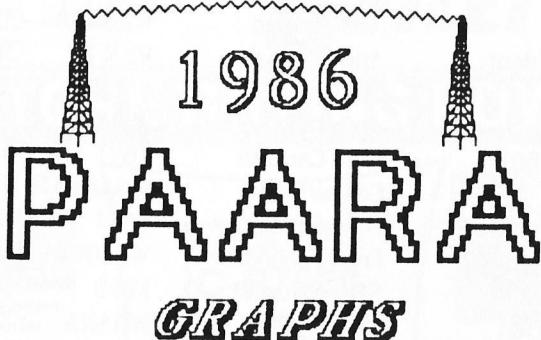


# **ALERT!**

## **Auction Relocated! (Inside for details)**

October



### **Featuring:**

An informative  
Los Altos Sister  
A story of rare  
useful and easy  
using the chip



article on the  
City program.  
DX, building a  
power supply  
LM317 & more!

THE OFFICIAL NEWSLETTER  
OF THE PALO ALTO AMATEUR  
RADIO ASSOCIATION  
AND  
THE MENLO PARK C.D. AMATEUR RADIO CLUB

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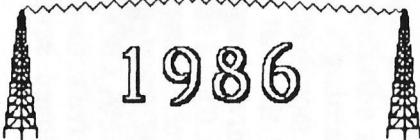
## PAARA Policies

Membership in PAARA is \$6.00 per calender year which includes a subscription to *PAARAGraphs*.

Make payment to the Palo Alto Amateur Radio Association, P.O. Box 911, Menlo Park, CA 94026

Club Net on 147.45 MHz Mondays at 8:30 P.M.

October



## A Reminder:

Repeater W6RPZ has extended the length of its antenna and interference tests and stations with the log sheets and maps used in this test are encouraged to send them in at the new end of the test period, October 7, 1986.

Persons interested in these tests and their results should send a S.A.S.E. to the repeater's proprietor, Rich Stiebel, W6RPZ.

## Speaker of the Month

Mitchel Lee, KB6FPW, will discuss VLF band techniques in his lecture, "1750 Meter Band Techniques".

## Next Month:

PARAAGraphs presents "Cruise Ship Ham" by Club Historian Jerry Zobel, and much MORE!!

## Los Altos Sister City Program

The city of Los Altos has invited Cairns, Australia to be a sister city and we are awaiting their decision. The purpose of the sister city relationship is to encourage cultural and youth exchanges with local families as hosts. I hope we can extend the purpose to radio amateur exchanges and on the air friendships. Cairns has a population of 40,000 and is located 17° south of the Equator on the north east coast of Australia. Their economy is based primarily on tourism, sugar cane, and mining.

The Los Altos Sister Cities Committee meets the last Thursday of the month at 7:30 P.M. in Room 14 of the Hillview Community Center. I have attended the last two meetings and volunteered to establish amateur radio contact with the Cairns Amateur Radio Club, VK4HM. With the help of the Pacific Maritime Net (14.313 MHz, 0500 Z daily) and other hams on both sides of the Pacific, we arranged a weekly schedule with VK4AGZ (Gordon), VK4BPM (Pat, YL), and VK4BAJ (Alan) on 14.322 MHz at 9:30 P.M. local Saturday nights (0430 Zulu, Sunday). So far Los Altos amateurs N6HC, WA6FW, KB6MWC, and WA6LJJ have joined the fun. To date we have exchanged greetings from the two mayors, planned to exchange documents of mutual interest, and enjoyed several trans-Pacific reg checks.

It looks like a great opportunity for Los Altos amateurs to contribute to the Sister City Program and enjoy QSO's with Cairns amateurs. So please join us on Saturday nights for a chat with the hams "down under".

--de WA6LJJ, Jerry, (415) 964-6584

## Rare DX: Rick Henry

I first met Rick Henry, NJ7D, on 40-meters SSB. He was then maritime mobile in Region 2 aboard the U.S. Coast Guard cutter Rush enroute from Alaska to its home port, Alameda. A chief warrant officer, he was also electronics officer on the Rush, responsible for installation and maintenance of all electronic systems aboard from the ships intercom to early-warning and fire-control radar. He had his own ham shack aboard which was located alongside his Commodore computer on the desk in his stateroom. Due to dock at the U.S.C.G. Base in Alameda, the Rush was to attend an open house at Pier 46 in San Francisco with three other Coast Guard ships. I was invited to visit and spent several hours touring the ship, meeting the Captain and several other officers and crewmembers. The Rush is a 378-foot cutter, of the newest and largest class operated by the CG, and is used primarily for offshore enforcement patrol and rescue work. At the time, it had just returned from a year's duty in Alaskan waters, including the Bering Sea and Straits. Rick had been aboard for three months and was due to be detached prior to reassignment as station chief at U.S.C.G. Loran Station at Marcus Island (also known as Minami Torishima). At my invitation, he accompanied me to the May P.A.A.R.A. meeting, where he was introduced and gave a short talk about his upcoming one-year tour as rare DX.

He had already applied for and had been granted a Japanese license (Minami Torishima is a Japanese possession occupied by a Japanese weather station with a staff of 20 people and shared by a 30 man Coast

Guard Loarn contingent.) This last June, Rick commenced his one-year tour taking with him a brand new TS-940 and other gear; he uses a seven-element log periodic antenna erected by one of his predecessors, and for 160 and 80 meters, he uses a dipole strung near his living quarters.

Under the call 7JIACH, he chases DX on all HF bands on both SSB and CW with some time for AMTOR and RTTY. I have had QSO's with him on 14.153 MHz as well as 14.203 MHz SSB. He reports that life on the island, while busy, is not at all what he had expected: the island itself is quite tropical although it is situated well north of the Tropic of Cancer about 1200 miles southeast of Tokyo, all by itself in the western Pacific Ocean.

Rick reports that the only access to the island is by air; there is an all-weather strip, and the two installations are served by weekly flights from Yokota Air Base, near Tokyo. The island itself is triangular, measuring about 3/4 miles on a side.

He usually starts his DX-chasing in the early evening after supper (about midnight California time); he starts on 20-meters SSB (14.203 MHz) at 4 or 5 A.M. our time he moves to 40-meter CW (7.005 MHz descending). Since his reporting date in June he has logged over 6,000 contacts keeping his states-side QSL manager, NG7X, busy. In late December, Rick will be returning to the Bay Area and other West Coast ports on three weeks leave, at the midpoint of his 12-month stint. If his schedule permits, he will attend another P.A.A.R.A. meeting; he says he is working on a slide show about life on the island and rare DX.

1952

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PALO ALTO AMATEUR RADIO ASSOCIATION

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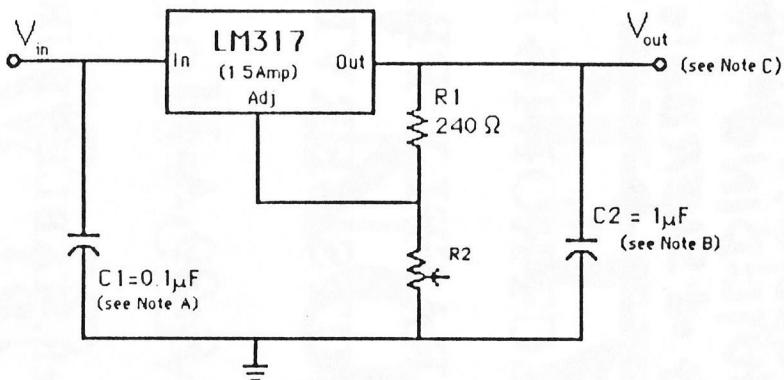
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## Adjustable Voltage Regulator



- Notes:
- A. Use of an input bypass capacitor is recommended if regulator is far from filter capacitors.
  - B. Use of an output capacitor improved transient response, but is optional
  - C. Output voltage is calculated from the equation

$$V_0 = V_{Ref} \left(1 + \frac{R2}{R1}\right)$$

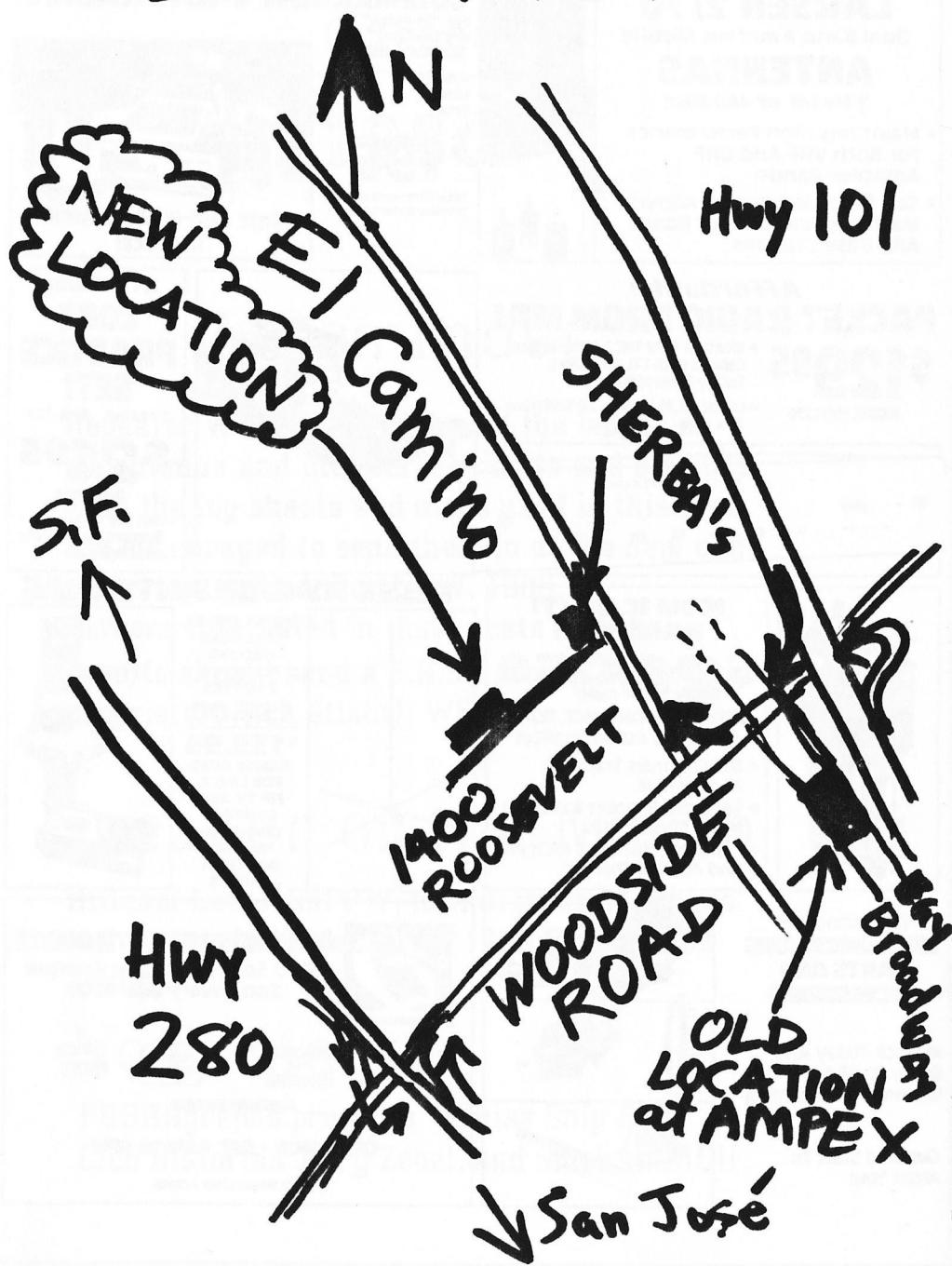
### LM-317 Adjustable Voltage Regulator

The LM317 is a adjustable 3-terminal voltage regulator capable of supplying 1.5 amps from 1.2 to 37 volts. They are extremely simple to use; usable with a simple circuit, & they are thermally protected (almost idiot proof).

I have built a regulator for use as a bench supply, using the LM317 (see Fig. 1), & it has been very useful in testing misc. electronic equipment, since one can easily switch from 1.5, 3, 9, to 12. I especially appreciate the fact that the output can be dead-shorted with no problem -- I am sure this has saved the supply a number of times!

--de KA6NAN (Rob)

# PAARA AUCTION & FLEA MARKET MAP



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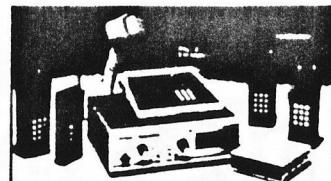
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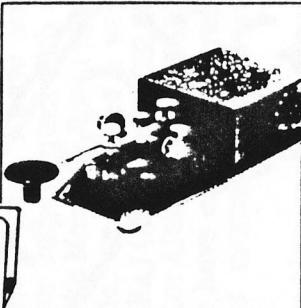


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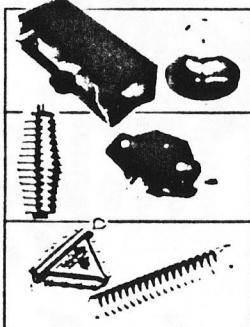
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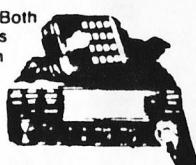
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