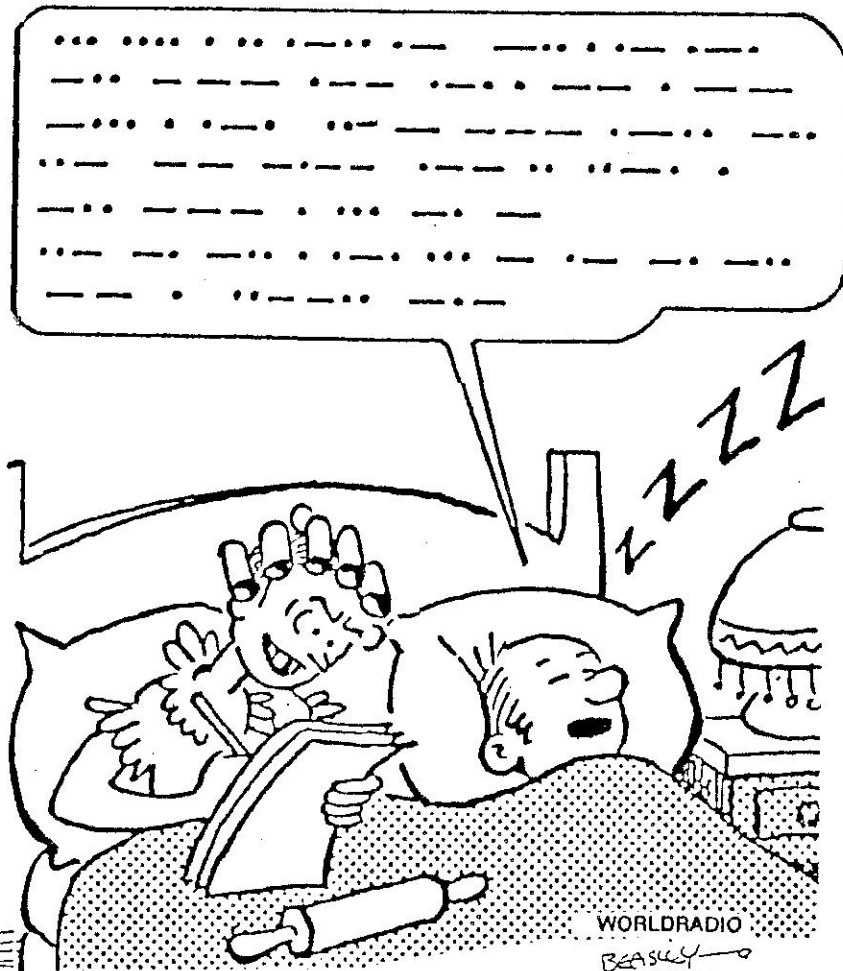


# The READOUT

YEAR 12

NUMBER 9

SEPT. 1989



**Stanislaus Amateur Radio Association, Inc.**  
P.O. Box 4601 Modesto, Ca 95352

*The READOUT* is the official publication of the Stanislaus Amateur Radio Association Inc. SARA P.O. Box 4801, Modesto, CA. 95352. Entered as third class mail at the U.S. Post Office Modesto, CA. 95352. Contributions to *The READOUT* are always welcome and may be submitted to the editor, Bob Pinheiro, WA6ZLO at 1221 Mist Flower Ct. Modesto, CA. 95355. Permission is granted to reprint articles appearing in *The READOUT* with appropriate credit. SARA owns and operates two F.M. repeaters. 145.39 MHz (-) located on Mt. Oso, 22 miles SW of Modesto at an elevation of 3,370 feet. Our 220 MHz repeater operates on 223.68 MHz (-) and is also located on Mt. Oso at an elevation of 3,500 feet. Both repeaters are equipped with an autopatch for the use of SARA members. SARA owns and operates a Packet Digipeater, WD6EJF-1 also located on Mt. Oso at 3,500 feet. Frequency is 145.07 MHz. SARA conducts an informational net on both repeaters each Thursday evening at 800 pm with the exception of holidays. SARA meets the third Tuesday of each month at the Stanislaus County Administration building at the corner of 12th and H streets in downtown Modesto. Meetings begin at 730 pm. SARA is incorporated in the State of California, is an affiliated club of the American Radio Relay League (ARRL) and Stanislaus County RACES. Dues are \$20.00 per annum and \$10 for students up to sophomores in college. Dues are prorated for newly joining members from the date they join. ARRL memberships and QST renewals may be made through the club with a \$2.00 commission retained by SARA.

**PRESIDENT**

Phil Hartz.....WDOFFX.....523-9018

**VICE PRESIDENT**

Joanne Shaffer.....N6SAH.....537-5205

**SECRETARY**

Linda Franklin.....N6REB.....537-1123

**TREASURER**

Steve Faries.....N6EKV.....521-7834

**NEXT SARA  
MEETING**

**September 19, 1989  
730 PM**

**County Administration  
Building.**

**12TH & H Streets  
Modesto, CA.**

*Lower Level Conference Room*

**Visitors Always Welcome**

**WE MAKE COPIES  
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**529-5395**

# SLEEP DEPRIVATION

By Tom Farr, WJ60

For some time now your editor has been gently cajoling me to relate to this audience my personal experience with a disorder called sleep apnea. I hope this series of articles will help someone else as I was helped through discovery and subsequent treatment of this serious malady.

I think it would be appropriate to start by relating how I came to learn about sleep apnea. As a mid-manager for the City of Turlock, in the Water Quality Control Department, I attend monthly training meetings sponsored by the Stanislaus County Safety Council. In the summer of 1988 one such seminar featured Joseph Kwentus, M.D., whose topic was sleep problems associated with shift work. As my work place features a twenty four hour operation divided into three traditional shifts, this lecture was of keen interest to me.

I have worked shifts most of my working life and a good understanding of Dr. Kwentus' talk might help me as a supervisor as well. After introductory remarks and initial comments, Dr. Kwentus, as an aside discussed sleep apnea. He speculated there were likely several people who fit the classic stereotype

for this disorder in the audience. Sleep apnea is a disorder that is insidious in its potential for lessening the quality of one's life. Basically, sleep apnea can occur in three forms; obstructive, central, and mixed. Occurring during sleep, the normal course of breathing is interfered with and the sleeping individual suffers from decreased quantity and more importantly quality of sleep.

With obstructive sleep apnea, the airway is blocked and often the sleeping individual will thrash around the bed fighting for air. Though sometimes awakening to full consciousness, more often the person will be aroused just enough to get a breath of air and then return to deeper sleep state. Once again the airway is blocked and the cycle begins again. In the extreme this problem continues all night long and the quality of sleep is so poor the individual becomes pathologically



sleep deprived and effectively non functional.

Mostly affecting middle aged males who are overweight, many obstructive apneics are world class snorers. (Continued on Page 4)

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# SLEEP DEPRIVATION

*(From Page 3)*

I mean the wall shaking, I wish that guy would move out of the house type snoring. Characteristic of these individuals is a lack of energy and a need to take daytime naps to catch up on their sleep debt. A typical scenario, and one I can say I also was famous for, would be watching a football game and not being able to view a quarter of the game without nodding off.

Even during these times I would snore and my airway would become blocked. A characteristic snorting sound and a brief awareness that I had fallen asleep would occur and I would then nod off again. Where the humor becomes thin in this story is when I came to the realization during Dr. Kwentus' lecture and description of the classic apnea sufferer, that I fit all of the symptoms he described. After his talk I got his business card and sort of forgot about it.

Some weeks later I found that card among some QSL cards and noted Dr. Kwentus was the director of the Modesto Sleep Center at Modesto City Hospital. With some reluctance I called the phone number and was greeted by a very friendly and understanding staff member who told me how things worked at the center. In a nutshell, she forwarded a rather lengthy questionnaire to me that asked more questions about my health and sleep patterns than I thought possible. She also scheduled an appointment for me to see Dr. Kwentus to review my answers to the survey questions.

At that conference he asked me more questions and made an initial diagnosis of obstructive sleep apnea. He was quite helpful in his explanations and gave me some literature explaining, in layman's terms, the problems associated with the disorder. He said it would be necessary to have a sleep study done to confirm his diagnosis. His staff

showed me a "sleep suite", not unlike a comfortable bedroom, where I would be asked to return for an appointment to sleep. I indicated I felt I could probably do that.

A week later, I checked into the hospital (out-patient) at 2030 and was introduced to the sleep technicians who would monitor my sleep and conduct what is known as a polysomnograph. This entails having many electrodes (non invasive, just glued on to the scalp) attached to you to monitor your heart rate, respiration, oxygen saturation, and brain waves during sleep.

I must admit I did not think there was any possibility I could go to sleep on cue with all of these wires attached to me, but you know I performed like a champion. I told the technicians of this concern and my fear that I might not even snore. They asked me to relax and do the best I could under the circumstances and around 2345, they put me to bed and shut out the lights.

There is constant remote visual observation and a dandy intercom to listen to the patients. I feel the staff at the sleep center are very well trained and efficient. As is my usual habit, I awoke once during the night to heed nature's call and the technicians assured me I had nothing to fear regarding my snoring. I was rattling the walls within minutes of "lights out". The study lasted about six hours and was sufficient to gather the data necessary to evaluate my problem.

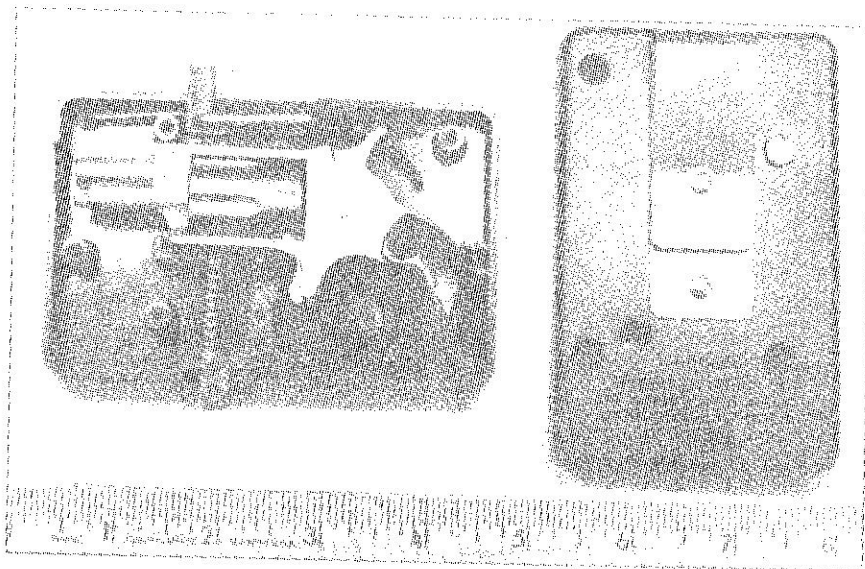
Because an initial survey of the somnograph showed marked obstructive apnea, I was asked to remain at the center and have a daytime sleep study to confirm the degree of my sleep deprivation. This entailed every two hours, the technician entering the room, closing the blinds, turning off the television, and asking me to lay down on the bed. They would not ask me to sleep or try to sleep, not wanting to implant this suggestion in my mind.

*(Continued on Page 12)*

# Perilous Personal Pager

Another ingenious way to conceal a weapon has been devised. An ordinary and very common Personal Pager has been modified to house this 5 shot, 22LR short barrel revolver. External controls and an opening in the bottom of the pager allow the weapon to be cocked and fired while remaining within the plastic casing.

The same type of weapon has also been found by law enforcement officers concealed in a brass belt buckle. Still another threat to our law enforcement officers. -*The FBI Bulletin*



## TV Marti

Congress is moving ahead with plans to establish a TV version of the Voice of America's Radio Marti beaming signals at Cuba. The Cuban Government has promised to jam the TV signal just as they have the radio signal. The VOA plans to elevate a balloon over the Florida Keys with the antenna.

## The Numbers

The latest statistics from the FCC show there were 10,524 AM and FM radio stations in the USA and possessions as of March, 1989. There are 4,948 AM stations; 4,188 FM's and 1388 non-commercial FM's.

# SARA MINUTES

By Linda Franklin, N6REB, Secretary

The August 15, 1989 meeting was called to order by President Phil, WDOFFX at 7:40 p.m. Introductions were made by 27 members and guests. Bob, WA6ZLO made a motion to accept the minutes as printed in the READOUT, Charlie, KJ6GE seconded the motion, and the motion was accepted and carried.

A report from the Treasurer was not available due to the absence of Laverne, KB6ECF who resigned the post due to personal reasons two weeks earlier. Pres. WDOFFX called for nominations to fill the office of Treasurer. KJ6GE nominated Bob, N6OCS, but Bob declined. Jim, N6KMR nominated Steve, N6EKV and Bob, WA6ZLO seconded the nomination. There were no other nominations and a vote was taken.

Steve Farles, N6EKV will serve as club treasurer from Aug. 15, 1989 through Dec. 1989. Phil said Steve should have a treasurers report for the next meeting.

Phil brought up the receive PL on the repeater, and for those members who wish to PL out the San Jose machine, the frequency is 156.7. Phil also reported that Leroy, NV6S has been testing the recently purchased club station equipment with very good results so far. There is an all mode Yaesu 757-GX with mic, an RS-35 power supply and an MFJ 949 Deluxe antenna tuner. The total package plus shipping came to \$999.85.

The family of silent key Ray Olive, WA6OQF requested SARA to handle a garage sale of Ray's radio equipment instead of holding an auction. The garage sale was held July 29, 1989. Ray's family was very pleased with the way the sale was handled. The club also purchased Ray's crank-up tilt-

over tower, 8 element beam, double 11 element yagi for two meters and a Ringo Ranger all for \$300. With the need for a physical site for the club station and a place to put up the tower and antenna system, a committee was formed to approach finalizing an agreement with Teal Middle School in Empire.

Hart, N6TIV will head up the committee with Jim, N6KMR, Tom, N6LSA, and Bob, WA6ZLO who was tentative. Jo, N6SAH reported on the Oct. 7th Dinner Dance. The choices on the dinners will be Sirloin steak, Teriyaki chicken or Halibut. You may start purchasing your tickets now for \$20 per person and senior citizens 62 and up at \$18 per person. Mail your checks to Lori Farles, N6JTD, 1126 Durant St. Modesto, Ca. 95350 for your tickets and SPECIFY which dinner YOU WANT. Dinner Dance Raffle donations are also needed.

Jo said the expenses for the ad for the SARA garage sale was \$9.06, and the ad for the WA6OQF garage sale was \$13.60.

Phil spoke about the problems that are currently plaguing the auto patch at N6EKV's house.

It seems it is in need of a 440 transceiver or transmitter board as the present one is very old, and has to be retuned more and more. It was asked if anyone had one of these boards to donate or one at a reasonable price, to please contact Leroy, NV6S, Steve, N6EKV, or Phil, WDOFFX.

Next on the agenda was the vote on the 2 meter-220 link-up. A motion was made by N6KMR to continue the current status of the link-up for a period of 6 months from August 15, 1989

*( Continued on Page 15 )*



# SARA DINNER DANCE

**Saturday, October 7, 1989**

**Oasis Restaurant, 5001 McHenry Av. Modesto**

*Social Hour 630 pm Dinner 730 pm*

**Mail your check with this form to: SARA Dinner-Dance**

**c/o Lori Farles, 1126 Durant St. Modesto, CA. 95350**

**H/P 521-7834 B/P 577-5151**

**Indicate dinner choice and how many of each:**

**Top Sirloin/Teri Yaki Chicken Combo ( ) or Halibut ( )**

**Each dinner ..\$20. or \$18 Senior citizens 62 and up. (Tips accepted)**

Name(s).....  
.....  
.....

Call: .....

# EDITOR'S NOTES

By, Bob Pinheiro, WA6ZLO

Welcome back former member John De Roos, N6JSN, of Ceres who becomes the 165th member of the club for 1989. John works for an armored car service in Modesto. A courtesy beep has now been installed on the SARA 220 machine. It is there to remind us to pause between transmissions in case someone wants to break in. I noticed that some of us have not been waiting for the beep. So, please, be alert and get yourself in the habit before one of the control stations come on and brings it to your attention.

Our thanks to Laverne, KB6ECF, for taking the job of treasurer this year. Because of personal reasons, she was forced to give up the position this month and Steve, N6EKV, graciously offered to take the position through the end of the year.

The club has made it's first purchase of club station equipment. Purchased was a used Yaesu 757 GX low band rig, an MFJ 949 tuner and an Astron Power Supply. The price tag, \$999.95. In addition, the club purchased a complete antenna system and tower from the estate of Ray Olive, WA6OQF, for \$300. The buy included a crank up tower, a Cushcraft six element beam, two 11 element two meter beams and coax. The station is now ready to go on the air.

Hart, N6TIV was appointed to head-up a committee to finalize the arrangements with the Teal Middle School in Empire to install the station in one of their buildings. Assisting Hart will be Jim, N6KMR and Tom, N6LSA.

Speaking of Ray, OQF, at the request of his family, they did not want to hold an auction to dispose of his equipment. They requested only that the equipment be marked with a price and sold in

a "garage sale" atmosphere. Their wishes were honored and they were very happy with the way the matter was handled.

Tickets for the dinner-dance are now on sale. The menu will be a choice of Sirloin Steak and Teriyaki Chicken combination or Halibut Steak. Please use the form appearing on page 7 of this newsletter to make your reservations for the event. Please return the form and your check no later than October 4th. Last minute reservation can be made by calling Lori, N6JTD on the phone. Remember, the event is open to members and their guests with a special invitation extended to members of neighboring clubs. It has not been decided whether their will be a live band or a disc jockey for the music.

It appears that the "Cost of Regulation" may reach into our pockets in the way of license fees. Four years ago the House Energy and Commerce Committee implemented a fee schedule for FCC issued licenses. At that time the Amateur Service was exempted from the fees. That exemption may now be in jeopardy.

The budget reconciliation package approved by the Committee on July 13th proposes an application fee of \$30.00 for EACH of the Amateur licenses and/or permits including, New License; Modification of License; Renewal of License; Reciprocal Permit for Alien Amateur License; Renewal or Modification of Amateur Club, RACES or Military Recreation Station License.

The \$30 fee is the same as being proposed for a wide variety of other Private Radio licenses including the ship, aircraft and land mobile services. The ARRL is planning to vigorously oppose the fees for the Amateur Service. 73 Bob.



# 1989 ROSTER

## STANISLAUS AMATEUR RADIO ASSOCIATION

P.O. BOX 4601, MODESTO, CA.

TOTAL MEMBERS = 164

08/06/89

WD6ACV	T MCDONALD, HOWARD	16972 S. SEIDNER AVE.	ESCALON	95320	838-3898
WA6AFR	A OLSSON, GORDON	1129 PEBBLE LANE	MODESTO	95355	527-6001
W6AFS	G PEITZ, BILL	902 CALIFORNIA AVE	MODESTO	95351	523-4352
W6AJU	A ASHBY, FRANK	2700 MACDOUGAL # 5	MODESTO	95350	577-1312
KB6ANA	A FRANCIS, RANDY	1895 MERRITT STREET	TURLOCK	95380	667-5767
W6ASO	A SMITH, CHUCK	12105 RANCHERIA DRIVE	OAKDALE	95361	847-7661
HK1AWV	E VERGARA, ARMANDO	P.O. BOX 271	CERES	95307	537-1881
W6AYQ	E CARY, R. LEONARD	426 HOLLYWOOD AVE.	TRACY	95376	835-1554
K6BII	G PURVIANCE, CAL	3328 CLAREMONT AVE.	MODESTO	95350	529-8921
KB6BJH	G THOMPSON, PHIL	5828 BALDWIN	LINDEN	95236	772-2228
KA6CAR	G NIELSON, KLEM	2219 TIOGA DRIVE	OAKDALE	95361	847-0133
KB6CCL	T DALTON, LILLY	2430 CALIFORNIA AVE.	MODESTO	95351	522-5108
N6CGK	G ALDRIDGE, FRANKLIN	8200 JANTZEN RD. # 102	MODESTO	95351	526-5846
KJ6CH	E FRANKLIN, CHARLES	1809 E. HATCH RD.	MODESTO	95351	537-1123
KA6CIO	T EATON, BILL	3001 HOLIDAY LANE	MODESTO	95350	523-8820
KC6CJX	G CASEY, JESSE	2412 STONE CROP LANE	MODESTO	95355	529-4260
KC6CJY	N BURGHGRAEF, JEFF	684 W. G STREET # 103	OAKDALE	95361	847-7664
KJ6CK	A LETTIN, CHARLES	P.O. BOX 508	KEYES	95328	667-5496
NK6C	E JOHNSTON, BRUCE	1261 POPLAR ST.	OAKDALE	95361	847-0232
WA6CQL	A FIESEL, JIM	101 WEST TOKAY STREET	LODI	95240	367-0985
KC6CSP	N LOUNSBURY, DON	POB 191	EMPIRE	95319	579-5795
KA6CUJ	T CAMPBELL, MAX	P.O. BOX 287	MURPHYS	95247	728-3911
KC6CWL	T NORTH, DONALD	2680 VOLK AVE.	TURLOCK	95380	634-7570
KA6CXR	A LACY, ED	517 LATHROP	MODESTO	95351	538-7591
N1CYH	T DAHDAH, KURT	PO BOX 306	RIPON	95366	545-5468
WA6CYR	E STORNE, JACK	1525 ROOSEVELT	ESCALON	95320	838-3913
WD6CYZ	T CUPP, JIM	3408 SCENIC DRIVE	MODESTO	95355	529-3351
KI6DC	A RONG, GENE	13744 CASTLE RD.	MANTECA	95336	239-9236
KC6DHY	T BILLIKOPF, LINDA	1220 MCGUIRE AVE	MODESTO	95355	575-0290
KB6DJ	A SMITH, JIM	1908 VALLE VISTA	MODESTO	95350	524-2719
KA6DJR	T LUEBKE, WILLIAM	1901 MARGATE WAY	MODESTO	95355	575-6172
KJ6DL	E BULLARD, DAVE	POB 691	RIPON	95366	521-8281
KC6DNR	T ENOS, ERMA	4100 W. YOSEMITE RD.	LATHROP	95330	858-2361

KC6DNS	N FOWLER, KRAIG	163 MITCHELL DRIVE	ATWATER	95301	726-2805
KC6DNT	T BILLIKOPF, DAVID	1220 MCGUIRE DRIVE	MODESTO	95355	575-0290
W6DSM	A HORNBERG, BOYD	1400 BAYWOOD DRIVE	MODESTO	95350	524-7412
WC6D	E TAYLOR, MARK	POB 4659	MODESTO	95352	527-6326
KB6DXM	G LOWE, MARGE	6419 W. MAIN ST.	TURLOCK	95380	634-8424
KB6DXX	G WINDUS, LYNN	2331 EDSEL LANE	MODESTO	95351	523-0141
W6DYF	G HILDRETH, JIM	171 1/2 N. STEWART ST.	SONORA	95370	533-0155
KB6ECF	G LANDEROS, LAVERNE	1417 VERNON	MODESTO	95351	578-5554
N7EDZ	G WALKER, THOMAS	19960 AMERICAN AVE #69	HILMAR	95324	634-6525
N6EEX	T MC CLARTY, KEVIN	3424 VINTAGE #225	MODESTO	95356	545-0568
N6EKV	G FARIES, STEVE	1126 DURANT ST.	MODESTO	95350	521-7834
WD6EOO	G PINNON, KEN	3421 MERRIFIELD AVE.	MODESTO	95356	545-0680
W6EVQ	E PERRY, GENE	30000-113 KASSON RD	TRACY	95376	835-9536
WD6EYX	A CARUSO, PAUL	2416 CANYON DRIVE	MODESTO	95351	522-5413
WA6FBE	G COFFMAN, DERRILL	P.O. BOX 54	CERES	95307	537-9129
WD0FFX	A HARTZ, PHIL	2509 KILKENNY DRIVE	MODESTO	95355	523-9018
KR6F	E TAYLOR, SHERRY	POB 4659	MODESTO	95352	527-6326
N6FMW	G NEIMA, LARRY	2824 RUDGE PLACE	MODESTO	95355	578-5319
WD6FVQ	T HAMILTON, JACK	300 N. ISABEL #9	GLENDALE	91206	956-8191
KJ6GE	A SHAFFER, CHARLES	2301 DENNY CT.	CERES	95307	537-5205
N6GGB	T FINK, DON	25976 TRISLER CT.	TRACY	95376	835-6086
KL7GHT	A NICHOLS, JERRY	4024 MCHENRY AVE. # 75	MODESTO	95356	523-4560
KL7GHV	T NICHOLS, FLO	4024 MCHENRY AVE. # 75	MODESTO	95356	523-4560
W6GIW	E BEWLEY, ED	3318 COLORADO AVE.	TURLOCK	95380	634-4550
KA6GJN	G WALLACE, DAVE	16 SODERSTROM LANE	TURLOCK	95380	667-7429
WB6GJT	G DEWITT, LARRY	420 BALBOA WAY	MODESTO	95350	523-5952
NW6G	E LOVELAND, CHUCK	POB 345	COULTERVILLE	95311	878-3669
NY6G	E HAMILTON, STANLEY	30000 KASSON RD. #352	TRACY	95376	836-5800
N6GOX	G STOREY, MAX	P.O. BOX 162	JAMESTOWN	95327	984-3318
K6GPB	E WILSON, EARL	P.O. BOX 301	GUSTINE	95322	854-6307
KB6GYM	A DUNCAN, CHRISTIA	2521 2ND STREET	CERES	95307	537-2785
W6GYN	A SAYRE, MAX	P.O. BOX H	WATERFORD	95386	874-9488
WA6HHO	G BORNS, OLIVER	505 RIDDLE CT.	MODESTO	95356	576-7718
NQ6H	E VAN DYK, MARILYN	19119 E. RIVER RD.	RIPON	95366	599-3030
WA6HRC	G JENSEN, KAREN	3124 PIONEER RD.	HUGHSON	95326	883-2968
KJ6IC	A CATON, WALTER	3608 10TH ST.	CERES	95307	537-6529
KJ6IE	A ARMENTROUT, SHIRLEY	1201 DUNNING LANE	MODESTO	95351	576-7252
N6IPH	T BURTON, DAN	2425 NAAS CT.	MODESTO	95351	526-9366
WB6ISA	T STORNE, WILMA	1525 ROOSEVELT	ESCALON	95320	838-3913
WB6JFL	T SHEETS, MELVIN	1301 MOCCASIN DRIVE	MODESTO	95351	575-4458
KB6JHV	A EBELING, BILL	700 GARNET PLACE	MANTECA	95336	823-7492
N6JTD	T FARIES, LORI	1126 DURANT ST.	MODESTO	95350	521-7834
N6JYP	T RAPP, PHYLLIS	1289 WIMBLEDON WAY	MANTECA	95336	239-4618
WA6KDC	A TONINI, DANIEL	2204 MOFFET RD.	CERES	95307	537-3355

N6KDJ	T JOHNSON, HAROLD	P.O. BOX 197	KEYES	95328	537-2565
N6KMR	A HERTEL, JIM	1513 MODOC	MODESTO	95351	531-0332
WA6KOI	E ROSE, TONY	8130 FULKERTH RD.	TURLOCK	95380	634-5075
W6KU	A HUFF, BOB	3028 FREDRICKSBURG	MODESTO	95355	522-7831
N6LAB	T HEATH, NEIL C.	6074 BALDWIN	LINDEN	95236	772-1309
N6LHL	G HARDWICK, DAVID	3628 APPLETON WAY	STOCKTON	95209	477-8866
WA6LJB	G STILLWELL, VORUS	4109 GOLDUST DRIVE	MODESTO	95355	527-3683
N6LRB	T SOUTHERLAND, LOUIS	P.O. BOX 151	OAKLEY	94561	625-0228
N6LSA	T GRISWOLD, TOM	2020 MATHER DRIVE	MODESTO	95350	577-3524
N6LSF	A JOHNSON, TOM	12442 VALLEY HOME RD.	OAKDALE	95361	847-6394
N6LTX	T HAYES, ROBERT	823 SEYBOLD AVE.	MODESTO	95351	522-5450
WB6LZA	G LAFFERTY, HARRY	3545 LAS PASAS WAY	SACRAMENTO	95864	489-5419
KB6MBN	T STORNE, KIRSTEN	1525 ROOSEVELT	ESCALON	95320	838-3913
WA6MIZ	G RAPP, STEVE	2821 FEBRUARY CT. NBU 142	MODESTO	95351	578-2846
W6MMH	A WHEELER, FRANK	2505 JACKSON AVE. #144	ESCALON	95320	838-3771
N6MSB	T RONG, JUDY	13744 CASTLE RD.	MANTECA	95336	239-9236
WB6NAO	A PLATT, AL	5100 RAINBOW TRAIL	POLLACK PINES	95726	644-2646
KB6NDV	N DUNCAN, TOM	2521 2ND STREET	CERES	95307	537-2785
KB6NMF	T ZIMMERMAN, MARION	920 BERKELEY AVE.	TURLOCK	95380	634-3283
WA6NSK	A CLARK, JIM	P.O. BOX 173	MI WUK VILLAGE	95346	586-4917
N6NUO	T COOPER, WES	1513 KEATING CT.	CERES	95307	538-1156
N6OCS	G VREUGDENHIL, BOB	4024 MCHENRY AVE. #30	MODESTO	95356	522-6127
N6OCV	G PELLETIER, BUD	1345 MASERATI CT.	MANTECA	95336	823-0877
WA6OHP	E DUNCAN, BILL	2521 2ND STREET	CERES	95307	537-2785
NU6O	E JONES, DENNIS	3408 ELKE CT.	MODESTO	95355	579-0402
KI6OO	A MC LAUGHLIN, JOHN	2413 EICHER AVE	MODESTO	95350	577-3418
WA6OOX	A SMITH, JACK	1026 ARBOLEDA DRIVE	MODESTO	95351	529-0895
KG6OU	A COWMAN, JOHN	1300 WOODLARK WAY	MODESTO	95355	527-7258
WJ6O	E FARR, TOM	640 NORTHSIDE CT.	TURLOCK	95380	668-1633
WA6OYP	A MC COY, MEL	1228 BRADY AVE.	MODESTO	95350	523-7941
N6PDW	T HARTZ, BONNIE	2509 KILKENNY DRIVE	MODESTO	95355	523-9018
WB6PJY	T SCANLON, LAVONNE	512 MORAY CT.	MODESTO	95355	577-0926
N6PMG	T DUNCAN, LINNEA	2521 2ND STREET	CERES	95307	537-2785
WG6P	E DUGAL, DENNIS	2008 SHARILYN DRIVE	MODESTO	95355	571-9046
KJ6QD	A HOSKINS, ROBERT	2705 YALE AVE	TURLOCK	95380	634-0603
N6QD	E HARTON, JACK	1349 ELENA DR. NBU #6	RIPON	95366	599-6431
N6QEF	T MENDENHALL, KEN	1836 GAIL CT. APT. B	CERES	95307	537-3471
KJ6Q	E DAVIDSON, GARY	4558 ROBINSON RD.	VACAVILLE	95688	448-5221
KB6QLI	E KACHLINE, CLIFF	300 N. PENNSYLVANIA	MODESTO	95351	529-7066
N6QOH	T HOLST, STEVE	610 HUNTINGTON DRIVE	LODI	95242	368-8376
N6REB	T FRANKLIN, LINDA	1809 E. HATCH RD.	MODESTO	95351	537-1123
WB6REM	A BETHMAN, JOHN	29480 S. KOSTER RD.	TRACY	95376	835-5748
N6SAE	E DIONIZIO, AL	3932 PALI PLACE	MODESTO,	95355	523-4485
N6SAF	T REYNOLDS, WILLIAM	1921 JEWEL STREET	CERES	95307	537-5219

N6SAH	T SHAFFER, JOANNE	2301 DENNY CT.	CERES	95307 537-5205
W6SBE	E CRON, DAN	1525 GALVEZ AVE.	MODESTO	95355 521-2032
WB6SHE	G MATHIES, BILL	PO BOX 1914	OAKDALE	95361 785-3721
K6SJV	G CLARK, OAKIE	2508 17TH AVE.	FOREST GROVE, OR	97116 359-4503
W6SKH	G LOWE, IVAN	6419 W. MAIN ST.	TURLOCK	95380 634-8424
N6SKU	T DUGAL, TERI	2008 SHARILYN DRIVE	MODESTO	95355 571-9046
NV6S	E CAMPBELL, LEROY	1105 EL VECINO	MODESTO	95350 523-4727
W6SQP	E HANSON, JIM	412 STANDIFORD AVE.	MODESTO	95350 523-8516
WB6SUU	A DECKER, DICK	1897 SHADYSTDF CT.	OAKDALE	95361 847-4464
K6SWW	G HARDING, CHARLIE	1224 MILLS AVE.	MODESTO	95350 523-0290
N6SZZ	G CLEMENS, JOHN	1620 VICTORIA DRIVE	MODESTO	95351 522-8844
AKOT	E TIFFT, CHUCK	2421 DOUGLAS DRIVE	CERES	95307 538-3141
WA6TIB	T LOPFS, TONY	2321 DENBIGH DRIVE	MODESTO	95356 578-1181
N6TIU	T ENOS, GEORGE	4100 W. YOSEMITE RD.	LATHROP	95330 858-2361
N6TIV	T BUSH, HARTLEY	333 MAXWELL AVE.	OAKDALE	95361 847-2819
KITKJ	A LEDOUX, GEORGE	2017 HUNT AVE.	MODESTO	95350 579-1000
W6TLM	A NOBREGA, TONY	924 TERRACE DRIVE	OAKDALE	95361 847-4596
N6TTR	T PAGALA, DOC	PO BOX 728	FRENCH CAMP	95231 982-4121
KB6TYV	N LOVELAND, CHERI	POB 345	COULTERVILLE	95311 878-3669
N6UCL	A COLLINS, RICK	6007 BACON RD.	MODESTO	95351 545-1556
N6UKV	T MEIDRA, MARK	3917 SPARROW CT.	MODESTO	95356 545-2251
KF6UL	E JONES, ED	2613 CALEB CT.	RIVERBANK	95367 869-4905
N6USH	T VILINES, MYRLE	612 S. VEACH AVE.	MANTECA	95336 823-4613
K6UVI	A RADER, ERNIE	2159 L STREET	SPRINGFIELD, OR.	97477 741-0782
KB6VAG	N WILSON, DOUG	P.O. BOX 301	GUSTINE	95322 854-6307
KB6VI	F CLARK, RUSS	1034 HARVARD	MODESTO	95350 524-0597
KA6VVV	E BILLIKOPF, GREGORY	1220 MCGUIRE DRIVE	MODESTO	95355 575-0290
WB6V	E WATSON, ED	2727 CHARLOTTE AVE.	CERES	95307 538-2866
KA6WBY	G HOTCHKISS, GLEN	2250 N. GRATTON RD.	TURLOCK	95380 634-1859
WB6WQL	G TERRY, DAVE	382 LAMBUTH ST.	OAKDALE	95361 847-6968
WQ6W	E FONTES, JOE	8069 SHOREEN ST.	HILMAR	95324 667-0428
KA6WWT	T HOTCHKISS, RANDY	PSC 1, BOX 83 APO-5000	NEW YORK	09132 000-0000
W6XX	E JENSEN, CHET	3124 PIONEER RD.	HUGHSON	95326 883-2968
K16YQ	A DUNCAN, DOTTIE	2521 2ND STREET	CERES	95307 537-2785
WA6ZLO	A PINHEIRO, BOB	1221 MIST FLOWER CT.	MODESTO	95355 523-5880
NI6Z	E CROCI, CARL	PO BOX 943	GROVELAND	95321 962-7146
KA6ZSM	A GARDINER, LEWIS	125 AILEEN WAY	GRASS VALLEY	95945 273-8625
KB6ZVZ	N FORD, PAMELA	1809 E. HATCH RD.	MODESTO	95351 537-1123
KB6ZZD	N FRANKLIN, SHARRON	1809 E. HATCH RD.	CERES	95351 537-1123
ASSOC.	MATHIES, LORETTA	PO BOX 1914	OAKDALE	95361 785-3721
ASSOC.	SWENSON, RALPH	PO BOX 6766	MODESTO	95355 522-2270
ASSOC.	GONSALVES, MANUEL	3413 MONTCLAIR CIRCLE	MODESTO	95350 575-4463
ASSOC.	MORRISON, LIN	948 11TH STREET SUITE L-5	MODESTO	95353 524-6431

# Dx NOTEBOOK

By Denny Dugal, WG6P

Well, a fond hello to all the Big Guns and Little Pistols out there in radio land from your DX editor! I hope the summer has brought you all a brand new one. Course, we may not know that for quite some time the way the new country race is going.

In the stretch at the moment are FO0/M (Marquesas group), FO0/A (Austral group), T33 Baraba Island, and 3D2 Conway reef. These proposed new ones have all had 1989 expeditions to them, with the big operation of 3D2SI (DJ6SI), 3D2WV (DK2WV) and 3D2VT (K5VT) from Conway Reef. Voting on these by the DXAC is supposed to take place sometime in Sept. We hope all goes well, as a great deal of effort has gone in to all of these operations. In the background are proposed operations from 3D2 Minerva Reef, and ZS1 (Walvis Bay). These could also count as new ones, and in fact, ZS1IS can be found in the mornings at about 1400Z with the Family Hour group at 14.226.5.

The sad case of 4W0PA continues to be a tragic one, with the League, so far, refusing to accept this one. I am keeping my fingers crossed, as I have the card!! Oh well, such is the life of DX Denny! A supposed operation from 7O did not take place, as was the case of the operation of PA3CXC/ST0 from the Southern Sudan. PA0GAM/ST2 has been very active from the main part of the Sudan.

ZS8MI continues to be very active from rare Marion Island. He usually can be found in the mornings from about 1200-1500Z on either 14.190 on SSB or about 14.050 CW. He usually runs CW at about 10-12 wpm, but does a good job of

working through the pileups. Turn your beam over Japan and look for this really rare DX. He also has been on 40 ssb and I was lucky enough to bag him the other night. He was on 7046.5 LSB and listening at 7129.0. Time was, let me see, 0606Z according to my log.

HS Thailand has been quite active lately, with a group of JA's over there. By the way, summer is also a time that DX Slim comes out. A station signing CE0XDQ, with a QSL route of CE3ESS, was worked the other night. I talked to Micky, and he says "NO WAY!" Micky has been very successful in putting this country on before, so he should know.

Band conditions continue to improve, with some daily openings on 10 now. 15 and 20 are gangbusters late into the night, with European signals at 30 over on 20. So, while we wait and watch for the elusive one to put us on the honor roll, work some of the more common countries, or ragchew a bit with another bored DXer.

Sunspot activity is always on the rise, and we should see the peak of this cycle sometime in the next two years. Then we will start the slow decline to the bottom again. Well gang, I have been pouring over the DX rags here, and cannot find anything which would be considered earth shattering. Just the usual stuff.

Don't forget the fall contest season is coming up, so dust off the old ham gear and get ready. Tom and I will be in there banging away, you can bet on that. Take care, good DX and until next time, this is Denny, WG6P, wishing all of you the best of 73. *Via Packet, WB6V-2 BBS*

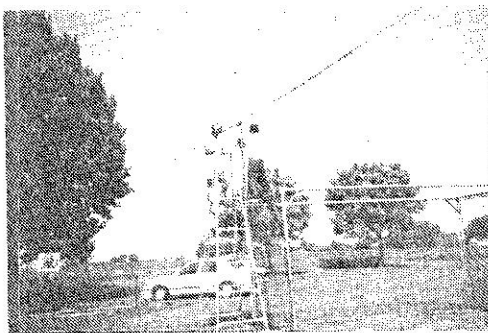
# SARA FIELD DAY 1989

By Linda Franklin, N6REB

Field Day activities began around 6:00 p.m. Friday evening with Dave, KJ6DL and his girlfriend Judy, Charlie, KJ6GE and Jo, N6SAH arriving at the Niles Garden School in Manteca to set up camp, prepare the generators and raise the antennas.

KJ6DL escaped serious injury when the antenna he was attempting to raise dropped, hitting him in the side. It was decided then to wait until Saturday morning to finish putting up the antennas. By 11:00 a.m. everything was ready to begin, and several people began showing up to start operating. KJ6GE and KJ6DL had agreed to hold a con-

clubs dropped by and the site was busy with those who had come to operate and others who



*Getting the antennas up and the FD Site.*



*Dave, KJ6DL operating from his tent trailer.*

test between themselves with the winner having the most contacts.

As it turned out KJ6DL was the winner with a video of the Field Day activities as a prize. In the beginning the bands were quiet, but as the day wore on they became more active.

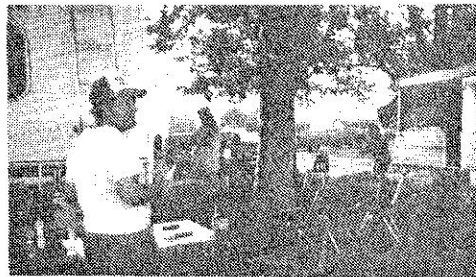
The reportedly deceased Lou, N6LRB was resurrected for the event and operated quite actively for one who was supposed to be departed. Several members from the Manteca and Stockton

had never been to a Field Day operation, but came to observe how it is done. It was all very fascinating to those who were non hams, in fact KJ6DL's girlfriend Judy and N6TTR's wife both decided they would like to pursue their Novice license after observing the excitement of each contact made.

KJ6GE had arranged for a video of Saturdays activities to be made and it will be shown at a future club meeting for all to enjoy. Three stations were in operation at the site, Dave, KJ6DL had a station in his tent trailer, Charlie, KJ6GE and Jo, N6SAH had a station set up next to their motor home and Doug Hanson, WB6MFV had a CW station set up in his tent trailer.

All three were kept busy sending and receiving CQ's into the wee hours of Sunday morning. The Bar-B-Q held Saturday evening was a success, with several attending, but the wind had turned pretty chilly by then and also played havoc with the paper plates and cups.

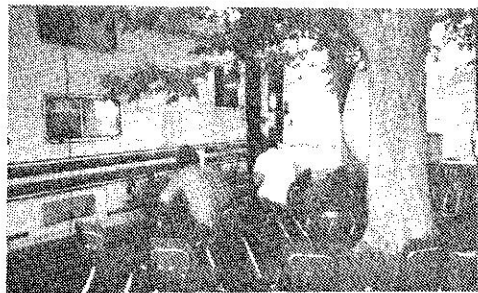
Among those who were there to operate or observe were Hart, N6TIV; George, N6TIU and his wife Erma, KC6DNR; Don, KC6CSP; John, N6SZZ and his wife Stella, N6TAD and her sister Merle, N6USH; Bob, WA6ZLO; Doc, N6TTR and his wife Cathy; Phil, WD0FFX; Bob, N6OCS; Bud, N6OCV and Dan Butterfield N6SGT. There were several others whose calls have unintentionally eluded my memory, but their attendance was very much appreciated. By 4 a.m. Sunday morning, those who had endured finally surrendered to the persistent call of sleep, but only a few hours later they could be found pursuing those last minute contacts before closing down at 11 a.m. Sunday.



*Charlie, KJ6GE*

Fun was had by all and new plans and ideas for next year were being discussed as they disassembled the equipment for the trek home. After tallying the count of contacts, KJ6DL reported that there were 490 contacts made by the participants, which isn't a bad score at all.

Next year hopefully all those who attended but didn't operate, will take a hand in sending out a few CQ's, and a few more stations to operate will be available. *SEE YOU ALL NEXT YEAR!*

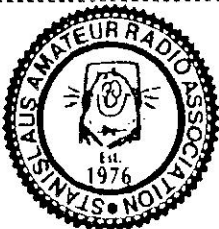


*One of the FD stations in operation*

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## **NO SPECIAL CALL SIGNS**

The Federal Communications Commission has concluded that a special call sign program, even one administered by the private sector, would require the diversion of significant agency resources, essential to the timely processing of applications for new and upgraded Amateur licenses. Under these circumstances, FCC concluded that a special call sign system is not in the public interest and terminated the PRB 3 proceeding. - ARRL Letter



**SARA Dinner-Dance**  
**October 7, 1989 630 pm**  
**Oasis Restaurant**  
**Modesto, CA.**

However, I had little difficulty nodding off quickly and they would awaken me after about 15 minutes and I would be asked to stay awake until the next two hours passed. I occupied myself with reading, snacking, and watching TV. Then the next test would begin. This continued for about eight hours and each time I had no trouble "catnapping".

## SLEEP DEPRIVATION

*(From Page 4)*

At the conclusion of this test I was released and a follow up appointment was made for Dr. Kwentus to review the test results with me. I might add the staff were very helpful in answering questions during the entire process which helped allay my apprehensions.

About a week later Dr. Kwentus confirmed his initial diagnosis and explained the obstructive process to me and indicated he was at a loss how I could be functioning in my work because of the level of sleep deprivation he noted from the study. I indicated to him that I must be effectively compensating for the problem by extra naps and sleeping in on my days off, because I was doing quite well on the job, thank you. He further explained the potential problems many apneics face including, hypertension, sexual dysfunction, heart irregularities, low productivity, listlessness, malaise, personality changes, and possibly even death associated with an obstructed airway causing sleep deprivation.

I left his office somewhat shaken believe me. I had been unaware I even had a problem. I guess herein lies the difficulty. Most people suffering from sleep apnea are not aware of it. They drift along and steadily the problem becomes more severe. I mentioned earlier the three types of sleep apnea. In the second type, central apnea, research shows people suffering this type have a problem in the area of the brain which controls the automatic

breathing response. A person can consciously hold their breath until they pass out, but then brain will start the breathing process automatically.

Some people have the central form of sleep apnea where this normally automatic process is subverted. This is a much rarer form of the disease. However, people who have the obstructive form of apnea have what are termed central apneic episodes. It is felt as the obstructive apneas continue in length and frequency over time, that portion of the brain that "tells your body to breath", begins to "forget" this function. This leads to what is termed mixed apnea. In the final analysis I fell in this category as it was likely I had been suffering for some time.

Is there hope? Does this sound like there is no cure? Is there no light at the end of the tunnel? Well don't despair, there is a happy ending to this tale, but it is some distance from this point in my story. The recommendation was made that I try a device known as a CPAP (see pap) machine to overcome the obstructive aspects of my apnea problem. Basically the CPAP machine could be likened to a very quiet vacuum cleaner with the hose attached to the end that blows out air. This hose is attached to a form fitting facial mask that a person wears during sleep.

The airflow pressure is adjusted to a point where the blocked airway is kept open by the force of the air. I rented one of these compact units on the Doctor's prescription and tried to get accustomed to it. Believe me it was a challenge at first and not something for everyone. I adapted quite well and within a week I was reaping the benefits of restful, quality sleep for the first time in years.

It is hard to describe how different I felt after catching up on what my body had been deprived of for so long and the positive effects it had on me. When I mentioned earlier how I had been effectively

*(Continued on Page 13)*



compensating over time for this problem, that was likely an understatement. I would liken the results I experienced to getting a good whiff of smelling salts and the resultant mind clearing effect. I didn't think things were cloudy before, but once I got acquainted with that CPAP unit, things took on a completely different and much more positive meaning to be sure. The use of the CPAP machine is all that is required to alleviate the apnea problem for many people, but this was not to be the case for me.

Dr. Kwentus told me a big contributing factor in many obstructive apnea cases was the patients were overweight. In males, fat tends to be deposited in the upper body, including the neck and throat regions. This makes the airway easier to be occluded with excess or floppy tissue. Many people can be effectively treated for this condition by weight loss. Toward that end he recommended I participate in a rather aggressive approach to weight loss. He told me about the Optifast program in Stockton administered by St. Joseph's Hospital (that is another story in itself). He also wanted me to undergo evaluation by a Modesto ear, nose, and throat physician, Dr. Alfred Venturini.

I saw him about a week later and found him to be quite knowledgeable regarding sleep apnea also. He recommended x-rays of my skull and throat areas so he could evaluate the size of my airway and the relation of my tongue to my throat area and other factors that could affect my breathing. He further indicated a need for a fiber optic analysis of this region to observe exactly what was occurring when I was inspiring.

All of these determinations resulted in his referral to Robert Riley, D.D.S., M.D., in Palo Alto. Dr. Riley is one of the most knowledgeable physicians in the world regarding surgical correction of anomalies in the palate and throat area that are contributory to the obstructive apnea process. I cannot tell you how comfortable he made me feel in his explana-

tions of my condition and how he felt my problem could be helped with surgical intervention. He applauded my weight management efforts and we scheduled a two fold surgical approach to correct my problem for February at Stanford Hospital. It seemed like the time flew from when I first saw him

## SLEEP DEPRIVATION

*(From Page 12)*

until I had the surgery done.

Riley, a pioneer of these corrective techniques, travels extensively lecturing on the problem and teaching the procedures to other surgeons. The first procedure involved surgically advancing my tongue forward and reattaching it to my lower jawbone.

The other procedure known as a palatopharyngioplasty (PPF), involved removing excess tissue and trimming of structures to prevent occlusion of my airway. Dr. Riley was very candid in his explanations of the discomfort I could expect following the surgery, but I guess in reflecting back on it I didn't believe it could be that bad. Boy did I miss the mark on that one!

I was a pretty sad pup for a couple of days after the procedure, but by day three I was ready to head back to Turlock and a month long convalescence. Day by day I felt better and had no complications from the surgery.

As I continued my recovery I also continued to shed pounds until I reached my goal at the beginning of April. Dr. Venturini performed surgery in May to correct a deviated nasal septum. The logic being to enhance all airways to give me the maximum possible chance for correction of any obstructions for correct breathing. At this writing I am feeling just great. Having lost ninety one pounds in all, I am told I look a lot like a I did when I was in high school.

*(Continued on Page 14)*

I know I have considerably more energy and I am sleeping very well now. In a follow up sleep study at the end of June there was a dramatic improvement in the frequency and duration of apneic episodes. I still suffer from a few central events, but the prognosis, provided I can keep slim, is for my brain to "remember" to send breathing signals as it should. This will likely take time and given the health reprieve brought about by detection and

## SLEEP DEPRIVATION

(From Page 13)

correction of my apnea problem, I feel I have that time.

As I celebrate my forty third birthday today, I thought it appropriate to "close the door" on this chapter in my life. I think I will live longer and have a better life having caught these problems in time. I eat healthy foods (for the most part), " exercise regularly, and keep my stress level down. Most importantly, when I hit the sack now, I have the

feeling I am getting the kind of rest so important to overall health.

Possibly by my sharing my tale someone reading this will be stimulated to address their own problem. It won't go away. It will gradually deteriorate your health.

Researchers are discovering many deaths of middle aged men who die in the hours approaching dawn are succumbing not to heart attacks, but rather their hearts stop from apnea and the body doesn't get the heart going again. Don't take a chance.

Ask your spouse (if she hasn't told you already) if you snore loudly. Has she ever said you hold your breath at night while asleep? Are you dragging through your day just to fall asleep in the lazy boy when you try to watch the evening news? Are you packing those extra pounds? If you fit this profile or can answer any of these questions in the affirmative, get some help!

73 and good luck! DE Tommy, WJ60.

**Tommy BEFORE at 261 Pounds**



**Tommy AFTER at 184 Pounds**



# VE TESTS IN MODESTO

September 7 th & 9th

## Chrysler School

The Tri-County VE Team has been invited to conduct amateur radio examination by the SARA Educational Committee in September. Two sessions will be held at Chrysler Elementary School, 2818 Conant Avenue, near the intersection of Rumble Road and Conant Avenue in Modesto. All classes of license will be offered.

The first session will be held on Thursday, September 7. Code tests will begin at 6:30 p.m. (In descending order, ie, 20 wpm, then 13 wpm, then 5 wpm). All written elements will be given at 7:30 p.m. The second session will be held on Saturday, September 9. Code tests will begin at 9:00 a.m. (again, in descending order) and all written elements will be given at 10:00 am.

Be at the test site approximately 1/2 hour before the test you want to take. The test fee is \$4.75. Cash or checks (payable to W5YI/VEC) are acceptable. You are also required to bring two proofs of identification (one with a picture). Also, bring the original and a photocopy of your current amateur license and/or Certificate of Successful Completion of Examination (CSCE). 610 forms will be provided at the test site.

## Attention VE's

*The Thursday evening session has been the hardest to fill with VE's. If you have this evening free, your help would be appreciated.*

*Last time, we had more VE's than applicants on Saturday. I have been getting phone calls already from applicants from throughout Central California. Several locals have called requesting information. I have also listed our sessions on the W6NLG bulletin and will circulate bulletins via packet.*

*Also, Phil (WD0FFX, President of SARA) has requested periodic "Novice-Technician ONLY" sessions so that our Advanced Class VE's (in the ARRL/VEC program) will have an opportunity to test candidates and to increase the number of opportunities for our newcomers to upgrade. He and I are working out the details.*

*If you have any questions my phone is 883-2968. Thanks and 73, Chet W6XK @ WB6V-2*

## SARA MINUTES

(From Page 6)

-evaluate the link-up at the meeting ending the 6 month period which will be February 19, 1990. The motion was seconded by N6LSA, the vote was taken and the motion carried.

W6ZLO made an inquiry about what has been done to resolve the problem with the LaRue Paging Service. Phil, WD0FFX said he was trying to work with some of the easier people to deal with and as long as they are within their limits there's not much we can do. Also Leroy, NV6S can't guarantee we are within our realm because the equipment he has to work with is very old.

At 8:50 the raffle was held with Bob, N6OCS winning an electric engraver, and Jim, N6KMR winning a power strip. \$39 was collected from the evenings raffle. The meeting was adjourned at 8:55. Respectfully submitted by Secretary N6REB.



# CALENDAR



Sept.	7, 1989	VE Tests in Modesto	630 pm
Sept.	9, 1989	VE Tests in Modesto	900 am
Sept.	19, 1989	SARA Monthly Meeting	730 pm
Sept.	30, 1989	VE Tests Merced Jr. College	900 am
Oct.	7, 1989	SARA 12th Annual Dinner-Dance	630 pm
		Oasis Restaurant, Modesto	
Oct.	17, 1989	SARA Monthly Meeting	730 pm
Nov.	18, 1989	VE Tests Tuolumne City	900 am
Nov.	21, 1989	SARA Monthly Meeting	730 pm
Dec.	7, 1989	VE Tests Modesto	630 pm
Dec.	9, 1989	VE Tests Modesto	900 am
Dec.	19, 1989	SARA Monthly Meeting	730 pm

*SARA meets the third Tuesday of each month (except holidays) at the Stanislaus County Administration Building at 12th and H Streets in downtown Modesto. The meetings are held in the lower-level conference room starting at 730 pm. Visitors and interested parties are welcome.*

**Stanislaus Amateur Radio Association**

**P. O. Box 4601**

**Modesto, CA. 95352**

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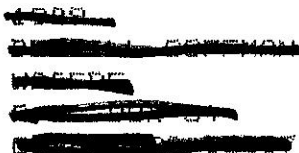
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