

The Hamgram

April 2022



Huntin' season opening

Hunting season is upon us in Winona. We will be pursuing a fox and not just an ordinary fox but a very little, hidden one that gives us hints on where it hides. Instead of guns we'll use our handheld radios.

Details on the hunt and how to hunt are the topic of this month's Winona Amateur Radio Club meeting, 7 p.m. Thursday, April 21, on Zoom. Clare "Sahib" Jarvis, KØNY, will don his pith helmet and guide us on how to hunt and how to prepare for a fox hunt.

All are welcome to the meeting.

Basically, fox hunting is an activity wherein participants use radio direction finding techniques to locate one or more radio transmitters hidden within a designated search area. This activity is most popular among amateur radio enthusiasts, and one organized sport variation is known as amateur radio direction finding.

Winona Amateur Radio Club

Zoom link for meetings:

<https://minnstate.zoom.us/j/3120290434>

Password: WarcBoard



Hams a 'necessity' in emergencies

Amateur radio is a necessity in emergency responses, according to Scott Dakers, W7SGD, Logistics Communications Lead (COML) in the Washington Military Department Emergency Management Division. Speaking to Comm Academy, April 9, Dakers noted that amateur radio is absolutely vital, adding that amateurs must be fully integrated with the EOC. He said many emergency response professionals think "that we're old guys from the past." They haven't learned that if phones and the internet are down then communication is radio.

Headquartered in Seattle, Comm Academy includes training and information on various aspects of emergency communications.

Dakers repeatedly told the group that amateur radio is critically important yet "the guys on computers forget radio; for them everything is digital and radio is a relic."

Planners conducting tabletop exercises have to look beyond typical disasters such earthquakes, volcanos; typhoons, floods, tornadoes and fires and consider random events such as the Dec. 2020 bombing of the Nashville, TN AT&T office that knocked out cellular and digital communications in a several state area for days.

"Our work is important," said Dakers. "We will make a difference." He concludes, "a good ham with field day technology can toss an antenna up over a branch and start conducting emergency communication."

Get in shape or die

Deer hunting is a very dangerous activity, not because of guns involved but because of the unusual exercise by otherwise sedentary hunters.

The same dangers await amateur radio operators at ARRL's annual Field Day event. Old, fat, bald guys go outside, try to set up antennas, drag generators around, scale inclines, climb trees and generally do a lot of physical things they are not prepared to do. Face it, we (that means a lot of us) are not very active and we're getting old. We sit in front of a TV, drink coffee at Anacabes with the guys, drive our vehicles to-and-fro and gain fat as we lose strength.

It's time to shape up or die.

Each year an estimated 350,000 sudden cardiac arrest events occur in the United States out-of-hospital. The survival rate of a sudden cardiac arrest was only 4.7%. Bang! You're dead!

A logical solution is to make yourself healthier to prevent your own heart attack and to learn some first-aid like CPR to help the guy having the heart attack.

First, making yourself healthier: a quick way to lower your risk is what Cardiac Exercise Physiologist Grace Vogt calls "leisure time physical activity." She has suggestions: try active transportation like parking further away from the grocery store so you walk a bit more; stand when you can such as when you're talking on the phone; stretch while doing household tasks like when you're doing dishes after dinner; go on walks with friends; mow the lawn with a walk-behind mower; take the steps, walk to the mail box.



GRACE VOGT

Vogt is preparing for a career helping folks who have had a heart attack but she'd rather work with folks to prevent those attacks and what she calls "reduce the risk of mortality" (death).



A number of club members have suffered cardiac issues and not one of them recommends it. On the other hand, those who are active in one way or another feel better, look better and probably will live longer. And...they are much more useful setting up the Field Day site.

You don't want to meet Justin Donkin professionally. He's also a Cardiac Exercise Physiologist who will try to save you from yourself after your heart surgery. You'll be out of breath just slowly (very, very slowly) walking to his rehab facility and then he'll want you to

get on a treadmill and grind out some time there. All you want to do is go back to bed. What you could've done is eat better and "be active for 30 minutes a day at least five days per week," he says. Donkin has a long list of things

- park further from the grocery store
- stand when you can
- stretch while doing household tasks
- walk with friends
- mow the lawn
- take the steps
- walk to the mail box

you can do that may help, and many suggestions are things you already are doing. Many wives are thrilled if you'd wash some windows, mow the lawn or hang curtains. They all count! Golf (carrying your clubs), dance, easy swim, paint the bedroom or brisk walking are other great ideas. By the way, Donkin and Vogt are wonderful people to meet socially.

Finally, learn CPR and basic life support so you may help fallen Hams. Some club members received CPR training and there may be more opportunities through the Red Cross or American Heart Association training office.



JUSTIN DONKIN

WIN no-show in MNQP

The 2022 Minnesota QSO Party gave some excellent participation numbers, just announced, though WØNE and Winona County entries were non-existent. That was remarkable in view of the Winona club's award-winning efforts in past years.

This year there were 551 logs received, which is down from last year's record number of 624 logs. There were 146 logs from Minnesota Stations, and 405 logs from non-Minnesota stations. All 87 Minnesota counties were activated, although there was only a brief window of opportunity for some of them to be found.

No one was able to work all 87 Minnesota counties again this year. KB9S in neighboring Wisconsin was the closest with 75 counties worked. The last county sweep was in both 2016, and 2017. This may be due to increased overall participation (more competition), and a leveling, or slight decline in the "mega-mobile" efforts



WARC Executive Board (unofficial minutes)

Thursday, April 7, 2022, via Zoom

Board members: Paul Schumacher, KØZYV; Lance Tagliapietra, ADØUT; Harro Hohenner, KG6RLM; Bob Seaquist, W9LSE; Mike Foerster, WØIH; Dan Goltz, WKØW; Clare Jarvis, KØNY. **Guests:** Ron Severson, KD9OHQ; Butch Tom Wilmot, WØMK; John Kowalik, K2OPT; Al Rothering, KFØGTF; Marv Rodvold, AC9TO; Duffy Hohenner, KDØROD.

7:01 **Call to order:** Lance Tagliapietra, ADØUT, vice-president

Introductions: Lance Tagliapietra, ADØUT

Minutes: Bob Seaquist, W9LSE. *Approved*

Treasurer's report: Harro Hohenner, KG6RLM.

Approved.

Balance on 3/31/2022 \$5,593.70

Income:

Dues \$560.00

Expenses:

Keys for tower locks \$12.50

Balance reported by bank \$5,641.20

Paid members 35

Donations

... General \$700.00

... Kenneth Spittler Memorial \$205.00

Budgeted Items

...Budget for Field Day \$280.00

...Annual Holiday Party None Cancelled

...Annual Insurance \$200.00 Due 6/1/2022

...Annual P.O. Box Rental \$166.00 paid 1/25/2022

...Annual Picnic expenses none

...Budget for tower climber \$1,000.00

(re-approved for one year 9/8/2021)

...Budget for internet connection of repeater sites project - paid \$602.69 on 10/21/2020

Witoka/Trustee: Mike Foerster, WØIH. We received an HP Probook 6460b laptop from Ben Kuhn, KUØHN, for Witoka. It will be reliable so there will not be a need to travel there for repairs. The 160M antenna will be removed; not needed during summer. There are plans to go to Rooster Ridge to check things.

Public Service: Dan Goltz, WKØW. There is nothing new to report regarding Ride the Ridges.

In a meeting with county emergency manager Ben Klingler, we discussed Skywarn reporting and Covid procedures. Presently, we will be reporting from the emergency management office. There are many advantages to this, including direct contact with the emergency manager, dispatchers and access

to sirens. It was noted that moving our net control off-premises was very effective during Covid, and can be done again at anytime if access to the emergency managers office should become restricted, or delayed for whatever reason. Access to the building is somewhat restricted at this time due to construction of the new jail. When construction is complete there will be more room available and a reorganization of the current radio room is possible.

The Witoka tower climber issue was discussed. The county is accepting references from other sources before a contract will be let. Work to be done will include re-lamping the tower with LED fixtures and bulbs, checking the circuitry, and arranging for routine maintenance. It was again stated that WARC will be able to piggyback with the office to reduce expenses.

We discussed Skywarn spotter deployment and that we will need some way to prevent overlapping coverage of strategic sites when county fire departments are paged out for spotting assignments.

A new communications trailer has been ordered. We will be consulted about what equipment needs we will have in it. It is planned that the trailer will be dedicated to communications equipment, and will be smaller than the current trailer, but more efficient space use. A pneumatic mast is planned and could be used to raise a VHF/UHF antenna. A television screen with multiple inputs including camera views from the mast is planned, as well as internet access, making amateur TV and Wires-X feasible.

Meeting topics: Lance Tagliapietra, ADØUT. The club will receive a plaque commemorating 75 Years of affiliation with the ARRL to be presented at the June meeting by Dakota Division Director Bill Lippert, ACØW. The April meeting is direction finding presented by Clare Jarvis, KØNY. If he cannot find the club's fox one may be purchased or a Ham could be the fox.

General discussion: There is a need for the club to store equipment and its records such as awards. Presently gear is stored in Russ Marsolek's, NØQK, garage and other materials could be held in a "virtual clubhouse." Harro, KG6RLM, and Duffy, KDØROD, Hohenner suggested there may be a place for a club room and club storage at the Amtrak depot. They will investigate.

Lance reports that Trinona is still not accepting volunteer registration.

The Club may return to in-person meetings at the county office building in May.

Adjourn: 7:52 p.m.





BUSY HAM LES HITTNER, KØBAD, RIGHT, PROVIDES RADIO COMMUNICATION DURING THE 1965 MISSISSIPPI RIVER FLOOD. WINONA'S HAMS WERE LIFELINES DURING THE FLOOD. THE WINONA AMATEUR RADIO CLUB HAS A LONG, FINE HISTORY OF AIDING THE COMMUNITY DURING ITS 75 YEARS OF AFFILIATION WITH THE ARRL.

Skywarn training April 27

Skywarn spotters provide ground-truth information serving as a critical link for the National Weather Service.

Skywarn training for storm spotters is being scheduled for virtual as well as in-person sessions. They are free of charge and open to all.

- April 19, 6:30 p.m., Virtual
- **April 27, 6:30 p.m. Winona County Historical Society, 160 Johnson St, Winona**

ARRL digital contest

Amateurs worldwide contact and exchange QSO information with other amateurs using any digital mode that supports the 4-digit Grid Square exchange — attended operation only -- on the 160, 80, 40, 20, 15, 10 and 6 meter bands. Any station may work any other station. Stations may only be worked once per band, regardless of mode. Automated operation is not permitted. The contest is scheduled for June 4-5.

Winona Amateur Radio Club, Inc. P.O. Box 1451, Winona, MN 55987

WØNE Repeaters

146.640 PL 100.0 Hz *

146.835 PL 131.8 Hz ** FM Voice C4FM Digital

444.225 PL 100.0Hz FM Voice C4FM Digital

442.150 PL 100.0 Hz. FM Voice C4FM Digital

* SkyWarn Net when activated.

** Sundav Nisht Net—8:30 p.m.

Winona Amateur Radio club meetings are 7 p.m., third Thursday of the month on Zoom video conferencing. The monthly program is open to the public. (<https://minnstate.zoom.us/j/3120290434>

Password: WarcBoard)



President: Paul Schumacher, KØZYV, pschumacher@winona.edu

Vice President: Lance Tagliapietra, ADØUT, lancetag@hbci.com

Treasurer: Harro Hohenner, KG6RLM, Harro@hohenner.com

Secretary: Bob Seaquist, W9LSE, seaquist.robe@eagle.uwlax.edu

Custodian: Mike Foerster, WØIH, mchlfrstr@gmail.com

At Large: Dan Goltz, WKØW; Clare Jarvis, KØNY

Dues: \$30 per calendar year per license holder. \$35 per calendar year for all licensed members of the same family within the same household.

Send dues to: Treasurer, P.O. Box 1451, Winona, MN 55987

The Hamgram is published monthly by The Winona Amateur Radio Club, Inc. Distribution is via e-mail and the WØNE.org Web site. Distribution to individual members by USPS is available upon request. Editor: Bob Seaquist, W9LSE. Address comments and Hamgram correspondence to: Bob Seaquist, W5735 Woodhollow Rd., Holmen, WI 54636 or seaquist.robe@eagle.uwlax.edu Monthly club programs are held on the third Thursday. The submission deadline for the Hamgram is Wednesday of the week prior to that of the club programs.