, at 9.00 am.

Much of the Director's meeting, in fact, concerned the Auction. Various tasks were allotted to various Directors; the only problem coming with the task of holding up the equipment to be sold and then moving it to the storage area after it had been auctioned. Director after Director pleaded back problems, exasperating Gerry Tucker who said that the R in PAARA should stand for ruptured. Most of us nowadays have sedentary jobs, and we should have at least one physical sport as a pastime to exercise our bodies. For those who do heavy manual work, such as a small farmer in Northern Ireland, a hobby such as amateur radio is fine after the exertions of the day. For the rest of us, to go from eight hours behind a desk to two hours in front of a transmitter to three hours in front of the television is to degenerate physically to a blob! Most back problems, incidentally, are caused by weak stomach muscles. The back muscles have to compensate for the stomach muscles.

The next topic raised was that of repeater jamming. We on the West side of the Bay have had relatively few problems with repeater jamming; however, in the East Bay and in Marin County, the problem is severe. The Clubs in the East Bay and in Marin County have asked PAARA for support in requesting Bay Area Congressmen for legislative changes to permit effective deterrent penalties for convicted repeater jammers and to permit evidence gathered by hams to be used against the jammers in court (such evidence not now being usable, according to what your Editor has been told).

Your Directors were split on the issue; without comment by your Editor, the following seemed to be the main opinions: (1) Gerry Tucker felt that extensive publicity about repeater jamming might cause our local malcontents to start jamming our local repeaters; (2) Gerry Wagstaffe was wor-

ried that a vigilante type of response might occur due to the failure of the F.C.C. and the courts to keep law and order in the amateur bands; and (3) your Editor believes that the time to enforce laws or to improve them is before breaking them is widespread. Your Editor saw Northern Ireland in the 1960's change from a law-abiding province to one in which crime and terrorism is rampant, due totally to a political decision not to enforce the existing laws. The Directors did not come to any joint conclusion; however, they decided to send a representative to a meeting of concerned officers from local clubs, both here and in the East Bay, (the Clubs).

The last topic for discussion concerned a topic that your Editor had hoped was as dead as a well-staked vampire, but like Dracula, keeps rising from the dead. Gerry Wagstaffe raised the topic of what is required of articles submitted for PAARAgaphs. Your Editor replied that: (1) they cannot be anonymous, the author must be prepared to have his name appear as author; (2) they cannot be derogatory about a person, a business or a make of equipment. Incidentally, Bram Stoker, the author of Dracula, was a theatre manager in Dublin. He wrote other books, but Dracula was his best.

.....

Exercising: In view of the degree of unfitness exhibited by the PAARA Directors, your Editor thought he should include some simple exercises. Any ordinarily unfit person should be able to do these exercises; however, your Editor and PAARA accept no responsibility for any injuries.

(1) Side bend toe touch. Stand erect with legs apart and arms at sides. Bend down and touch one hand to the opposite foot, while swinging the other arm up and back. Then stand erect and repeat with the other hand touching its opposite foot. Repeat each side ten times or until the side and back muscles start to tire.

(2) Squat and hand swing. Stand erect with legs apart

then swing your hands, clenched together, over your head. Then swing your clenched hands down between your legs, while bending forward at the waist, and bending your knees. Then swing your clenched hands back up over your head again and stand erect. Repeat ten times or until your back muscles or the muscles at the front of your thighs begin to tire.

(3) Leg raises. Lie flat on your back and raise both feet together, holding the knees straight, until the legs are vertical, at 90° to the floor. Lower the legs, then repeat ten times or until your stomach muscles or front-of-thigh muscles start to tire.

(4) Push-ups. The basic push-up is as follows: lie face-down on the floor, then raise your body, keeping it straight, with your arms. At the peak of the movement, your body is suspended on your toes and your arms. Then lower your body to the floor again. Repeat ten times or until the muscles at the back of your upper arms or the muscles at your shoulders start to tire. An easier version is to bend your legs at the knees so that at the peak, your body is suspended on your knees and your hands. Another version is to do the exercise with your hands on two kitchen chairs, spaced slightly more than shoulder width apart.

(5) Squats. Stand erect with feet wide apart and hands placed on hips. Keeping your upper body straight, bend at the knees, going down as far as possible. Let your heels come off the floor. Return to a standing erect position. Repeat ten times or until the muscles at the front of your thighs begin to tire.

(6) Sit ups. Lie flat on the floor, hands clasped behind your head. Sit up, then lower your body back to the floor. You may need to put your feet under a piece of furniture. Repeat the sit up ten times or until your stomach muscles start to tire.

(7) Chinning. Place a length of pipe or strong wood across

the tops of the backs of two chairs (the seats of the chairs facing away from each other), the chairs being slightly more than body width apart. Lie on your back between the two chairs, grasp the bar or pipe with both hands and pull up the body until your chest touches the bar. Lower the body, then repeat until the muscles in the front of the upper arms begin to tire.

(8) Run in place, raising knees high. Run in place, raising knees high, until slightly out of breath. Stop, then start again. Do three repetitions. This strengthens the legs, the breathing and the circulation.

Due to a lack of submitted articles and letters, your Editor submits the article below for PAARA's edification!

WRESTLING IN GREAT BRITAIN

by

George Nixon.

Wrestling as a sport rather than survival probably developed at the same time as running and jumping developed as sports. Consequently, wrestling existed in all countries before history began to be recorded. Written and carved records depicting wrestling exist from the Babylonians, 3,000 BC; the Sumerians; the Egyptians, 2,500 BC; the Indians, 1,500 BC; the Chinese, 700 BC; and the Greeks about the same time. The classical Olympic games started in 776 BC and included wrestling. Wrestling is the traditional sport of Turkey, and is the national sport of Iran and Mongolia. Japan, of course, is famous for two forms of wrestling, sumo and judo, the latter an event in the Olympic games.

In Great Britain, wrestling developed early and was particularly popular among the Saxons and Celts, especially the men of Cornwall. During the Middle Ages, on St. James'

and St. Bartholomew's Days, special wrestling matches were held throughout England. Those in London were held first at St. Gile's Field and later at Clerkenwell. Henry VIII was a powerful wrestler; in 1520, after the battle with France at the Field of the Cloth of Gold, Henry VIII of England and Francis I of France had a private wrestling match.

North Country wrestling developed in Northern England and Southern Scotland and is particularly associated with the counties of Cumberland and Westmoreland. In this style, the wrestlers stand chest-to-chest with locked hands around each other's body, chins on each other's right shoulder. The right arm is below and the left arm is above one's adversary's right and left arms. When the holds are firmly taken, the umpire starts the match and it continues until one man touches the ground with any part of his body other than feet, or until one man fails to retain his hold. If both men fall together, the underneath man loses or the man who touches the ground first loses. If both men touch the ground at the same time, the match begins anew. In the old days, the only foul was kicking.

At the other end of England, in Cornwall and Devon, the West Country style of wrestling developed. In this style, the wrestlers wore stout, loose canvas jackets, and the hold was taken anywhere above the waist or anywhere on the jacket. Jacket strangles, unlike in judo, are a foul in West Country wrestling. A wrestler won if he threw his opponent in such a way that either two shoulders and one hip, or, two hips and one shoulder touched the ground simultaneously. Ground wrestling was forbidden. It was legitimate in olden days to kick the shins of one's opponent.

Olympic Freestyle wrestling today is basically Lancashire-style Catch as Catch Can wrestling. In fact, in the 1904 and 1908 Olympic games, this event was called Catch as Catch Can wrestling.....To be continued in the next issue

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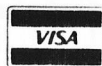
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