



# CAPERS Feb 2008

**Candlewood Amateur Radio Association - Post Office Box 3441 - Danbury, CT**

Visit us on the Web at <http://www.danbury.org/cara>

**President – Frank Etzler – N8WXQ - phone - 860-350-3523**  
**Vice President – Harlan Ford – KB1ILY – phone- 203-798-8096**  
**Secretary – John Ahle – W1JMA – Phone – 203-438-6782**  
**Treasurer – Bill Webb – W1AFX - phone - 203-775-0536**



**Meeting: Friday, Feb 8 at 8 p.m.**

## Message From the President

Last month's square dance was enjoyed by all. Special thanks to those who stayed to the bitter end. (You know who you are.) The QSL card sort is an appreciated service to our fellow hams.



Also, thanks to those who have paid their dues.

At this month's meeting George K2ZZ of Radio-Oasis will be discussing new items in his inventory. If you would like George to bring items from his shop, I am sure he would be delighted to bring them.

I notice that Rich W2VU, the editor of *CQ Magazine* has been busy. His editorial in *Popular Communication* (Feb. 2008) that compares shortwave broadcasting to Internet and satellite broadcasting is particularly interesting. Shortwave broadcasting is unique in that it cannot be easily censored. There can be no such thing as the former Radio Free Europe via the Internet.

*CQ* ( Feb. 2008) features an interview with Vice Admiral John Scott Redd (Ret.), KØDQ. Admiral Redd, an avid contester, discusses the role of amateur radio in his professional career. Ham Radio educators and young radio amateurs will particularly enjoy Admiral Redd's thoughtful comments on the importance of amateur radio to personal growth and national security.



There has been some interesting DX and good DX propagation on the low bands. I hope you find some good catches on the CW and digital sub-bands.

I look forward to seeing each of you at the meeting.

**73 de Frank, N8WXQ**

### **CARA Meeting Minutes Friday January 11, 2008**

The January meeting was called to order at 8pm by Frank, N8WXQ, President. The minutes from the December work meeting were accepted as printed in the Capers. There were no December business meeting since it was the holiday party.

The Treasurer, Bill, W1AFX, stated that there was \$8,686 in the treasury. January is dues collection month and to date 16 members have paid.

Frank presented Martha and Don



Babbitt a gift from the Club. The gift is for their new station in upstate NY where both will be retiring to. The Babbitts have been a great source of new hams through their efforts in the Newtown School system. Don reported that all the kids that have gone through the program are achieving honors or high honors in their regular studies.

Frank reported on the recent meeting of club Presidents with the ARRL leadership in Springfield, Massachusetts. Based on Frank's assessment, CARA is doing well compared to other clubs. He did mention that the wouff hong would be back at the Boxboro hamvention this August.

The meeting program is on QSL card sorting. Frank gave a short presentation on DX QSL's, and the incoming and outgoing bureaus. The next several hours were spent sorting cards.

Respectfully submitted,

John M. Ahle, W1JMA Secretary

### **CARA Work Meeting Minutes Friday 1/25/08**

The meeting was called to order at 8pm. Frank Etzler, N8WXQ, was presiding. The meeting had 15 attendees.

- The Secretary and Treasurer reported on the status of the dues collection process. Continued efforts will be made to contact those members that have not paid as of yet. Through this process 3 members have returned to dues paying status from prior periods.
- Frank further reported on the meeting he attended in early January. One thing that came out of this regional ARRL meeting is that membership in ARRL is growing.
- Hamfest update. It was decided to charge the following rates at this years event:
  - General Admission \$6
  - Tables inside \$15
  - Tailgating \$10

- Raffle will be for a mobile 2m radio and the ticket price will be \$5
  - There was discussion on the 3 seminars that will be presented. See CARA website for details
- CARA Badges: Gene KL7CE has requested that any member who would like a badge with a new photo to email him a jpeg photo. New badges with the revised logo will be distributed in March. New photo's should be sent to Gene by the end of February. [KI7ce@arrl.net](mailto:KI7ce@arrl.net).
- CARA apparel: There was a discussion on CARA apparel and sourcing the apparel from the Parent shop, Stadri Emblems in Woodstock, NY or Custom Ink. W1JMA will look into this.
- Field Day update: The site has been secured. John and Oscar are co-chairing the event again.
  - 2a classification
  - Two internal teams to be made. Dan W1QK and Frank N8WXQ will be captains.
  - The score for each team will be determined as follows: 1 pt for each qso multiplied by the number of hours on the air (max 24).
  - W1JMA is the equipment, antenna and computer chair.
  - Field Day is June 28/29
- New England QSO party is in May. Frank arranging with ARRL for operating times
- Repeater Committee update:
  - We need to see if any member has contact at either of the following sites
    - Algonquin Gas
    - American Tower in New Fairfield
    - New Fairfield Town Tower
  - If we can relocate to one of these sites, access will improve along with functionality with little coverage loss
- Contesting book available online at Lulu.com. The book is written by K1TTT and is \$5 for the PDF version. This is a great how-to book on setting up a contest station.

The meeting was closed at 10 pm.  
-- W1JMA Secretary

**REMINDER:** All members are invited to attend and participate in the monthly CARA Planning Meeting—generally the fourth Friday of each Month, 8 p.m., at the Stony Hill Fire Station.

## Nets

*CARA Weekly Net:* Sunday nights at 7:30 p.m. 147.30+ ( PL 100)

*Connecticut Phone Net (CPN)* Monday through Saturday, 6 p.m., on 3.973 and Sundays at 10 a.m. on 3.965...

*CW Connecticut Net, Nightly,* at 7 p.m. on 3.640. "Newbie Night" Thursdays.

*WestConn Net:* Nightly at 8:30 p.m. 147.18+ (PL 114.8)

*Tips Net:* Tuesday evenings at 7:30 p.m. on 146.73- (PL77) (linked statewide).

*R-Com Weekly Net:* 145.47- ( PL100) Thursday Evenings, 8 p.m.

*ConnARES Local VHF Net (now part of Area 5) :* Second Monday of each month, 8 p.m. on CARA repeater: 147.30+ (PL 100)

*Conn ARES Issues Net::* 3.965 MHz +/- on Thursdays @ approx. 6:15 p.m. (following CT Phone Net.)

*Note: The CT Phone Net generally moves to 3.973 to avoid ongoing early evening interference from a short wave operator on 3.965. Continue to check 3.965 for the CT Phone Net and for emergency ARES traffic, but be prepared to go to 3.973 in the event of interference.)*

**Please take a few minutes to print the attached dues form in this month's CAPERS and pay your 2008 dues.**

**Thanks to those who already paid their 2008 dues!**

## Winter Survival Tips

*The following article on winter survival tips, written from a woman's perspective after two of her relatives were caught in a winter storm, was submitted by Pete KZ1Z. It contains food for thought that any one of us stranded under similar circumstances could benefit from. -Ed.*

We often have discussions on Go-Kits. What to put in them? What seasonal changes would you make? ... This article caught my attention as the concepts could be applied not only to the average person living in the north, but also to MacGyver-type ham responders, if stuck in the snow on the way to an activation. Happy reading, -- Pete, KZ1Z

**“Winter Survival** A few years ago, my niece and her husband went for a mountain drive on a winter's day. Their car broke down on a remote snow-covered road, and it was two days until they were found. Under this scenario, the ordinary things they found in their car became things of extraordinary value. Sometimes it's the everyday things that save lives or help us avoid tragedy during a crisis. Whether stranded in the snow, by a heat wave, power outage, hurricane, or by the simple cancellation of our return flight from abroad - we need to take a new look at the items we commonly have in our possession for their possible value in our emergency. As an example, let's talk about some items we could use if we were stuck like my niece on a cold winter's day. The first thing to do is to assess the items you have in your possession that will help in your battle to survive. Search the trunk, your purse, luggage, pockets, under the hood, storage compartments and even the parts of the car itself, for things that will help. Let's begin by emptying pockets, purses, backpacks, briefcases. Have we got a cell phone that works? Do we know our true location? Have

we got a map? Can we see a populated area from where we are? Is there any traffic in the area that can be seen or heard? If we can answer "Yes" to any of these questions,



help may be not far away. If "No" to all these questions, then you may need to prepare for a long wait.



**Mirror** A great signaling device. Not only a makeup mirror but also the rear-view or side mirrors on your car. Rip one off and use it to signal when you hear aircraft (obviously, you need direct sunlight in this situation). If you are leaving your car, take a mirror with you.

**Hard Candy, Gum and Mints** These should be grouped together and used sparingly, especially if you have no other food. All of these will help to keep you feeling hydrated as they encourage production of saliva. I read a few years ago about an elderly woman whose car went off an embankment and was unnoticed for several days. She stayed hydrated by sucking on a button. Gum can also be chewed and use to attach a Mylar blanket to the top of the car as a signal, or to the inside of a door to cut down drafts.

**Petroleum Jelly** Often used as a lip balm, and can be used to start a fire. Rub on another flammable material and light it with

a match or the car's cigarette lighter. It can also be rubbed on the door gaskets to help stop drafts.

**Lipstick** Great for writing a message on the window of a car if you are leaving the car. However, leaving the car is not a good idea unless you know exactly where you are going and are sure of the walking distance, or the car is in danger because of a gas leak. Because of the wax and oils in lipstick, it is also good to help start a fire. Just rub some on a flammable material, and light.

**Checks** Checks, store receipts, gas station receipts and all the other miscellaneous papers we carry around are great to crumple up to start a fire. Make sure you apply the lipstick or petroleum jelly to crumpled paper and it will burn longer, giving you time to add other kindling to get a real fire going. See the Boy Scout Handbook for more fire starting ideas.

**Feminine Products** These are a useful item to add to that small fire you have started. Remember adding the lipstick and petroleum jelly will increase the time they will burn. Feminine pads can be burned, but are also valuable first aid compresses for an injury.

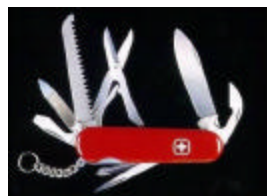


**Other Fire Starters** If you happen to have these items, they are also great to help start a fire: cotton balls, cotton swabs, paper towels, newspapers, cardboard.

**Keys** Keys can be used to pry bark from a tree to start a fire, cut the upholstery on your car seats and to carve a mark on a tree to mark your path as a guide to return to your car.



**Knife** Great if you have one. Everyone in our family carries a small Swiss knife on our key chains. Just remember to remove the knife before you fly, or TSA will confiscate it.



**Pencils, Rulers, Wooden Toys, and Everything Wooden** These make great kindling once you have a small fire started. Search outside the vehicle too for dry wood scraps and any flammable material that can be used to build a fire.

**Hair Spray, Cologne and Perfume** These products contain alcohol and will aid in fueling a small fire.

**Prescription Glasses** Do you remember as a kid starting a leaf on fire with a magnifying glass? Prescription eye glasses will accomplish the same thing.

**Credit Cards** These make great ice scrapers. Be sure to wear gloves or a plastic bag on your hands to minimize getting wet.

**Purse** If you are caught without a hat, find something else to wear on your head. Even your purse - really. Forty to fifty percent of your body heat is lost through your uncovered head. Keep it covered in cold weather survival situations. If you are in your car and your feet are cold, slip them into your purse or tote bag. It will help to contain and maintain the temperature, and after a few minutes the temperature inside the bag will increase. You may feel silly but you will stay warmer. This can be a great "game" if you have kids with you - who can look the silliest. If you have a very brightly colored purse and no other materials to do the job, hang your purse on the radio antenna or door handle or place in the rear

window. Bright colors can be seen for long distances by rescuers. Backpacks also work great!

### Now for the car ...

**Floor Mats** Floor mats are great insulators. You can wear a floor mat under your clothing for added warmth. Prop it against the bottom of a door to help eliminate drafts. Put it under you if you need to change a tire. Remember, we want to avoid getting wet at all costs to survive a winter emergency. You can also use a floor mat under your tires to create traction, if being stuck is the cause of your problem.



**Wheel Covers** A "hub cap," or wheel cover as they are called now, can be an important tool. Use it as a shovel to make a path for a car that is stuck, clear the snow from behind the exhaust pipe, or to build a snow cave. Use it as a fire ring to hold a small fire. Wash it out well with some snow and use it to melt snow to drink. If your engine runs, you will want to run your car for ten minutes every hour to warm up the car. Fill a hub cap with snow and place on the engine as you run your car. It will melt and heat the snow. Be careful when removing it as it will be hot. Remember you have four of these!

**Sun Visors** These are great for use as a signaling device but also as a scraper to remove the snow from your car. Removing the snow from your car will make it more visible to rescuers, even if you have a white car. Remove the snow regularly, because

the car will reflect search lights and snow on the car may look like just more snow.

**CDs and DVDs** Take them out of the players and use them to signal, like a mirror. They also make great reflectors if you are pulled to the side of the road and want to be seen by oncoming traffic.



**Seats** Upholstery foam can be used as an insulator. Use your knife or key to cut a hole in the seat and remove what is needed.

**Oil, Antifreeze and Gasoline** If you have engine oil in the trunk, be prepared to help search aircraft find you. Place some oil in one of your hub caps. Use a small amount of gasoline and ignite. The smoke will be



seen for miles. To remove gasoline from your tank, tie a rag to a coat hanger or dip stick and carefully lower into the gas tank. Even the small amount of gasoline on the sides of the pipe will be enough to ignite and help start a fire. Naturally, you will want to use all these materials away from your car. The coolant in your radiator cannot, repeat, CANNOT, be used for drinking. Antifreeze will kill you! Antifreeze is ethylene glycol. If you have a jug of 100% antifreeze, it can be a fuel for a signal fire; it has a much higher flash point than gasoline, and a much lower flash point (minimum ignition temperature) than engine oil.

**The Horn** Don't forget your best signaling device. The universal signal for help is a long blast either from a whistle, horn or as a last resort, your voice. Sound it long, follow by a short pause and then another long blast, and then a third. *(to which I add the SOS technique. That, in my view would be more readily understood - KZ1Z)*

**Newspapers and Magazines** These are not only great for fuel, but also for insulation. When my children were young I was asked to train as a counselor for girls' camp. At the time this involved a two-day hike and night in the great outdoors. Boy, did we pick the wrong week. As we got our little two-man tents up, down came the rain and up came the wind - and then there was lightning and thunder. It was a really frightening night. As we lay awake in our tent watching it sway, we got little sleep. When we ventured out in the morning, we discovered some of the women had taken refuge in a car. They froze - while we were nice and warm. The difference? We were on the ground, and they were in a car with the cold winds blowing not only around them but also under them. I learned the lesson. When you are in a car, you need to keep in as much heat as possible and prevent cold air from coming in. That means insulating the floor. Newspapers and magazines are a great insulator. Layer them on the floor and then cover with any extra clothing, rags or blankets. Search out all the empty backpacks, clothing, or paper grocery bags you may have in the car.

**Umbrellas** Most of us have an umbrella in the trunk. If not, get one. If you are stranded in your car, it is important to keep a window open slightly, especially when the engine is running. This window should always be one that is downwind. This may not always be possible because during a storm the winds may be blowing. If this is the case, open the



window slightly, slip the handle of the umbrella out the window, and open the umbrella. Pull the umbrella tightly against the car and close the window. The small space that remains will support the umbrella and will also provide air circulation. The umbrella will prevent cold gusts and snow from being blown into the car while allowing air to circulate, thus preventing carbon monoxide poisoning. Try to choose a window that is upwind from the path of the exhaust when the engine is running. Umbrellas can also be used to shield a fire from wind gusts until it can become established. When building a snow cave or other shelter, an umbrella can be used to "seal" the doorway. In the case of a leaky roof in your snow cave, an umbrella opened inside may protect you from getting wet. Again, don't leave the shelter of your car if it is possible to stay safely there. If you do leave, leave a message on the car with your



location or direction of travel. But generally, do as Scouts do. They are taught to hug a tree if they become lost. The same wisdom applies here - stay in your car or you may not be found by your rescuers.

**Luggage** What's in the luggage? If you have been headed out on vacation, you will have luggage in the trunk. Carefully plan what you will need to retrieve from that luggage so you only have to leave the vehicle once to fetch it. Hard-sided luggage can be used to provide shelter or a

windbreak. Soft-sided luggage can be placed on the floor to provide insulation.

**Food and Drink** Food and drinks should all be brought into the passenger space because they will be valuable and needed. In the trunk, drinks may freeze.



**Clothing** Clothing should be a top priority, but only the right clothing. Any sweater, long-sleeve shirt, long pants, coats, scarves and mittens are absolute necessities. Remember you will remain warmer in loose fitting layers because the air trapped between layers will warm up and thus keep you warmer. In addition to these items, be sure to get all the socks. If your socks become wet, they should be changed



immediately. Socks should also be layered for warmth and they make great mittens. You may feel you won't need all that clothing and couldn't possibly wear it all, but it can be used as a blanket, pillow, or to place on the floor over the newspaper you have put down to provide more insulation from drafts. Try rolling some clothing and placing it at the base of the windshield and rear window to cut down drafts.

**Summary** My niece and her husband were found safe and in time. It was a humbling experience for the whole family, but a close call. The first step if stranded in snow on a lonely road is to assess what things are available, then to plan for ways to protect ourselves and family from the elements, provide something to drink and eat if possible, clothe ourselves to stay dry and warm, maintain clean air to breathe, find a way to signal our location to searchers, and never to go anywhere without leaving a message for rescuers with details of our plan. Better yet, stay put until help arrives.

Hopefully, we are working to be prepared for emergencies. Prepared in our homes, prepared in our cars, prepared at work, and while traveling by air. But there are lots of exceptions when all our best plans and intentions are out of reach, or when we may have trusted our safety to others. In such situations, we have to look around us at what is available, and apply those things to solving our situation. Remember the adventure series "MacGyver"? There was no situation he could not resolve with the ordinary stuff at hand."

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# CARA

Candlewood Amateur Radio Association  
P.O. Box 3441  
Danbury CT 06813

## Membership Application

Name: \_\_\_\_\_ Call: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP: \_\_\_\_\_

Class: \_\_\_\_\_ Phone: \_\_\_\_\_ VE: \_\_\_\_\_ ARRL: \_\_\_\_\_ Email Capers: \_\_x\_\_

e-mail \_\_\_\_\_

### Dues:

Associate Member (non-ham)	\$15	_____
Full Member	\$30	_____
Senior/Student (>65yrs/<18 yrs)	\$23.50	_____
Family (2 members)	\$52.50	_____
Family (3 members)	\$65.00	_____
Family (4 members)	\$75.00*	_____

\* additional members @ \$10 each \_\_\_\_\_

**TOTAL** \_\_\_\_\_

### Send Dues to:

John M. Ahle W1JMA  
120 Fire Hill Road  
Ridgefield, CT 06877  
w1jma@aol.com