

County Hunter News

July 1, 2015
Volume 11, Issue 7

Welcome to the On-Line County Hunter News, a monthly publication for those interested in ham radio county hunting, with an orientation toward CW operation.

Contributions of articles, stories, letters, and pictures to the editor are welcomed, and may be included in future issues at the editor's discretion.

The County Hunter News will provide you with interesting, thought provoking articles, articles of county hunting history, or about county hunters or events, ham radio or electronics history, general ham radio interest, and provide news of upcoming operating events.

We hope you will enjoy the County Hunter News. Feel free to forward, or provide links. Permission is given for copying or quoting in part or all provided credit is given to the CHNews and to the author of article.

CW County Hunter Nets run on 14.0565, 10.122.5, and 7056.5, with activity occasionally on 3556.5 KHz. Also, there is SSB activity now is on 'friendly net' 7188 KHz. The cw folks are now pioneering 17M operation on 18.0915. (21.0565, 24.9155, and 28.0565 when sunspots better). Look around 18136 or for occasional 17M SSB runs usually after the run on 20M SSB. (21.336 and 28.336)

You can see live spots of county hunter activity at ch.W6RK.com

For information on county hunting, check out the following resources:

The USACA award is sponsored by CQ Magazine. Rules and information are here:

<http://countyhunter.com/cq.htm>

For general information FAQ on County Hunting, check out:

<http://countyhunter.com/whatis.htm>

MARAC sponsors an award program for many other county hunting awards. You can

find information on these awards and the rules at:

http://countyhunter.com/marac_information_package.htm

The CW net procedure is written up at:

<http://www.wd3p.net/ch/netproc/netproc.htm>

There is a lot more information at www.countyhunter.com . Please check it out.

Back issues of the County Hunter News are available at www.CHNewsonline.com

Want county lines on your Garmin GPS?

<http://pages.suddenlink.net/w4ydy/hamlinks.html#County>

Download the file to a flash card that fits in your GPS unit, turn it on, and the county lines should appear!

De N4CD, Editor (email: telegraphy@verizon.net)

Notes from the Editor

1) N4CD Rumblings

It's been a somewhat slow month for county hunting. Chuck, W3CR, is on a giant trip out west running his MD needs and many counties in the process. Otherwise, a few mobiles are out in various states but not much happening on cw it seems. Summer travel season is upon us. A few mobiles might wander to FL for a get together. I'm getting the urge to go mobile somewhere again. Ed, K8ZZ, took off on a trip to GA from his home in MI to finish up his MG.

Propagation has gone from miserable to not too bad on 20M. Many days 40M just is

bad with not much happening and the only time folks go to 30M is after a run on another band. However, Jerry, W0GXQ notes he's worked over 900 counties since starting over earlier this year so the counties out are there. State QSO parties help but it will be slim pickings for a month or two with just a few coming up this summer. Toward the end of the month of June, a major solar eruption once again killed the bands for the better part of a day for many. It was tough going if you were out mobile.

The Summer Solstice occurred on June 21. We're officially in 'summer' and the days will now get shorter – but hotter – for the next two months. Up in northern AK, it's near 24 hour a day sunlight. On the other hand, it's not a good time to visit Antarctica with near 24 hours of dark! It's a good time to be out mobiling around with the long days.

2) Note from N1JOY about W1ACT – Dukes, MA

After the NEQP, I dropped N1JOY a note about the absence of the big signal out of the “Hamcow” that visited Dukes, MA each year. Since they've been there for over 20 years, no one else heads to Dukes to run it. He noted:

“The short story is 21 consecutive years to Martha's Vineyard Island was more than enough. Career and family have taken priority, that's all.

Sorry to hear we were missed. It was a great run for all of us, and who knows, maybe in the future we'll do another event. The weekend itself was a lot of fun, but the months of preparation time was simply too consuming for me at this point in my life.

Thanks, and I hope you are enjoying the rest of your Memorial Day weekend!
Roland – N1JOY”

3) HexBeams

Last month we had a short article on Hex Beams. Well, it seems the original maker of HexBeams, Treffie Systems in England just posted this:

“MAY 28, 2015

This is to inform everyone that we are closing down production of the HEX-BEAM®.

However, not to fear. G3TXQ's HexBeam was very high priced and sales were slow.

There are multiple other suppliers of this antenna, all using variations of the original design made in the US of A. You can buy one of the better ones through Texas Towers.

4) Note from Dan, KM9X, re CW Key Mount

“ I went mobile last week and tried CW for the first time. This is how I hooked the key to my leg, with a length of hook and loop material. The XYL was driving so it worked out real fine.”



KM9X leg mount CW key

Welcome to the CW mobile club Dan.

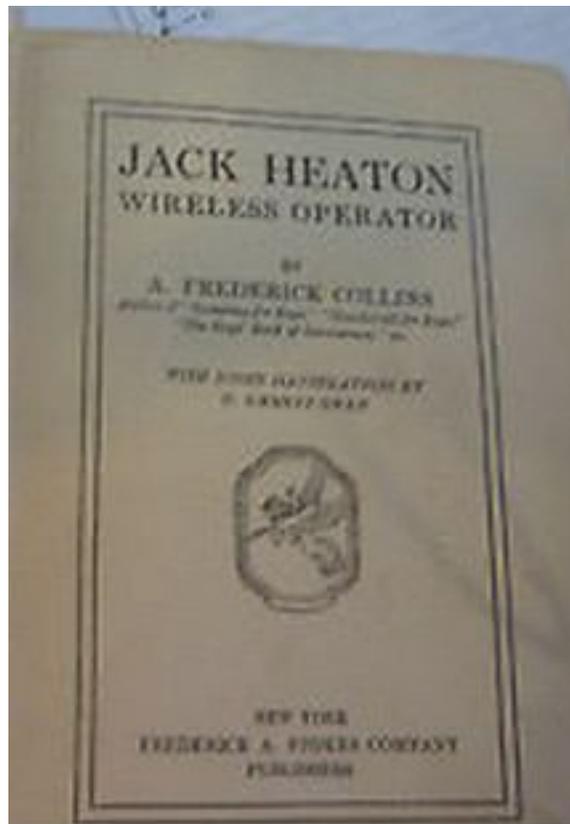
5) Mobile QSO Bureau

Jim, KN6ZB, enclosed a note with the last batch of MRCs for me to sign and return. He noted he is looking for a volunteer to take over the mobile QSL bureau. He has some health problems which may prevent him from continuing much longer. For someone else, it would take 10-15 hours a month to run the bureau – sorting cards, sending them out, keeping track of finances, and so on. The Mobile QSL bureau is a service to the

county hunter community – and the various bureaus have been going for over 40 years. Really wouldn't take that much time to handle it.

Book Review of the Month

Jack Heaton, Wireless Operator – by A. Frederick Collins, 1919



A. Frederick Collins wrote hundreds of technical articles and papers. He wrote several 'text books' of the time as well and was an inventor and promoter. If you've got a great memory, you'll recall we reviewed his book - The Wireless Man and his Work – in the December 2014 issue.

This is one of the few long works of fiction he wrote.

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Wow – another fairly obscure book from the 1919 spark gap wireless era – this one sort of a fictional biographical sketch of a wireless operator and his many adventures. Jack Heaton is one of the “wireless boys” growing up in the NYC area. Like many kids of the era, he builds a simple receiver, then adds in a small spark gap transmitter – capable of a few miles of range. These are the 'amateurs' of the day. No license is needed. It's like the early days of CB radio recently.

On one trip with his father, headed to Central America – he makes friends with the ship's wireless operator – and learns a lot about shipboard operation. On the return trip, when the only op becomes severely sick, Jack is able to fill in for him.

Then he is off to a career in wireless operator on several different liners – one of which sinks- the Andalusian - and he sends out the C Q D and all the passengers are saved. Later he heads to the arctic on a seal hunting expedition as the ship's wireless officer. The crew of this and one other ship kills a couple hundred thousand baby seals on the two month long trip.

Like most of the formula books of the time, there are the usual kidnappings and mysteries to be solved. On a trip to the Amazon to install wireless stations, Jack is captured by cannibals on a trip to South America in the amazon jungles. He's about to be married off to the princess of the cannibals but manages to escape after two months making it back to civilization. Some of the others from the camp are not so lucky. He's paid a million 'reis' for his work – but finds out that's only a couple hundred bucks when converted into US dollars.

Then he's off to join the war effort on sub chasers – and sinks a German U-boat during WW1. Before long he's on a US sub, going out and sinking a German raider ship.

He then joins the Cavalry – but winds up in the artillery as a wireless operator listening to planes telling the artillery folks where to fire, and then getting the range correctly. He's always in the midst of things. The airplane has a one way spark gap transmitter. The ground uses 8 large panels of cloth on the ground to send signals back to the plane. Eventually he winds up in France on the front lines, and is wounded.

This is an unusual book of the era in that there is NO dialog. Zip. It's all first person narrative – which is totally different than the 20 other books reviewed previously. At the end, you find out that Jack has dictated the whole story of his wireless adventures to Mr Collins, who writes them down and gets them published.

It's a good read and when it shows up on line, take a look. Until then, you'll be hard pressed to find a copy of the book. It's obscure. I had to pay a few bucks to get my copy. Sold it later for what I paid for it. “Free” entertainment, hi hi.

Some of the other Jack Heaton books – 2 of the 3 in the series, are on line, but not this one. Give it a few years and it will be. I got this one on eBay for a decent price.

Jack Heaton Series by A Frederick Collins

JACK HEATON, WIRELESS OPERATOR -- illustrated by R. Emmett Owen. 1919, Stokes. Reviewed July 2015

JACK HEATON, OIL PROSPECTOR -- illustrated by Charles E. Cartwright. 1920, Stokes.

JACK HEATON, GOLD SEEKER -- 1921, Stokes

Collins is best known for his Amateur Radio Handbook (1922) that covers spark era technology A-Z

You can find it on line here – in a half dozen formats

<http://www.gutenberg.org/ebooks/6934>

Mobile Activity

Butch, WY0A, ran all of AL. Thought initially he could do it in 3 days but it will take 4 days. Headed to FL to run more there.

Mike, KA4RRU, headed from VA to CO. Ran on 7103 and 14103 to escape the QRM from the CW WPX contest. Then north to WY and then home after a car mishap in Boulder, CO.

Ron, KB6UF, headed out of ME directly for LA with a stopover in TN. Later he put out LA counties on several days trying to help out with needs.

Larry, W7FEN, was on from CA then up into OR. More to come.

W3DQT put out a few in MD. - ran on cw

Karl, K4YT, was on from NJ – ran on cw

Randy, AA8R, and Patti, W8TAX were on in MI – ran on SSB. Then headed down to VA putting them out along the way.

Chuck, W3CR was busy putting them out in MN then lots of ND and into MT over into WA and OR. He's running many of his needs for Mobile Diamond and racking up the county count as well (500 individual county transmits required).

KN4Y, Ed, went up to AL for the AL QSO Party.

Dick, K4XU returned from a hamfest in Seaside, OR putting them out.

Butch, WY0A was busy putting them in FL on SSB

Rick, W5QP, was zipping all over KS putting them out on data modes.

John, K0PFV was spotted in Colorado counties.

Don, W0EAR put out a few in MN on cw.

N4JT, Jim, was busy in VA putting out counties on digital modes.

Tony, WA9DLB was up in WI. SSB only.

Ron, N5MLP, was putting out TX counties on SSB.

Ed, N8OYY, was busy putting out counties in PA and WV

Team W8FNW/W4FNW were busy running FL counties. Then into GA for many there.

N5NW was spotted in CO and NE.

Jim, N9JF, popped up in a few on cw.

Kerry, W4SIG, was on from TN many days.

Rob, K0RU, put out a few in KS.

Ray, WB0PYF was on it GA.

Larry, K6PJ was on in NV

Team KB0BA/N0XYL were on in IN.

Rick, W5QP was busy in OK on five mode digital contacts.

Ed, K8ZZ was on in MI on cw. Then he headed down to GA to finish up his Master's Gold by running the needed counties there.

Bill, K8TE put out a few on SSB from the Hamcom Dallas convention back to his home in NM.

Team AJ5ZX/KC5QCB were on in TX and OK

N8OYY, Ed, put out counties in PA, then was busy in the WV QSO Party running many counties there.

MARAC Election Results

From the President's Column of the June 2015 MARAC RoadRunner”

Here’s the really good news – a total of 242 votes were cast in all the contested elections – a show of interest that is both encouraging and unprecedented.

Here are the results:

Vice President - Terry (WQ7A) (unopposed)

Great Lakes District Director - Tim (W8JJ)

South Central District Director - Barry (N0KV)

North East District Director - Al (N1API)

North Central District Director - Mike (NF0N)

South East District Director - Kerry (W4SIG)

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de N4CD – we fell one short of getting the desired 'reform party' result. KW1DX, Dave did not win in the North East District. Maybe Next time. More elections next year! We did get the reform folks in the most races!

Alabama QSO Party

Another year and another very good AQP. Mobiles were out and running – K4ZGB, N4ZZ and KN4Y on cw. (N4QP/m in one) Many fixed stations were on from other counties.

There were almost no spots on SSB but quite a few on CW. 15M was good for a while and even some shorter skip, but 20 and 40m were the main bands.

K4ZGB mobile noted 483 cw QSO

N4ZZ multi op mobile - 1344 cw QSO

Another enjoyable AQP mobile adventure for the N4ZZ/m team is now complete. This was our 5th time entering the contest, and ended up as our second best finish (the top was in 2012 with 300+ more contacts). Seemed like propagation was not as good as in past years, and also participation may have been a down a bit. But we sure had fun.

We had high hopes for 15m, but it did not pan out (just 10 contacts). But both 40 and 20m were decent day and night. We had our 80m Hustler on hand, but did not need to put it up (would have lost 20m if we did). Don and I operated in 3 hours shifts.

W0BH Bob worked us the most, he was really booming into AL during the entire 12 hours. He seemed to have no problem following us around as we changed counties and bands, and sometimes moved us to 15m. W4NZ Ted and K9OM Dick worked us a bunch as well.

The most surprising contact was 9K2NO, Muhammad in Kuwait, who came out of nowhere with a really strong signal. Had him send his call several times just to make sure he really was 9K2, thanks for the QSO Muhammad.

We appreciate everyone who worked us, even those that just worked us once. The pileups were a blast to work through, especially during the last half of the contest.

Thanks to KC4HW Jim Johnson for all your work in making this contest happen. And special thanks to my wonderful wife Melody KI4HVY, for navigating and driving Don and I all over Alabama (550 mile route). We really appreciate your help.

73 from the N4ZZ/m team:

Jim - AD4EB

Don - N4ZZ

Melody - KI4HVY

KN4Y - mobile – 552 cw qso

Operated from 16 Alabama counties, total trip covered 812 miles (include to and from Florida). Yet QSO numbers were down 20% from previous years. Signals would fade away leaving my signals unheard, then signals returned with vengeance. 15-meters never materialized. But had some good charcoal fired possum with greens and black eyed peas at the crimson throated grill and beer emporium. A plus was great weather and not much traffic on the back roads.

K4WI – fixed – Marengo - 515 SSB QSO

“15 and 10 mtrs were completely dead here but 20 was very good. I was able to sit on 14254 and run for the whole 6 hours! Fun contest tnx for all the qso's

Cort

KG8IGK/p - AL – Blount County – 30 SSB QSO

I went to Palisades Park, near Oneata, AL. What a beautiful location. It was on a bluff overlook about 1300 feet ABSL. A very nice clean park. I got a late start due to distractions at home and stopped about 8 PM because it was getting dark.

Not many QSO's but many were from operators that have not had Blount County in their logs before. Many commented on how loud I was so, so I was getting out OK. But only had one 20M double bazooka dipole.

NV4B – fixed – AL 291 cw 146 ssb QSOs

Conditions were poor compared to past years with no sporadic-E to make the high bands fun, and activity did seem to be down a bit overall, but I still managed my best score since 2011. It was hard to keep a rate for very long, and I never had more than two stations call at once, but I'm still pleased with the QSO total and score. I enjoyed a number of short chats and being called by a

number of DX stations, including Region 1 Field Day portables.

The biggest disappointment was not working a single W7 on phone. I tried to run on 20m phone late, but it was completely unproductive. Maybe if I had tried earlier, I wouldn't have missed out on some easy multipliers.

This was my first full-time contest effort in quite awhile. Thanks to Jim Johnson, KC4HW and the Alabama Contest Group for continuing to make this QSO party a fun event.

K4BAI – fixed – at WX4RUS 142 cw 36 ssb

Thanks to Jim, WX4JIM, I was privileged to operate the station at the Russell County (Phenix City, AL) EMA for about 4.5 hours Saturday afternoon using the Russell County Radio Club club call, WX4RUS. The area is noisy, but the rig's noise reducer helped a lot. Band conditions seemed very poor, but there were some highlights.

IC756Pro, 100W, dipole, inverted vee.

W0BH – Fixed – KS 132cw 55 ssb CW Mults = 51 Ph Mults = 31

I decided to put in (almost) full time into Alabama if conditions were good. They were for the most part, and the thunderstorms stayed away (at least in Kansas). The first two hours were the best with three bands open and three contacts made per county with N4ZZ/m who had a nice predictable band rotation and frequency.

It's always fun to follow the mobiles around, and they did their usual good work!

49 N4ZZ/m
18 KN4Y/m
13 K4ZGB/m
08 KK4TE/m
05 N4RNR/m
02 WA4JA/m
01 N4QP/m
01 KM4JA/m

Overall, I worked 57/67 counties in mixed mode. I know I missed ESCA and CHMB, but the bands weren't open to those parts of the state when I knew the mobile was there. I found all the mobiles listed on the web page except one.

Missing counties were:

BARB BULL CHOU CHMB CLAY CLEB COFF COOS ESCA MACO

Thanks to KC4HW and the Alabama Contest Group for your continued hard work in making the AQP a really fun event!

73, Bob, W0BH

eBay Items This Month

If you read the review on the book above, you'll recall that Jack Heaton wound up in Europe on the ground, setting up temporary wireless stations to receive messages from spotter airplanes and blimps for the artillery. This is what would have been in the plane – a battery powered spark gap transmitter. No receiver in the plane.



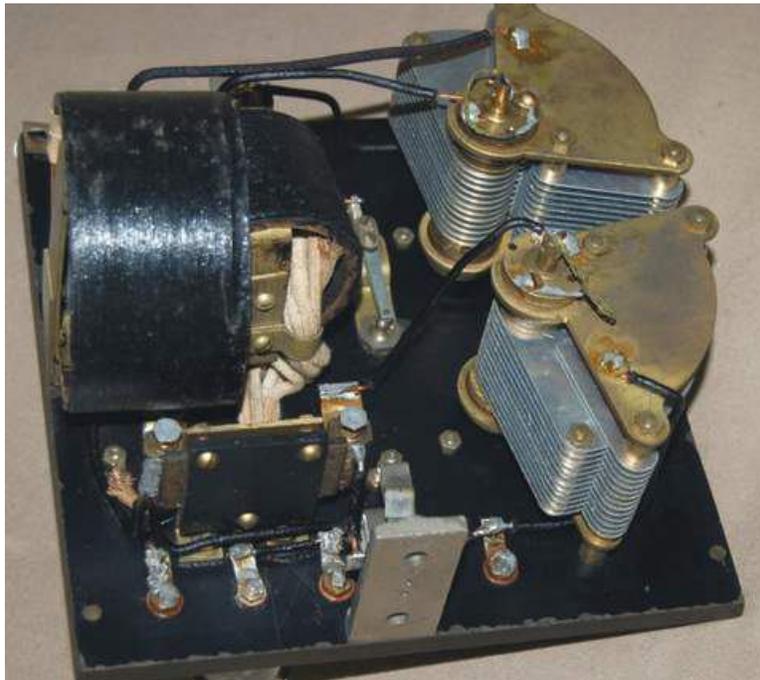
Here is a 1918 BC 15-A WWI Signal Corps Spark Gap Transmitter manufactured by Connecticut Telephone & Electric Company. This was designed for use in aircraft for artillery resonance observers. It was designed to be part of SCR-65A and could be used either with a BC-12 receiver or stand alone

It covered 0.5 to 1.5 Mhz.....or 250 to 600 meters. You set the frequency by the shorting jumper shown above – the more coil, the lower the frequency. The antenna was a 'trailing wire'.

Now, what would our boys be using on the ground to receive the transmissions from the blimp or bi-plane? They would be using a BC-14A crystal receiver like this



Here are the insides:



It's a simple crystal set – two variables, tapped coil and a crystal for a detector. You had a galena crystal with a cats whisker. The “a” model set had a built in buzzer to produce 'radio hash' so you could find a sensitive spot on the crystal surface.

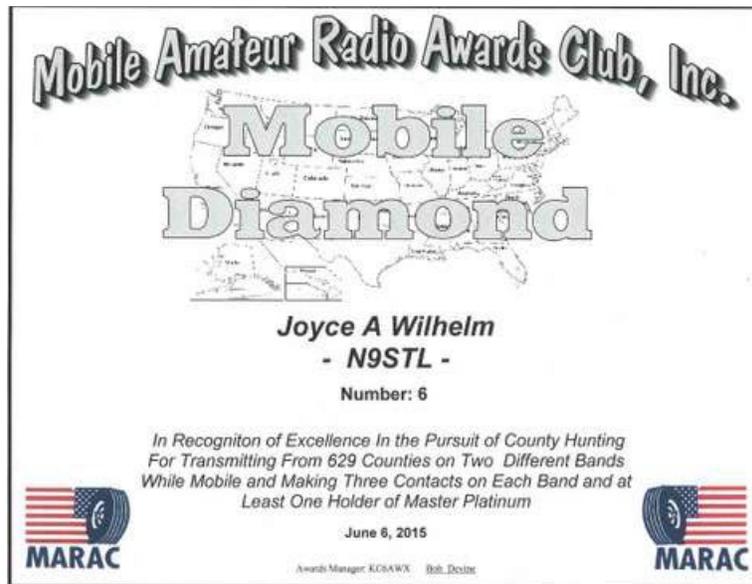
N9STL, Joyce, Mobile Diamond #6

Joyce, N9STL, has been awarded Mobile Diamond – the highest level award currently for county hunters. Barry, N0KV made a special trip out to UT to snag her last two. You can only start to work on this award after you have your Master Platinum Award and she was the third county hunter to earn Master Platinum.

There are two requirements – working all the counties with a Master Platinum holder - either by the other MP holder being in the county, or by working someone with Master Platinum from the county if you head there.

There's only a handful of people who have completed Master Platinum – now up to 24 – and some of them inactive these days. Joyce also didn't take relays on 14.336 so the really weak or close in ones were even harder to get. That's enough of a challenge, but there is an even more difficult part II.

Part II requires you make at least 3 contacts on each of two bands from 500 separate counties, with one of the contacts being a Master Platinum holder. For an SSB only operator, this is often hard since early in the mornings and late in the evenings, 20M SSB might not be good, and of course, finding a frequency on 40M SSB is challenging now that we don't have much of a net there. Occasionally in the middle of the day, you can get your 3 contacts on 17M like WQ7A has done to get his 500 from out west. Likely, she had more than a few counties traversed without the necessary 3 contacts, which means you just have to run more. For a cw operator, you have more choices with 30M - often a good band – and you can squeeze in on 40M, work some contest stations on a contest weekend, etc.



So far only a handful have finished this (K5GE, N5UZW, N8KIE, N4CD, N4AAT) with a few closing in like WQ7A and KC3X. You have to be a very active mobile to qualify for this one – thus the name MOBILE Diamond Award.

Congrats Joyce on finishing up a very tough to get award!

Jerry's Quest to Reach 1000 LC's

Only a few county hunters have reached the 'official' 1000 transmitted county level. Not all county hunters 'reward' the mobiles with a 'last county' award when they get a last county in a state for their next award. So likely folks have really put out – 20-30-40-50% more? Who knows? With LC's now down to a buck each, there's not too much reason to reward those mobiles out on trips burning gas to get your counties needed.

As of the beginning of the year, Rick, AI5P, has 1011. Kent, KV7N, has 1013 as of May 26, 2015. Scottie, N4AAT has 1060. Ed, WA0SBR, has 1230 listed in the database.

N9QPQ, Kay, has 1262 now with Frank, AA9JJ at 975 – close to the 1000 level. Ron, KB6UF, has 1288 listed. KB7QO, the first person to run all US Counties, has 1363 LC listed in the database. N8KIE is within striking distance at 954. N4CD is over 1000.

With more awards created in the past five or so years, there are more ways to earn LC's. Those who got to 1000 way back when really achieved a tough award. It's a bit easier now with prefixes and call combos and Mobile Diamond and Master Platinum than before those existed – more ways to earn an LC. It's still not easy by any means to get to 1000.

I don't know of an 'easy way' to check the awards ever issued – there's not a record listed anywhere - other than digging it out call by call in the database under last county awards. There may be others who have reached 1000. Who is going to be next to reach 1000? N4JT with 852? KC1NA with 815? N9QS with 816? AA9JJ? N8KIE?

Several mobiles, now inactive like W1TEE, had over 800 and that from the time where there were only half as many awards to seek. No Bingo N or anything above MG, and no 'cw only' award as a MARAC Award.

Other active mobiles might get there in a couple years if they keep putting out the counties. At least half a dozen are over 500, and in many cases, those LC's will be coming in for months/years even after mobile operation is done. Some folks wait till they are 'all done' before sending them in.

Jerry's over 960 now with a goal of reaching 1000 by October. Stay tuned!

For those starting out, you get a nice 'car plaque' at 25 last transmitted counties, another at 50, another at 75, then a big plaque at the 100 LC level with 'bars' after that. The big 'trophy' comes at the 1000 level.

FCC Eliminates Fee for Vanity Calls

The FCC is eliminating the regulatory fee to apply for an Amateur Radio vanity call sign. The change will not go into effect, however, until required congressional notice has been given. This will take at least 90 days. As the Commission explained in a Notice of Proposed

Rulemaking, Report and Order, and Order (MD Docket 14-92 and others), released May 21, it's a matter of simple economics.

“The Commission spends more resources on processing the regulatory fees and issuing refunds than the amount of the regulatory fee payment,” the FCC said. “As our costs now exceed the regulatory fee, we are eliminating this regulatory fee category.” The current vanity call sign regulatory fee is \$21.40, the highest in several years. The FCC reported there were 11,500 “payment units” in FY 2014 and estimated that it would collect nearly \$246,100.

The FCC said it has since had an opportunity to obtain and analyze support concerning the collection of the regulatory fees for Amateur Vanity and GMRS, which the FCC said comprise, on average, more than 20,000 licenses that are newly obtained or renewed, every 10 and 5 years, respectively.

The Commission said that after it provides the required congressional notification, Amateur Radio vanity program applicants “will no longer be financially burdened with such payments, and the Commission will no longer incur these administrative costs that exceed the fee payments. The revenue that the Commission would otherwise collect from these regulatory fee categories will be proportionally assessed on other wireless fee categories.”

The FCC said it would not issue refunds to licensees who paid the regulatory fee prior to its official elimination.

Courtesy ARRL, Inc

Interesting QSL Card

I was looking at QRZ, and this was the featured call of the day.



Alan lives in Cheyenne, KS.....and a note in his bio says about the picture:

“The picture at the top of this page is my new QSL card. The photo was taken in January 2013 looking East into Cheyenne County, Kansas, from Colorado on U.S. Highway 36. The sad thing is that it will look pretty much the same in the middle of August, also.”

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de N4CD:

If you have ever been to west KS, it's 'bleak'.....hot, dry and barren in the summer time with occasional thunderstorms and tornadoes. Cold, bleak, and barren in the winter time, with occasional blizzards. . Hi hi.

Ethanol Worse Than Thought

Corn Ethanol Is Worse Than Thought

In a May 29 report, Emily Cassidy, a research analyst at EWG, says that “last year’s production and use of 14 billion gallons of corn ethanol resulted in 27 million tons more carbon emissions than if Americans had used straight gasoline in their vehicles.”

In a graphic comparing corn ethanol with standard gasoline and fuel produced from the oil sands, Cassidy shows that the carbon intensity of corn ethanol is about 120 grams of carbon-dioxide equivalent per megajoule of energy produced. That's about 20 percent more than standard gasoline and about 10 percent more than that produced by the oil sands.

Cassidy concludes:

So far the federal corn ethanol mandate has resulted in a massive influx of dirty corn ethanol, which is bad for the climate and bad for consumers. The only interest it benefits is the ethanol industry.

The ethanol industry's interests continue to trump other interests. Consider that all the presidential candidates except Ted Cruz have come out in favor of corn ethanol. Among the most obvious examples of pandering to the corn ethanol lobby: an op-ed article by Hillary Clinton last week in the Gazette, an Iowa City newspaper.

While Clinton was in the U.S. Senate, she voted against the ethanol industry 17 times. In a 2002 letter, she and three senate colleagues called then-pending legislation that was to require the blending of two billion gallons of corn ethanol per year into domestic gasoline supplies "an astonishing new anti-consumer government mandate." That same year, during a floor debate on the proposed mandates, she said she found it "impossible to understand why any pro-consumer, pro-health, pro-environment, anti-government mandate member of this body would vote for this provision."

But since she decided to run for president, Clinton has switched sides. In her Gazette op-ed, she praises "rural clean energy" and says the Renewable Fuel Standard, the mandate that requires retailers to mix ethanol in gasoline, has been "a success for Iowa and much of rural America."

Unfortunately, success for Iowa and the corn ethanol racket means failure for consumers and the environment. Indeed, the EWG's analysis of corn ethanol's outsized carbon footprint should serve as a wake-up call to climate activists. They can continue protesting against Keystone XL if they like. But if they're serious about climate change, they should join the coalition of groups -- ranging from the Clean Air Task Force and the American Petroleum Institute to the National Marine Manufacturers Association and Friends of the Earth -- who are calling for an end to the mandates that require motorists to use motor-fuel moonshine."

Source: <http://www.bloombergview.com/articles/2015-06-02/corn-ethanol-is-worse-than-keystone>

On the Trail of Regens

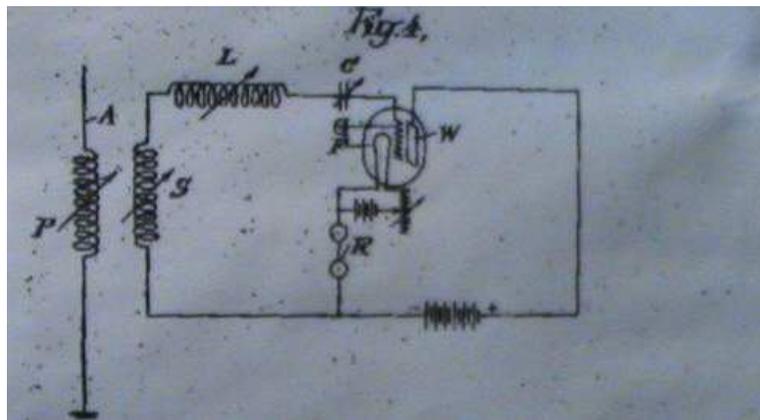
If you go back and dig into the history of the 'invention' of radio, you'll find a tangled web of various devices, circuits and claims. In the early 1900s and 1910 era, it was the 'wild west' so to speak, with hundreds of individuals trying to find something they could sell at great profit and make money at. The industry was young – just like the beginning of the personal computer era with thousands of incremental improvements, outright world changing 'inventions' and implementation of ideas.

If you'll recall, Edwin Armstrong is credited with 'inventing' the regenerative receiver. (as well as FM radio, the superhet). However, in the early days, almost no one understood how vacuum tubes, called 'audions' back then actually worked. It took super sharp people like Armstrong to actually do the mathematics to show what was going on.

In the early days, DeForest sold audion tubes to experimenters. He also sold a unit known as the RJ-4 detector. However, that unit was likely really the invention of a Mr Wallace, who bought over 100 audions from DeForest and built up the forerunner of the RJ-4 unit.

Now put on your thinking cap. Remember, RF back in those days was 'long wave'. 250 to 600 KHz and transmitters were spark gap or arc units. Things were primitive. Most people used crystal detectors.

Wallace put the earphones he used in the cathode circuit rather than the plate circuit. Here's a picture of a reproduction of a Wallace receiver from the 1911 era.



deForest's patent application for 'audion detector'

It seems that if you reconstruct the Wallace receiver, the headphones operate as a poor RF choke and pass audio. You are getting some RF gain in the circuit. Most people would put the headphones in the plate circuit rather than in the cathode. Wallace invited Armstrong to his laboratory in 1912 or so to demonstrate his receiver which he claimed had 'outstanding reception'. He sold 100 of them to commercial wireless users – and bought the audions from DeForest.

DeForest was only interested in the audio applications of the Audion. He hoped to sell a gazillion of them to Ma Bell for telephone amplifiers for long distance. He did not understand RF or feedback. His patent for an 'audion detector' did not mention feedback, any way to control it, or that it even existed.

There's a convoluted trail of claims of inventions. Armstrong filed his famous patent in 1914 on the 'regenerative receiver'. He collected royalties for over ten years. DeForest sued him over patent infringement claiming in one lab experiment, when he connected the output back to the input – the audio amplifier 'oscillated'. DeForest tried to use the work of Wallace along the way. Long after the era of regens for commercial broadcast was over – 1927 or so – as the superhet virtually replaced the cantankerous regen – deForest won his 'patent' battle. It was a hollow victory and gathered him no royalties at that time.

Wallace has received next to no credit for likely accidentally inventing, but not understanding 'feedback'.

The unit at the top was up for sale on Ebay this month – for a little \$1500 start price. That's way too pricey for a repro!.... hihi

Wallace stopped production in 1913. DeForest picked it up and sold it to 'amateurs' as

the RJ-4 (Radio Junior 4) detector. They were popular (but very expensive) for a few years. Almost everyone had a separate crystal set because the audion lasted only 100 hours before failure – if that long!

Most amateurs in those days with simple set ups could work 25 miles. A better 100w spark might get you 50 miles and a really big station could get you 100. Commercial stations ran multiple KW's of power – up to 50 KW in some cases!

More reading if you are into it here:

<https://www.dropbox.com/s/gdehdekuepiw7bh/Wallace.pdf?dl=0>

MARAC Awards

From the MARAC Road Runner Newsletter – June 2015

Jim, KZ2P, commented:

“During the past couple of years I have submitted suggestions to the Awards Committee concerning the County Hunter, Net Control and Mobile of the Year awards. I believe that all three of the awards should be combined into just one County Hunter of the Year award and that the voting be done on a quarterly basis.

MARAC could continue to honor mobile operators by presenting them with a plaque (similar to the Last County plaque) with plates for each “x” number of counties run.

That way several of the deserving mobile operators would be honored instead of just one. As far as the Net Control, MARAC could do something similar based on hours of actual net operating service. Bob(KC6AWX) has faithfully and meticulously presented my suggestions to the Awards Committee, but they have not been inclined to vote for them.”

Comment de N4CD

A) I think that there is quite a difference between mobile operation and 'net control' operation. Some people do both, but that is far and few between. If MARAC had a real tight budget, it might be something done to save some money, but I think there are enough different phases of the county hunting sphere – cw, digital, SSB, software development, websites/newsletters, and 'net control' that maybe more than one award should be retained. With SSB operators dominating CW ops by about 4 to 1, or at least 3 times as many keep their radios on SSB, going only to CW for a quick contact, then back to SSB, I think the award would always be skewed to a SSB operator..

B) For many years, “County Hunter of the Year” award seemed to get given to Board Members or those who just left the board or as an ex-officer. Well, that's interesting but it got to be almost a habit it seems. Way back when, there was only a single award for County Hunter of the Year. Then it split into a SSB one and a CW one. There are always a few new mobiles, eager beaver ones, that should be nominated. Of course, until recently, some were rejected for 'lack of service to MARAC'. Is County Hunter of the Year the one who has done the most for MARAC? Or the one who has done the most for the County Hunting Community? (and most active county hunters are MARAC members – if only for the reason you have to be to get Logger updates).

C) As far as net control hours were concerned, there WAS an award you could apply for – the Karl Adkins Net Control Award. You earned it by operating so many hours as NC – I think the first level was 250 hours, with 250 hour increments. Only a handful ever applied for it! Of course, you have to carefully 'track' your hours as NC, and many don't. Just get on for a few hours, not like one a few years ago that gave the 'statistics' at the end of the day – how many mobiles run, time spent, how many counties put out, etc. The Board of Directors voted to KILL the Karl Adkins Net Control Award a few years back since no one seemed to apply for it, or for higher levels, including KZ2P. At least I never saw the award appear in the RR 'awards' for the month. I've got one hanging on my wall.

D) Jim noted that mobiles could receive awards based upon 'how many counties run'. Is that total counties (repeats included)? Or total number of separate counties run (no repeats)? And will Logger track it? Logger I believe currently only tracks any new transmitted counties, not repeats, or even multiple times you can count for credit for the Master Gold award to accumulate 1500 points. And how would one submit the data for an award? (without some filtering – could be tens of thousands of QSOs). Who would track who ran how many counties? (whether spotted or not, whether part of a

QSO party or not)? How would 'deserving mobiles' be identified and number of counties run determined if not by the operator? (at one time, Risto, W6RK, did publish quarterly stats of counties run per mobile – but that went away along with the maps function some time ago).

Also several other awards were recently killed – due to lack of participation, and more likely, since Logger and the MARAC Award system couldn't automatically issue them. One was reward mobiles for counties they gave another county hunter.

- - -

Jim also commented:

2015 marks the 25th year that I have actively operated a County Hunting Net – 41,000 hours as net control. You folks have honored me with 17 First Place awards and 8 Second Place awards – thank you so very much.

I feel so strongly about my position on future Net Control Awards, that I have informed our Election Coordinator (Kent) that after this year I no longer wish to be included in any balloting. I will continue to operate a county hunting net - but 25 awards are enough for me.

On the Road with N4CD

The annual Hamcom convention is held locally in the Dallas area. After growing and growing each year, it finally got to the point where the old venue in Plano was not large enough, so they moved it down to the new Irving Conference center – about 20 miles away from N4CD's QTH. The upside is that it is several times the size, and more vendors and more indoor flea market spots are available. The downside is there is no place for an outside flea market, and you have to pay \$5 to park each day. That's the way it goes – we'll see what the overall opinion is later as folks make comments – yea or nay- about the location. It runs on Friday and Saturday each year – with a big DX dinner hosted by the Lone Star DX Club – and an invited speaker – usually from a recent DX pedition. The program this year was on the Navassa Island DX pedition.

Some years you run into a lot of county hunters. Other years not too many. I'd be there

for 6-8 hours on both days so the odds were good of hooking up with several county hunters.

For a change, I signed up for an indoor table (\$30 and includes one admission). There were a few things left over to sell plus you get in early during set up hours to scan the goodies for sale before regular hours. I had a small table full of 'stuff' to sell including some keys, a sounder, a Hallicrafters H.O. Keyer, a dozen books – wireless fiction from the way back days (no surprise there, right?) , and misc ham stuff. No big items. You've got to haul things in from the loading area but it went quick and I was set up in few minutes after parking the car in the 800 car multi-level parking lot. I zipped around inside checking for bargains. Didn't see any right off the bat, but not everyone was set up.

During the event there were VE tests going on and forums on various subjects from putting up towers/zoning permission to DX'ing and kit building to ARRL updates. Each year the scouts hold a several hour session where youngsters work on getting their Radio Merit badge in one day.

There were loads of old radios – Collins, Hammarlund, National, Hallicrafters, Heathkits – the usual stuff from pristine to 'seen better days'. A nice KWM-2 sold for \$800 very early Friday morning. Other Collins gear was up for sale including a couple S line receivers and transmitters. Dallas seems to be a hot spot since many hams worked for Collins Radio here (Rockwell Collins) designing radios!

One unusual item that caught my eye was a Kaar 10Z transmitter from the 1938 era. You don't see many of these as they are fairly rare. He's a picture of one.



1938 vintage Kaar 10-Z transmitter

Kaar used an 807 in the final to get about 20-25 watts out into an open line. This covered the HF bands of the day – 160 through 10M (/160/80/40/20/10), was bandswitched, and had plate modulation. No SSB existed back this far. Information is hard to come by on this early unit. It uses a 6N7 oscillator to drive the 807 final. Crystal Controlled. The carbon mike (1.5v internal battery needed in the TX) connects to a 6N7 first audio which drives a 6N7 P-P audio modulator. This transmitter has both a 110VAC power supply and a 6v vibrator power supply so you could run it portable. Mobiles weren't allowed on HF back then! (Cars and batteries were 6v back then). The transmitter had a wide range antenna tuner built in – for open wire line. The price was over \$100 back then – very expensive! On the upper ham bands you'd probably only get 10-15w as you had inefficient doubling in the final stage. They made a matching receiver.

One or two show up each year countrywide. The asking price was \$50 but I elected not bring it home – I have away too many projects as it is. It violated my 'one had rule'. If I can't carry it in one hand – I don't buy it! (with rare rare exceptions). Someone else did buy it for \$20. The seller didn't want to bring it back home – it was a project radio he never got around to working on either!

Dang, not a single regen was spotted – not even a Knight Kit. Most of the time you don't see a regen but you never know.

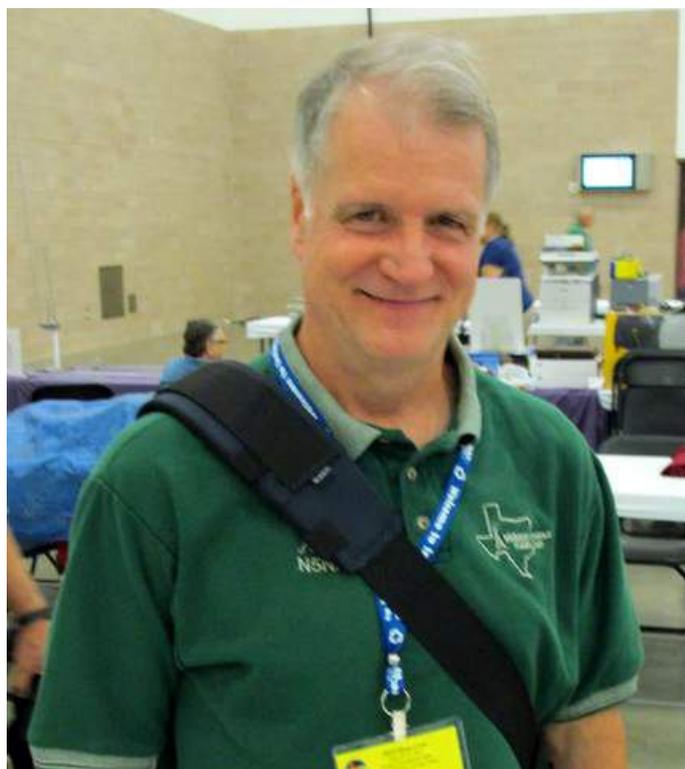
How about county hunters? Well, there was more success there. Rick, AI5P came over from NM for the hamfest. Alan, N5NA was there along with K5IID and W5LXG. We had a nice gab session for a while. I met K8TE- he was mobile in the NM QSO party and thinking about chasing more counties. Turns out he lives about 3 miles from Rick, AI5P! Small world.

Here's a few pictures:



Steve, W5LXG USACA #203

Steve was on the net way back when, before the current 'era'. He's now on cw and doesn't get on .336. His QTH is north of Houston on Lake Conroe in Montgomery County.

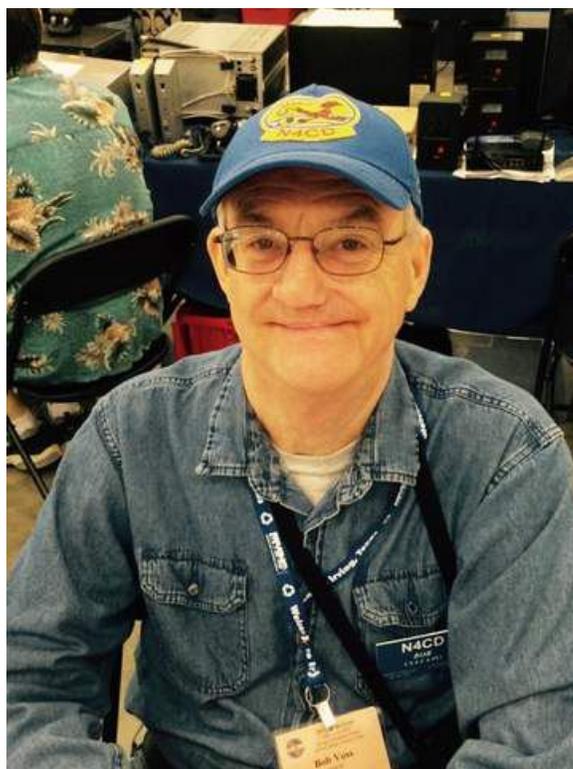


Alan, N5NA

Alan lives out in Midland TX. You can find him in state QSO parties – chasing mobiles or being mobile. In the past few years, he's been in AR, SC, TX, OK, KS and a few others. He gets around. If you need a county out his way, maybe he can help.



Bill, K8TE
picture courtesy AI5P



N4CD at Hamcom
picture courtesy of AI5P

During the hamfest, N9NM, Barbara, and her OM, N9OF, from Gillespie County stopped by. She's a big CW operator – straight key – and chases DX, rag chews, and gets on the SKCC frequency (just above ours on 20M). I urged her to stop on by the CHN cw net. She chases counties in the state QSO party but so far hasn't gotten bit by the county hunting bug. Her OM operates fixed in the Texas QSO Party. They have a mobile rig, too. Hmm

Every hamfest has it's interesting items. Jim Sargent brings out several thousand books including callbooks going back 60 years, old technical books, magazines, fiction – loads of stuff. In addition, he brings out several thousand tubes – from the 1920s up to the 70s. If you need a tube, likely he has it there, and if not, he's got a half million tubes at home all sorted out, tested, and boxed. Prices are very reasonable.



Jim Sargent Books for Sale

Jim is a licensed auctioneer and does half a dozen auctions a year including helping down at the Houston Vintage Radio Club convention, the local North Texas Annual Conference, plus his own arranged estate or radio sales. He shows up at several of the local hamfests a year with 4 or 5 tables full of books, tubes and misc. Rick, AI5P, has been to several of the antique wireless auctions.

At every hamfest you see some vintage computer gear. Most of it is 'useless' as far as trying to use it today and the real old items are museum pieces. If you were involved in the beginning of the computer revolution back in the 70s and 80s, you might recall wishing you had one of these portables.



Osborne “Portable” Computer

Some history via Wiki:

After Adam Osborne sold his computer book-publishing company to McGraw-Hill in 1979, he decided to sell an inexpensive portable computer.. The resulting Osborne 1 featured a 5 inch 52-column display, two floppy-disk drives, a Z80 microprocessor, 64k of RAM, and could fit under an airplane seat. It could survive being accidentally dropped and included a bundled software package that included the CP/M operating system, the BASIC programming language, the WordStar word processing package, and the SuperCalc spreadsheet program.

Unlike other startup companies, Osborne Computer Corporation's first product was ready soon after its founding. The first Osborne 1 shipped in July 1981, and its low price set market expectations for bundled hardware and software packages for several years to come. The company sold 11,000 Osborne 1s in the eight months following its July 1981 debut, with 50,000 more on backorder. The peak sales per month for it over the course of the product lifetime was 10,000 units, despite the initial business plan for the computer predicting a total of only 10,000 units sold over the entire product lifecycle.

Osborne had difficulty meeting demand, and the company grew from two employees, Osborne and Felsenstein, to 3,000 people and \$73 million in revenue in 12 months.

Despite early success, Osborne struggled under heavy competition. Kaypro Computer offered portables that, like the Osborne 1, ran CP/M and included a software bundle, but

Kaypro offered larger 9 inch (229 mm) screens. Apple Computer's offerings had a large software library of their own and with aftermarket cards, could run CP/M as well. IBM's 16-bit IBM PC was faster, more advanced, and offered a rapidly growing software library, and Compaq offered a portable computer that was almost 100% compatible with IBM's offering. Osborne was unable to keep up with high quality production and new improved offerings to match the competition. It fell behind, quality control suffered.

Osborne Computer Company declared bankruptcy on September 13, 1983.”

For the folks born after about 1970, who grew up with “Windows”, there was no MS-DOS or Windows back in these early days. Things ran with CP/M as the 'operating system as it could control disk drives – usually 5 1/4 and 8 inch floppy discs. When IBM came out with their computer – it used MS-DOS from Microsoft (Bill Gates).

Others like Commodore, Timex, Apple and Radio Shack had their own operating systems making everyone incompatible with everyone else. It also limited third party software – forcing you to buy it from the original computer manufacturer.

Then along came Microsoft which changed it all – allowing you to run third party software – with IBM at the forefront with the new “PC”.

Back in the day, these 'portables' sold for over \$1800!

This unit had an optional 80 column display and optional modem. It still booted up but you were on your own after that. Museum piece!

Another nifty item was a Russian made receiver from the WW2 era that was produced in WW2 and up through the cold war in great quantities. It was a superhet receiver.



Russian WW2/cold war era military RX

The asking price on this was \$450. ouch!

The Irving Convention center has good a/c. Too good. It was darn chilly inside on Friday – and N4CD was wearing shorts and tee-shirt. Saturday I changed to long pants and a flannel shirt and that was barely enough!. Folks complained about the parking – which quickly filled the 800 car parking garage and hundreds and hundreds more cars were parked on grass 'overflow' lots around the center. Not good. Likely over 4000 hams attended and most came 1 or 2 in a car. They'll have to work on the parking situation for next year. In the past years there has been an outdoor flea market where folks could bring/sell/trade towers and antennas. Not this year. Often it's really been hot with the June sun in the outdoor flea market - brutal at times in a paved lot when the sun was beating down and the temps in the 90s. However, there's no easy way for the larger items to get traded now and those that come with trailers or giant vans have to unload the stuff and haul it 100-500 feet depending where they are in the inside of the building. It's a compromise.

Overall it was pretty good. I sold half of what I brought, only spent a few bucks on miscellaneous stuff, and got to meet county hunters. I found a new Olympus digital voice recorder in the original packaging for \$20 – with computer interface to download files. It can record up to 800 hours! Variable speed playback, too. I bought one ham radio oriented tee-shirt and that was it.

Several hex-beam vendors were there including HexBeam and RadoWavz. RadioWavz sells the Sentinel Hex Beam that covers 20/6m and is the 'classic' design. Turn radius is 10.8 feet. Tex-Hex is sold via Texas Towers. It's locally made. Stainless hardware and high quality design and implementation.

There's a hamfest in OK at the end of July and one in Austin TX in August – otherwise,

hamfest season is over till the fall down here. The big ones are over for the year down this way. Of course, big ones are now going on up north in the 'summer months'.

County Sign Database Project

Progress continues on the County Sign Database Project – with the goal to have pictures of every county in the USA on line. More additions this month were made by:



W0GXQ – Jerry – sent in several from his trip to North Dakota W0GXQ - Rollete ND

Here's one from Dave, KW4M in GA



KW4M – Treutlen, GA

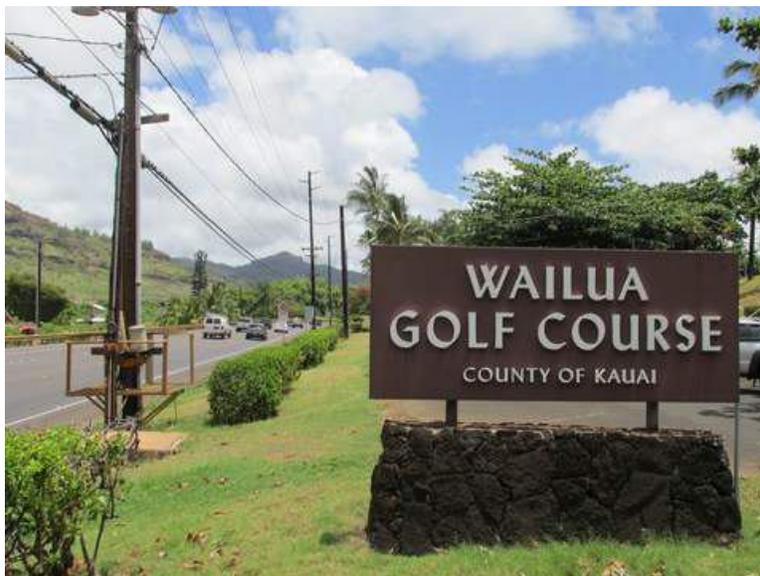


KD8MQ (Mobile) – Courtesy KD8MQ (2015)
KD8MQ – Scotland, NC



Chatham, GA - by K0MAF- Jack

Eddie, G4KHG, sent in another picture from Kauai - where you won't find a 'county line' since it is an island.



G4KHG – Kauai HI

There's now 2830 counties represented. See if you can help finish us off! Not many more to go.

<http://www.charchive.com/cntys.asp>

Peak Oil

BP just came out with its 2015 Statistical Review of World Energy and we wanted to share this summary of what it says about the current state of oil-producing nations and global oil supply.

In reviewing BP's latest Statistic Review of World Energy, the big story for world oil last year was obvious: the USA's third straight record-breaking increase in average annual production. Just over 75% of the net increase in world oil production during 2014 came from the USA; add in Canada and 90% of the total increase came from North America. Throw in Brazil's first significant increase in three years and you have all the world's net gain in world oil production accounted for by three non-OPEC players. Production from all other producers combined was flat. So the question for 2015 is straightforward: will we see a repeat of those gains...and the flat-liners?

The second-biggest oil story from 2014 came at year's end: the oil price crash. While that event came too late to impact production data for 2014, it is already slowing the USA's shale oil train and dominating investment decisions--near- and long-term--throughout the non-OPEC oil sector. The early indication is that the history-making growth rates from North America during 2014 will be significantly reduced during 2015. If so, where might 2015 production growth come from?

In pursuing possible answers to that question, here are three additional trends from BP's Statistical Review of World Energy 2014 to consider going forward:

Production declines related to violence and political upheaval in Libya, Syria and Yemen totaled 521,000 b/day during 2014 on top of 673,000 b/day drop during 2013, with Libya accounting for most of that decline. How likely is a reversal of that trend during 2015? Might production in adjacent nations be impacted?

Russia and China, the world's #2 and #5 producers, together produced nearly 18% of the world's oil. But recently, their annual gains have been shrinking: BP's Review shows Russia's gain during 2014 was 0.6% and China edged up 0.7%.

Iraq and Iran have the potential to make significant production gains going forward. Iraq increased by 144,000 b/day last year, its 9th consecutive annual increase, and BP shows Iran increased a notable 89,000 b/day after declining a total of 848,000 during the two previous years. What are the odds that production from either or both of those two volatile producers will increase as dramatically as some analysts hope and expect?

It appears that 8 of the top 20 producing nations have seen their all-time highs in production. But in a number of these, production is temporarily increasing, with the USA leading the way.

Adding it all up, peak oil appears close but is not yet here, delayed rather than dead (as widely written in the media since 2012), and disguised by the inclusion of natural gas liquids in BP's accounting.

Apart from the three items discussed above, there are upside possibilities (improved application of technology, new discoveries, a retreat from violence, improved energy efficiency, new policy initiatives, etc.) and downside risks (increased violence, geopolitical twists, financial system disruptions, policies, demand destruction, etc.). Despite all the happy talk about "American energy independence," our petroleum future includes a peaking in world oil production, and the adjustments that is likely to require. Put this writer down for a likely (80% odds) peak in oil production between now and 2020.

Source: Peakoil.com

West Virginia QSO Party

Activity was pretty quiet from here for the WV QSO Party. Ed, N8OYY, was busy putting them out on SSB on 20 and 40m. Another mobile, N4JRI, was also busy on 40M SSB.

On CW, I saw one county spotted on CW on 20M.

It was a sleeper from TX with little cw activity heard.

KV8S – fixed WV - 117 cw 35 ssb

This was my last IN State WVQP as I am retiring and relocating to Louisiana soon, will have to participate Out of State from now on.

VERY rough conditions, had to operate between thunderstorms, constantly watching the lightening map, lots of QRN. About like doing Morse Runner with all the interference boxes checked, very challenging.

Tried to work towards the West on 20 with little success and no success on 15. The last hour on 80 was also very bad with static crashes.

Still, enjoyed operating and giving out WV contacts,

WA6KHK – fixed – CA 10 cw 21 ssb - 12 mults

Bad conditions on the west coast. Only one mobile and most of the fixed stations stayed on 40 meters. The west coast was ignored again! Got 2 new counties...down to 38 for all US counties for the second time. WV counties are always hard to get.

WN4AFP - fixed – SC 12 cw 23 ssb 17 mults

Total Score includes 2 QSOs with W8WVA. I relied on 40m to be my band for the WVQP this year. It was tough this year due to stormy weather conditions here and in WV. I want to thank Jeff, N8II QSYing with me for 6 QSOs (40-20-15).

Seems like activity was down from last year. Let's do it again next year! 73's

Dave WN4AFP

KN4Y – fixed – FL 11 cw 5 mults

I was excited I had worked all the CW operators in West Virginia. The below par band performance did not help the cause. I did not hear a mobile station on CW, but then this is West Virginia.

Brain Maker – Dr Perlmutter

As I go through life, you find a few interesting books to read along the way. A recent best seller by Dr Perlmutter (author of Grain Brain – reviewed earlier) is interesting in many ways. He suggests that many common problems are caused by eating the wrong foods, getting too many anti-biotics, and having the wrong gut bacteria. The Standard American diet is not rich in the very foods that provide the correct ratios of digestive micro-flora. He is known world wide for his research into the connection between the 'second brain' – the digestive tract – and the main brain. Lots of interesting stuff in his book including how you can improve your digestion.

From his website:

“Debilitating brain disorders are on the rise—from children diagnosed with autism and ADHD to adults developing dementia at younger ages than ever before. But a medical revolution is underway that can solve this problem: Astonishing new research is revealing that the health of your brain is, to an extraordinary degree, dictated by the state of your microbiome – the vast population of organisms that live in your body and outnumber your own cells ten to one. What’s taking place in your intestines today is determining your risk for any number of brain-related conditions.

In Brain Maker, Dr. Perlmutter explains the potent interplay between intestinal microbes and the brain, describing how the microbiome develops from birth and evolves based on

lifestyle choices, how it can become “sick,” and how nurturing gut health through a few easy strategies can alter your brain’s destiny for the better. With simple dietary recommendations and a highly practical program of six steps to improving gut ecology, Brain Maker opens the door to unprecedented brain health potential.”

<http://www.drperlmutter.com/about/brain-maker-by-david-perlmutter-md/>

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de N4CD – already having switched to a better diet, I found this interesting that he continues on his anti-gluten and anti-sugar theme with further explanations – showing why they are often problematic – and how to revise your diet to include the best things for a healthy well functioning digestive system. I found it worth reading.

I'm trying to be half way between Dr Fuhman's (Eat to Live and Super-Immunity) and Dr Perlmutter's Grain Brain diets – very limited wheat/gluten, cut back on the red meat and reduced portions of other meat/fish and lots of the G-BOMBS – Greens, Beans, Onions, Mushrooms, Berries and Nuts/Seeds. No artificial sweeteners other than Stevia (Truvia) – and near zero sugar. So far so good.

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today in the UK Daily Mail:

“Two or three servings of berries a day can turn excess flab into calorie-burning 'beige fat' - and red wine could have the same effect. The new research suggests diets containing resveratrol - found in most berries and grapes - could help combat obesity.

Scientists at Washington State University in the US gave mice amounts of the chemical equivalent to an adult eating 12 ounces of the fruits a day.

Despite a high-fat diet, the mice gained 40 per cent less weight than animals not given the substance. The research, published in the International Journal of Obesity, showed that the mice were able to change their excess white fat to active 'beige' fat, which reduces weight gain by burning up calories.

Other 'polyphenol' chemicals in fruit may have a similar effect, the academics believe.

Lead researcher Professor Min Du said: 'Polyphenols in fruit, including resveratrol, increase gene expression that enhances the oxidation of dietary fats so the body won't be overloaded. 'They convert white fat into beige fat which burns lipids (fats) off as heat,

helping to keep the body in balance and prevent obesity and metabolic dysfunction.'

He added: 'We are using resveratrol as a representative for all the polyphenols.'

Blueberries, strawberries, raspberries, grapes and apples are especially rich in the compounds, he said. Twelve ounces amounts to about two or three servings.

Red wines such as Merlot or Cabinet Sauvignon are known to contain resveratrol, but at a fraction of the levels found in grapes, Prof Du added.

'Many of the beneficial polyphenols are insoluble and get filtered out during the wine production process,' he said.

Read more: <http://www.dailymail.co.uk/news/article-3133613/Two-three-servings-berries-day-turn-excess-flab-calorie-burning-beige-fat-good-news-drinking-red-wine-count.html#ixzz3dknCZjBy>

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Now 12 oz of the fruits is probably a lot for most – almost 3/4 pound of berries or grapes – but you can easily eat six ounces a day. I put about 12 strawberries and a handful or two of blackberries (frozen one this time of year) into the Vitamix or Blendec high speed blender with almond milk, kale, carrots, a banana to make a delicious drink I enjoy 3 times a day. I make up a batch for 3 meals at a time. Strawberries are anywhere from \$1.20 to \$1.50 a pound this time of year fresh! Fresh blackberries are dear right now but the frozen ones are about \$3 a pound. Bananas are always reasonable and you wait till they get 'freckles' before you eat them!

Sad State of American Health

Obese Americans now outnumber Americans who are merely 'overweight' and black

women are the most obese

There are 67.6 million obese Americans vs. 'only' 65.2 million overweight Americans

Most Americans are obese or overweight with 75 per cent of men and 67 per cent of women

More women are obese than men

The most obese women are African-Americans

Women make up the majority of obese people, with 37 percent obese as opposed to 35 percent of men. However, more men (40 per cent) are considered overweight than women (30 per cent).

Black women had the highest rates of obesity, with 26 percent qualifying as obese. They were followed by Mexican-American women (24 per cent) and non-Hispanic white women (17.58 per cent).

New data from 2007- 2012 indicates that nearly 75 percent of men and 67 percent of women now are overweight or obese, as opposed to a study published in 1999 that estimated 63 percent of men and 55 percent of women age 25 and older were overweight or obese, according to the study, which was conducted at the Washington University School of Medicine in St. Louis.

For the men, Mexican Americans had the highest rate of obesity (24.83 per cent), followed by non-Hispanic whites (23.36 percent) and then black men had lower rates with 21.8 per cent. There wasn't enough information to count Asian-Americans.

'This is a wake up call to implement policies and practices designed to combat overweight and obesity,' said the study's author, Lin Yang.

A BMI between 18.5 and 24.9 is considered normal. Someone with a BMI in the 25-to-29.9 range is considered overweight, and a BMI over 30 means someone is obese. **A minority of Americans have a normal BMI range.**

Obesity can lead to diseases such as diabetes, heart disease, high blood pressure, osteoarthritis and some cancers.

Source: UK Daily Mail 6/23/2015

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De N4CD – wow – what a sad state of affairs. If you are not overweight or obese you are now in the MINORITY!

Awards Issued

Bingo II #34	Percival, KA1JPR	June 7, 2015
BINGO IV #9	Terry, WQ7A	6.9.15,
Mobile Diamond #6	Joyce, N9STL	June 6. 2015

Events for County Hunters

CW Contest - July

Norm, W3DYA, has announced he'll sponsor the annual CW county hunter contest for this year.

From the forum: "I will be managing the County Hunters CW Contest again - 07/25 and 07/26/2015. "

2015 (49TH) COUNTY HUNTERS CW CONTEST
1400Z TO 2400Z JULY 25 AND 1400Z TO 2400Z JULY 26, 2015

The County Hunters CW Net will sponsor this year's contest, mobile and fixed operation from every county in the U.S. is encouraged.

RULES:

Fixed Stations may be worked only once on each band.

U. S. Mobiles may be worked each time they change county or band.

When operating on county lines count one QSO and multiplier for each county.

A station may not operate more than one transmitter at one time.

Spotting is encouraged, including self-spotting by mobiles and fixed stations.

EXCHANGE: (Suggested calling format: CH DE W3DYA/M TX SMITH)

U.S. Stations: RST, state and county. (EX: 599 TX SMITH) All others: RST and "DX".

Use of county abbreviations is preferred for uniformity. These are available as prepared by W0QE at:

<http://www.w0qe.com/CountyAbbrevV34col.pdf>

<http://www.w0qe.com/CountyAbbrevV34col.doc>

SCORING:

1 point for Fixed stations; 15 points for U.S. Mobiles (must activate at least two counties); 5 points for DX.

FINAL SCORE = TOTAL QSO POINTS times unique U.S. COUNTIES WORKED.
For a valid contact, one station must be in a U. S. County.

Mobiles changing states during the contest should calculate their scores for each state and total score.

Total Overall Score must not count a county as a multiplier more than once regardless of the mobile's county or band.

FREQUENCIES: 3.550, 7.050, 14.050, 21.050, 28.050 plus or minus.

Mobiles operate below, fixed Stations above, listed frequencies.

Contacts on an active net are invalid for contest purposes.

AWARDS Certificates: First Place Mobile and fixed in each State. First Place in each DX country (non U.S.).

Note: Canadian operators may qualify for awards separate from other DX if participation justifies it.

Contest Plaques: First place mobile First place Fixed U. S. First place DX (nonU. S.)
First place Canada (if participation justifies awards)

Send completed logs (Cabrillo format accepted, summary not required) and summary sheet by August 31 (this year) to: Norm Beavers W3DYA; 3320 McMillan Dr; Tyler, TX 757018239, or email to: w3dya@juno.com (text or .doc files OK).

NOTE: A summary sheet (3830 format is OK) is all that is required, but detailed logs in any format may be requested. Summary sheet available by email/mail request (SASE not required).

County Hunter 3M - October

3M – Mini in Murphreesboro The MMM will be held in Murfreesboro, TN October 8-11. Hotel will be the Clarion (previously Holidome) at 2227 Old Fort Parkway.

Cracker Barrel next door plus other places for meals. Pets are free... remind them so you get an outside room. Everyone invited.

Reservations at: 615-896-2420 . Friday lunch group at Mary BoBos being planned as well. You do not have to be an Old Timer to attend..... just be a friendly face wanting to meet other kindred spirits and honor Bill Bell... KM4W.... who initiated this meeting and ran it for 25 years.

The 3M folks will gather in Murfreesboro, TN October 8-9-10-11 for several days of world class rag-chewing and eye-ball qso's. We have reserved outside rooms so you can unload direct from your cars to your rooms.... or you may request a second floor and/or interior room if you prefer... all at our same \$80/night rate that includes a super hot buffet breakfast. Note also, they have waived their pet fees... but you MUST have an outside room with a pet.

I have also just learned they have a few special rooms dedicated for smokers if you still enjoy that weed. The Cracker Barrel is located just a 100 yards away as are several other fast food spots.... other restaurants are within a mile or so and the hotel, The CLARION is located just off I-24 in Central Murfreesboro. There is a large interior atrium area with a pool for our social activities and we have the deck and a social room for our pleasure as well. Perhaps we can entice a few of the musically inclined to entertain us once again with their renditions of some songs????

Or how about some full-contact Backgammon???

K5KDG, Steve, is taking the reservations for Mary BoBos which at your choice can include a free visit to the one and only Jack Daniels Distillery and if you golf... bring those sticks along..... maybe we can get Gene, N4ANV to lead us around the course once again???? and the shoppers best save some room for some world class shopping as well...

Info available from KA3DRO, N8EMV. This event is NOT sponsored by MARAC.

Reservations must mention "HAM RADIO 3M Reunion "..... that's the way the group is in their computer and appears the only way their reservations clerk can give the \$80 room rate and outside rooms in our block.... also note... Pet Fee waived for our group.... and to have anyone who prefers a second floor or inside room to mention this to the reservations clerk.... they get our rate, which includes the hot breakfast buffet..

This is open to ALL (OK... almost all !) COUNTY HUNTERS.... Thanks/ 73/Ron

NOTE: Use the term " HAM RADIO 3M REUNION" and this will get you right in to our reservation block. The computer they use is kinda specific ! phone: 615-896-2420

Note2: For those interested in attending the 3m mini this year and want to go to Mary Bobo's on Friday October 9, 2015 this is the telephone number. Area 931-759-7394. Tell the person that answers the phone you are with the Ham Radio Group. We have reservations for 1 P.M. They suggest we arrive before 12:30 P.M. Everyone has always enjoyed Mary Bobo's in the past so should be fun time with lots of great food. Price will be, as of this time, \$20.81 each and the meal is, for our group, set for the 1 PM serving time. Remind them you will be with the Old Time Radio Operators group to be seated with fellow County Hunters.

Hope to see a lot of you there. STEVE AND WILLA K 5 K D G - - -

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MARAC National Convention – Florida – in July - see the MARAC site for info. - - - -

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That's all Folks

