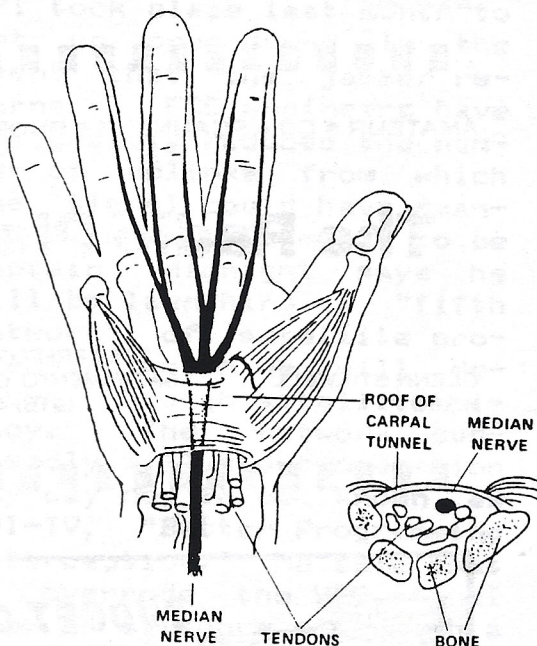




—The— READOUT

Vol. 9 No. 7 July 1986

CARPAL TUNNEL



SYNDROME

With the advent of the home personal computer, many new horizons have opened for Amateur radio. Each day, more and more uses are found for the computer in the shack, i.e. Packet radio, not to mention all those other reasons we use the computer. Sitting there glaring at a video display terminal (VDT) for hours on in and pounding away on those keys could cause some medical problems for the operator. Believe it, or not, it's a form of clerical work and there is no doubt that clerical work is stressful. According to a recent report by the National Institute of

(Turn to Page 16)

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

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EADOUT is the official publication of the STANISLAUS AMATEUR RADIO ASSOCIATION INC. "SARA" P. O. Box 4601 Modesto, CA. 95352. Entered as bulk mail at the post office Modesto, CA. Contributions

may be submitted to the editor, Bob Pinheiro, WA6ZLO at 1221 Mist Flower Ct. Modesto, CA. 95355. SARA owns and operates two F.M. repeaters. 145.39 mHz (-) located on Mt. Oso 18 miles SW of Modesto at an elevation of 3,370 feet. Our 220 mHz repeater operates of 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 also located on Mt. Oso at 3500 feet. The frequency is 145.01 mHz. SARA conducts an informational net on both repeaters each Thursday evening at 730 pm with the exception of holidays. SARA meets the third Tuesday of each month at the Stanislaus County Administration building at the 12th and H streets in downtown Modesto. Meetings begin at 730 pm. SARA is incorporated with the State of California and is an affiliated club of the American Radio Relay League (ARRL) and Stanislaus County RACES. Dues are \$15.00 per annum, \$7.50 for students up to sophomore in college and \$7.50 per year for Associate membership. Dues are pro-rated for newly joining members from the date they join. ARRL membership and QST renewals may be made through SARA with a 2.00 commission retained by SARA.

PRESIDENT

Gene Rong.....KI6DC.....239-9236

VICE PRESIDENT

John Cowman.....KB6OU.....527-7258

SECRETARY

Laverne Landeros.....KB6EDF.....578-5554

TREASURER

Lynn Windus.....KB6DXX.....523-0141

PROGRAM THIS MONTH

MULTI-PROJECTOR

COLOR

SLIDE AND SOUND

PRESENTATION ON

STATE OF ALASKA

HOSTESS

MRS. BUNNIE RADER

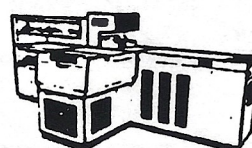
SARA MEETING

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ELUSIVE "CAPTAIN MIDNIGHT" SOUGHT BY FCC / FBI

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While authorities still have not determined the identity of "Captain Midnight", there is no shortage of leads. The FCC and the FBI have uncovered quite a bit of information about the equipment that overrode HBO's eastern satellite feed on April 27th protesting satellite scrambling. A high-level meeting between top pay-TV programmers and the FBI took place last month to set up procedures in the event that the jammer returns. FCC engineers have now greatly reduced the number of uplinks from which the signal could have emanated. A man claiming to be Captain Midnight says he will be launching a "fifth network" of satellite programming which he will deliver through satellite piracy. The network supposedly will start operation any day now to be known as BPI-TV, "Better Programming Interception." He said that he overrode the HBO signal from an offshore site with a 30 foot dish and 150 watts of power. HBO doesn't believe he is Captain Midnight and said that many other individuals have made that

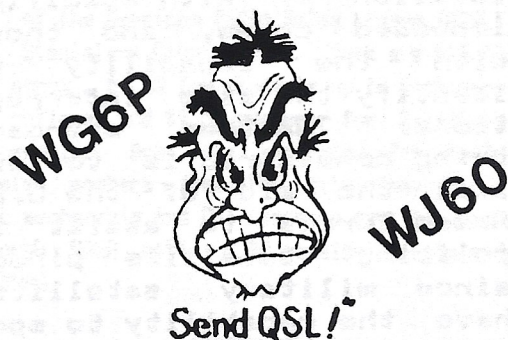
claim as well. Certain defenses against satellite signal jamming have now been put into effect. These include the use of certain processing techniques and formats that will prevent unauthorized signals from reaching consumers, immediate transponder shutdown or immediate power increase to the transponder thereby jamming the jammer's signal. Satellite programmers believe that if Captain Midnight can't reach the consumer, then he will go away. We understand satellite transponders are in development that receive signals only from a certain location or with specified imbedded codes, and those with the capability to identify the site interruptions. Another approach being considered is to enlist the aid of the U.S. Armed Forces to assist in policing satellite piracy since military satellites have the capability to spot uplinked transmissions. Of particular concern is the possibility of jamming a major pay-per-view event.

(W5YI Report)

SUCCESSFUL QSLing TIPS

Part II

It has been said that the QSL is the final courtesy of a QSO. Of course, not everyone feels this way and that makes getting a confirmation of a new country sometimes difficult. It should be kept in mind that when you contact a DX station and want his QSL card, he most likely does not want or need your pasteboard. Therefore, to receive that gem from him requires some attention to detail on your part. Most important is to fill out your card to him in a legible form using UTC (GMT-Z) time with the proper date.



Use a good ball-point pen, not a felt tip type which might smear. Without the proper information in the correct format, your chances for receiving a card in return drop tremendously. If

you are lucky, he will return your card with a request to re-examine your data because you are "not in the log." If he is a callous brute, he will simply discard your effort into the round file. Next, send the card via the proper route. If you are careful in listening during the pileup or during your contact, he may offer the correct route to you, i.e., "Please send your QSL via my Callbook address." Or, more likely, "Please QSL via my manager, W6XXX." For callbook addresses, use a current Callbook. This form of QSLing is known as VIA DIRECT. Since you want his card, you should include the following. (1) Your QSL. (2) A self addressed envelope. (3) Either IRC's (International Redemption Coupons) to cover postage in his country, or (4), a crisp U.S. One Dollar bill commonly known as a "Green Stamp." (5) In the upper left hand corner of your SAE (Self addressed envelope) in pencil put your call, the date and time (in UTC) of the QSO and the frequency of the contact.

(6) For the SAE use a small security lined type envelope. Fold the envelope in half and sandwich your QSL card and the IRC's or "Green Stamp" in the fold. (7) Place this in another small security envelope using care to put the folded end of the SAE down into the envelope so it won't be cut in half when the DX'er gets busy with his letter opener. (8) Air mail it to the DX station as per his routing instructions. Here are a few more tips. In foreign countries, it is safe to say postal employees sometimes steal incoming mail. If you can make your letter less attractive to a thief, do so. Use only very common American postage stamps, like the 22 cent American Flag type. Don't put the DX call in the address or use your call in the return address section. If you have a typewriter, use it to address the envelope. This will make it seem like a piece of normal business mail and much less prone to attract a thief's attention. We use a rubber stamp we had made using a fictitious business name, i.e., D & D Engineering Inc. ("D"enny "D"ugal) with the normal home address after that. Seems corny, but, it works! The most important ingredient in the QSLing game is to have

patience. When hoping for the wanted "wallpaper", keep in mind sending you a confirmation is generally pretty low on the DX'ers list of priorities. He may make a hundred QSO's a night to your two or three and of course everyone wants his card. It is easy for him to get back-logged. He likes to operate too! (HI!) So, keep your shirt on and hope for the best. In addition, your patience is usually rewarded with a beautiful stamp from the country you worked (a nice extra). It is sometimes helpful to write a personal note about your QTH or enclose a picture of you or your shack. This personal touch makes your effort more sincere. Next month, we'll discuss QSLing DX stations with QSL Managers. Please feel free to ask us for advice in getting the tough ones. 73, and good DX'ing. (Denny, WG6P and Tom, WJ6Q)



STATION LOG

ARRL
affiliated club

The June 17, 1986 meeting of SARA was called to order at 737 pm by President, KI6DC, Gene, with 26 members and guests in attendance. Minutes read and approved. Treasurers report read and approved. As of 5-30-86 the treasury stood at \$1,927.78. Expenses 6-1 to 6-17-86 included stamps, \$22.00- Pacific Bell, \$18.96- Newsletter \$45.34 and equipment insurance \$90.00. Total expenses \$176.30. Income \$6.83. Net balance, \$1,738.31. Accounts receivable, \$11.70 for badges for KI6AG and N6NNB. Net worth, \$1,750.01. A report on the educational fund was given by DXX. John, KG6OU, reported a need for containers to cool and keep soft drinks cold at the picnic. KI6DC reported on the FCC monitoring of our interference problems. When they were here to monitor, they were unable to hear it. The problem is still in existence intermittently. WJ60 reported on the upcoming TARC Field Day at Red Cloud Park near Greeley Hill. KI6DC reported again on the VE exams on 7-12-86 in the

Sierra and San Joaquin Rooms at County Center #3. Gene reported that the Manteca low level repeater on 146.985 MHz has a net on Tuesdays at 8 pm, all invited to participate. Program presented by Bud, KB6JHU on industrial photography. Raffle of \$9.00 won by Joe, WQ6W. Meeting adjourned at 904 pm. Respectfully submitted by SARA Secretary Laverne, KB6ECF.



	May 85	1986
New Amateurs:	2,174	894
Novice upgrade:	1,437	447
Tech. upgrades:	497	183
Gen. upgrades:	563	164
Advan upgrades:	297	111
Total upgrades:	2,794	905
Amateurs fail- ing to renew:	1,364	1,174
Change in census:	+810	-260
Total Amateurs:	413,239	417,167
Total active stations:	416,089	419,902
% Increase in Amateurs:		.092 %

Digital electronic messages delivered to the consumer via cable have been approved by the FCC. American Cable-systems Corp. had requested permission to operate a high speed digital data and voice service to their Fort Lauderdale cable customers. +++Dealers and showroom demonstrations of M/A-Com's Vidiocipher II satellite decramblers are illegal says HBO. The recently passed Cable Bill makes it impossible to demonstrate the unit in a studio or sales-room because such viewing would be commercial in nature. To solve the problem, MA-Com has established the "Scrambling Channel." Down-linked is a 59 minute video-taping over Westar V des-

cribing VC-II technology and listing the programmers which are currently scrambling. +++The Science community is excited about a new superlattice computer chip made with alternating layers of silicon and gallium arsenide (GA). The breakthrough combines the speed of GA (fives times faster than silicon) and the durability and heat resistance of silicon. +++DiversiCom, Costa Mesa, CA, has introduced a nationwide paging system called "Cue". You dial an 800 toll-free number and enter a person's six-digit access code and the phone number you can be reached at. The message is relayed by satellite and transmitted over FM radio station subcarriers to handheld pagers. +++Sanyo Manufacturing Co. wants to market a 2-channel television set to be used to tie into cable systems or as a video display device. They say most channels on a TV set never get used and that 2-channel sets would cost less. Apparently, the FCC agrees. We'll see what happens. +++ That's it for this month. Enjoy the summer!

CARPAL TUNNEL SYNDROME, CAUSES & CURES

(Continued from front page)

Occupational Safety & Health (NIOSH), one of the most stressful occupations is that of a secretary. Study after study has shown that the intensive use of VDT's on the job is associated with more eyestrain and symptoms of visual deterioration, more muscle complaints and more stress than non-VDT work. Granted, the average ham radio operator can not be compared to a 40 hour a week secretary, but, when you stop to think about it, we do spend a lot of time in front of VDT's while poking away at the computer. Therefore, it would be helpful to become aware of some of the common symptoms reported by VDT operators.

>> Visual-

- eye strain or sore eyes
- blurred vision
- burning, itching or tearing
- change in ability to see colors
- headaches

HEALTH PROBLEMS

>> Musculoskeletal-

- neck pain or stiffness
- shoulder pain or stiffness
- back pain, especially lower back
- pain or stiffness in arms and legs
- soreness or numbness in fingers or wrists

>> Stress-

- anxiety
- irritability
- fatigue

These common symptoms can lead to even more serious health problems over the long term. Controversy surrounds some of the long-term consequences of intensive VDT use on the health of office workers, but one of the more common hazards is one of the least recognized. Carpal tunnel syndrome, (CTS). CTS is a disorder of the hand caused by injury of the nerve which runs from the shoulder to the hand through a channel in the wrist called the carpal tunnel. Repetitive motions of the hand or wrist-especially in bent position-can

cause inflammation of the tendons which then squeeze the nerve, or the build-up of fluids which then apply pressure to the nerve. The resulting symptoms include pain, numbness, and a tingling and burning sensation in the hand and arm; wasting of the muscles at the base of the thumb; dry shiny palms and clumsiness of the hands. Many of these symptoms are strongest at night and may be confined to the first three and one-half fingers and the base of the thumb. Traditionally, CTS has affected mostly manufacturing (meat cutters and sewing machine operators), construction (air hammer operators or laborers) and agricultural workers. Doctors often diagnose the condition as arthritis, although arthritis affects the whole hand while CTS affects the only parts of the hand. Treatment consist of eliminating the cause, wearing a wrist splint and resting the wrist. More serious cases require complicated treatment such as surgery or anti-inflammatory drugs. These treatments are a last resort and should be avoided if possible. Permanent disability can result even with surgery and the condition can reoccur if the person returns to the same routine. A word to the wise!

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AMATEUR RADIO COMICS

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A comic book introducing Amateur Radio to the 9-15 year old age group is being published by Archie Comics and should be ready for distribution by the start of next fall's school year. One half of the cost of the publication is being paid by the Amateur Radio industry, the other half by the ARRL. It will be a 32 page book with the story occupying 24-26 pages and the remainder used for an Amateur crossword puzzle.

(ARRL Letter)

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LICENSE RENEWALS INFO

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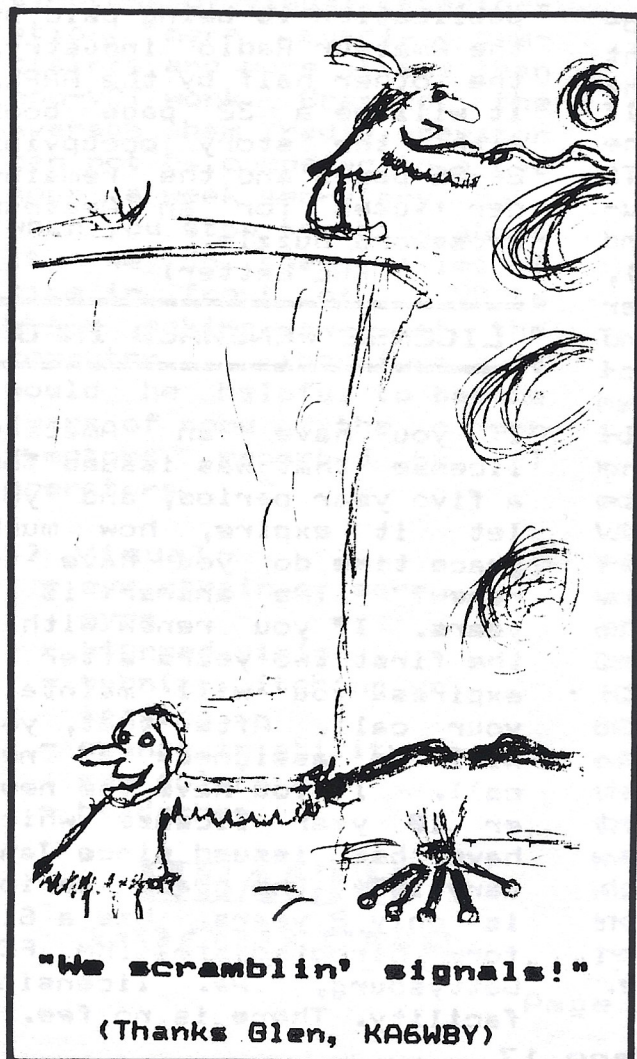
If you have an Amateur license that was issued for a five year period, and you let it expire, how much grace time do you have to renew? The answer is 5 years. If you renew within the first two years after it expires you will maintain your call. After that, you will be assigned a new call. If you have the newer 10 year license which have been issued since January 1984, the grace period is only 2 years. Use a 610 form directed to the FCC Gettysburg, Pa. licensing facility. There is no fee.

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PHILADELPHIA CB'er's FOUND IN CONTEMPT OF COURT

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Two Philadelphia CB operators have been found guilty of contempt in Federal U.S. Court. Henry Jackson and Joseph Roberson had been previously issued radio operations cease and desist orders. Henry Jackson was found guilty on May 6th of violating a court order by operating his CB radio in excess of the four watts limit and by failure to permit inspection his radio equipment by FCC engineers.



Three weeks later Roberson was found guilty under exactly the same circumstances. A fine of \$1,000 was levied on each defendant which shall be paid in full if the FCC finds evidence of any future violation. In addition, each defendant shall be required to pay a fine of \$1,000 per day of violation for each future violation of the court's order.

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"NO CODE" IN CANADA?

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The Canadian Dept. of Communications is discussing the possible restructuring of the Amateur Service in Canada which may result in North America's first no-code entry level ham ticket. Among other things, it is hoped that such a license would attract more and younger radio amateurs.

THE AMERICAN RADIO RELAY LEAGUE, INC.

SECTION MANAGER

SAN JOAQUIN VALLEY

Charles P. McConnell W6DPD

AMSAT requests that Amateurs not use the transponders on OSCAR 10, even if they are found on. Work is continuing on fixes for the satellite.

Bob Thompson, K6SSJ, has resigned as chairman of the DX Advisory Committee. ARRL President Price has appointed John Parrott, W4FRU, as the new chairman. *ARRL Letter, V5N11.*

The rhombic antenna at W1AW was vandalized over the Memorial Day weekend. The antenna has been taken down. ARRL Headquarters is reviewing whether to put it back up with more security or replace it. This may affect W1AW transmissions on some bands. *ARRL LETTER, V5N11.*

The Korean Amateur Radio League (KARL) will operate special event stations during the 1986 Asian Games and the 1988 Olympic Games. Look for 6K86AG during August and September during the Asian Games. The station is authorized to conduct international third party traffic on behalf of athletes if an agreement exists between the countries concerned. KARL reminds Amateurs planning to visit Korea that it is illegal to bring any type of portable transceiver including handhelds into Korea. *ARRL LETTER, V5N11.*

The FCC has issued an order deleting a reference to Amateur Repeater Stations having "WR" prefixes in their callsigns. The Commission noted that since no repeater licenses had been issued since 1978, and by now all have expired, it was deleting a reference to them in the rules, in Section 97.84(d)(1). *ARRL LETTER, V5N11.*

The DXCC desk reports only a 10 day backlog in processing DXCC applications. *ARRL LETTER, V5N7.*

The ARRL National Convention is September 5-7, 1986 in San Diego.

The ARRL Pacific Division Convention is October 3-5, 1986 in San Jose.

The 1986 California QSO Party will be September 28-29, 1986. The Northern California Contest Club (NCCC) sponsors this very successful contest. WA6VEF is in charge.

CALENDAR

July 15, 1986.....SARA Monthly meeting.....730 p.m.
Multi-Projector Slide/Sound on
Alaska with Mrs. Bunnie Rader
(Rescheduled from January)

August 19, 1986.....Color Video of April trip to VOA
video taped by W6DYF 730 p.m.

Sept. 16, 1986.....SARA Monthly meeting.....730 p.m.
Program: Slides on WJ60's (7J1ABS)
trip to Japan.

Sept. 5-6-7, 1986.....ARRL National Convention at the
Convention Ctr. San Diego

Oct. 3-4-5, 1986.....Pacific Div. ARRL Convention at
the Le Baron Hotel San Jose

October 11, 1986.....9th annual SARA dinner-dance.
Sylvan Club house.

October 21, 1986.....SARA Monthly meeting.....730 p.m.

Nov. 7-8-9, 1986.....Ham West Convention in Las Vegas

Nov. 18, 1986.....SARA Monthly meeting.....730 p.m.

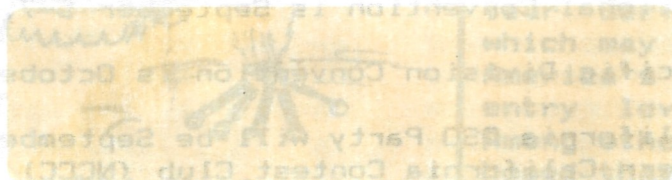
Dec. 16, 1986.....SARA Monthly meeting.....730 p.m.
Election of 1987 club officers.

CANADIAN AMATEUR JACK RAVENSCROFT, VE3SR RECEIVES \$34,000 IN CONTRIBUTIONS WAR CHEST

\$34,000 in financial support for Jack Ravenscroft, VE3SR, is coming from all over- including several commercial broadcast and paging companies. Jack is the Canadian Amateur that was ordered off the air by a court for interfering with a neighbor's appliances.



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