



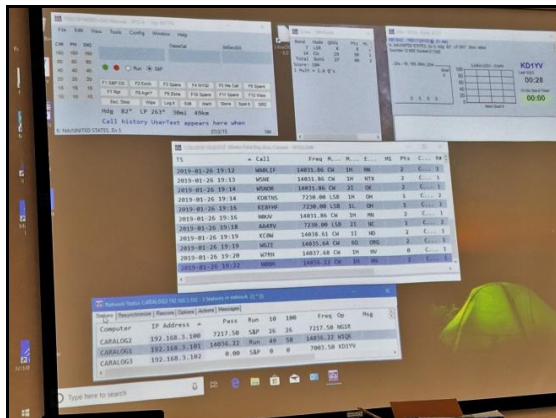
Capers



February - 2019

The Monthly Newsletter of The Candlewood Amateur Radio Association
P.O. Box 741 – Hawleyville, CT 06440-0741
Visit us on the Web at <http://www.CaraRadioClub.org>

Next CARA Meeting:
Friday, February 8 - Stony Hill Fire Station, Rte. 6. Bethel, CT



Doors open at 7:30 for socializing and conversation. Meeting begins at 8:00 p.m.

Agenda:

- **Pledge of Allegiance**
- **Reading of Minutes from last meeting – N1GSA**
- **Treasurer's report – WX1T**
- **Repeater Committee Report**
- **Old Business**
- **Winter Field Day Wrap up – W1QH, KC1IBR, W1NSK**
- **CARA Go-Kit Project update – W1QH**
- **ARRL June Field Day Preparations - Need committee chair**
- **Hamfest report - W1JGM**
- **New Business**
- **Short Presentation**
- **Adjourn**

President's Message - de AB1WV



All,

I have been very busy with my girls' activities. Tori says "Thank You" to all of you that bought Girl Scout Cookies from her at our Winter Field Day event.

Speaking of Winter Field Day, we had a fine time of working some contacts and socializing over the two days of prep, operations, and tear down. Everything went fairly smoothly, except for some noise we encountered for part of the time. That, and the fact that WFD is still a new event with less participation, meant we had to really work for our contacts. I look forward to the report from our WFD Committee. They did a bang-up job of putting it on.

This month, we will start discussing work on Field Day. We still need a committee chair for FD so think about it and see if it is something that you would like to tackle. There are plenty of people willing to help, but if we don't have a leader, FD can't be a success.

We also have a few other business items to address as well, so I hope to see you all there. Our club only works when we all work together.

Marcus
AB1WV

Vice-President's Message de N1NRP



Greetings CARA Members and Friends of CARA:

I'm sorry that I couldn't make it to Winter Field Day, but I understand that the club had a good time. I'm very pleased that we participated in this event as a club. With two stations set up, there was ample opportunity for members to participate in the 2 – Indoor category again.

I'd like to thank all the members who renewed their dues on time. For those of you who have not done so yet, there's still time, but according to our Policies and Procedures, I'm sorry to say that you'll be deleted from the active CARA member roster after the grace period expires.

Remember, besides financially supporting the club - its repeaters & events, the benefits of annual CARA membership includes use of the CARA Reflector, and your subscription to the CARA Capers monthly newsletter.

I sincerely don't want to see that happen, so - IF anyone is having trouble making the payment, please contact our President, Marcus – AB1WV, and he'll make arrangements for you to stay active.

There are three ways you can pay:

1. In person via cash or check at the next meeting.
2. Mail a check to the club address listed on the CARA website.
3. Visit the CARA web site and follow the steps to pay your dues via pay pal.

From what I've heard, I believe that 2019 is going to be a good CARA club year, but I'm sad to say that I won't be participating too much this year.

I was recently in the hospital for 20 days, which took a toll on my body - and now I'm mostly confined to a wheel chair.

Also - my speech is gone. ALS certainly is no fun.

Please - old members and new members; step up to the plate.

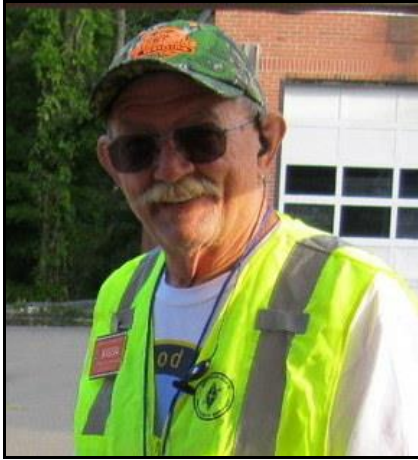
Use your imagination and continue to advance CARA's mission:

“Our purpose is to encourage and further the exchange of information and cooperation amongst our members and interested parties; to promote amateur radio knowledge, fellowship and individual operating efficiency; to support emergency communications whenever possible, and to operate in the interest and welfare of Amateur Radio and the community.”

Your participation will ensure CARA's continued success as one of the longest established amateur radio clubs in Connecticut and the Greater Danbury area – making it both educational and fun.

73 – Jay, N1NRP

January 11 CARA Meeting Minutes de N1GSA



Meeting called to order at 8:00pm by Pres.
Marcus Swearingen

Pledge of Allegiance was recited.

Minutes of the last meeting were read and
accepted with one correction.

Treasurer reported a balance of \$5088.07

Winter Field Day will be held with one station,
at the moment. A Sign-up sheet is online. All are
encouraged to sign up. There are many time
slots still open. Motion for the purchase of food,
for this event, not to exceed \$200 was made,
seconded and passed. There will be an antenna
party to meet at Costco food court at 12:30 and
at the Stony Hill Firehouse at 1:30 to set the
ropes for antennas.

Harlan is working to determine the size of the
box required to house the Go-Kit.

A plaque was read, stating that the name of Jay
Albano will be inscribed on the DISCOSAT-1
satellite to be launched in 2021. This was from
the Bridgeport Radio Club.



Bud brought up about the NAQP-CW is this
weekend with the SSB event the following
weekend.

John, W1JGM, will once again be Hamfest
Chairman with Marcus as his Assistant.

The Repeater Committee is planning to meet in
the next couple weeks to formulate a schedule
for upcoming work to be done.

John Ahle – W1JMA, and Bud Kosloff – W1NSK,
attended the Ham Radio University on Long
Island. There were many seminars with various
topics going on.

A short refresher about the Card Sort
preceded our annual Card Sort Square Dance.

Meeting adjourned at 8:40 and the Card Sort
began

Respectfully Submitted:

Gary S. Adams, N1GSA - Secretary

CARA January 25 Planning Meeting Minutes

de N1GSA

Meeting called to order at 8:00 pm by Marcus Swearingen Pres.

Marcus mentioned that Jay would like to lessen his duties regarding the club. His health is not allowing him to keep up with these duties. We need to be sure that our paperwork is filed in a timely fashion for the 501(c)3. There are also annual reports that must be filed with the CT Secretary of State. Marcus will meet with Jay to go over these reports.

Winter Field Day was discussed. Ground Rods will need to be installed. John – W1JGM, will bring extra wire for these. Both antennas have coax on them, but barrel connectors will be needed to continue the run to the radio. The windows were opened without problem. We will need a power cord from the generator to the Power Supplies. Tom will bring a coffee pot to use. We do have a \$200 budget to use for food during this event. There is a 20-meter half square which has fine SWR. The OCF could have SWR problems depending on the band.

Next meeting agenda:

- Winter Field Day wrap-up.
- Harlan should have a progress report on the Go-Kit
- Call out for Field Day Committee – Chairman, Set-up, Tear down, etc.
- John has started work on Hamfest preparations.
- N1MM refresher could be helpful as a future program. There are legions of capabilities in this program that many do not use or do not know how to use.

Respectfully Submitted:

Gary S Adams, N1GSA - Secretary

CARA 2019 WFD committee meeting Friday, Jan. 4 - Danbury EOC.

de W1QK

Attendees:

WX1T, W1QH, W1QK, NG1R, W1NSK, W1JMA, KC1IBR.

Summary:

CARA WFD will be held at the SHFD on Saturday, Jan. 26 and Sunday, Jan. 27.

Two stations are being planned.

Networked laptops running N1MM+.

Antenna ropes to be installed at SHFD on Jan. 12 – WX permitting.

Antennas and rope will be picked up at the Bethel EOC.

KC1IBR has prepared a Sign-up Genius (like FD 2018) for operator shifts, set-up and tear-down crews. (Sent to the CARA Reflector)

Subs and pizza was discussed.

W1QH is the contact person for planning, communications, and coordination.

Follow up details at this month's CARA meeting.



Last month's meeting activity:

W1-QSL Bureau QSL Card – incoming pre-sort.

Pizza and beverages enjoyed by all present.

Photo Credits – WA1JGA



Link: <http://www.w1qsl.org/>

W1- QSL Bureau

*** We are an Incoming Bureau. We only process cards coming into the W1 call area.**

Click [here](#) to manage or add funds to your account.

[Online tool](#) to check your account status. Available for most sort letters.

Our mailing address is:

W1 QSL Bureau

PO Box 73

Marlborough, MA 01752-0073

73 and Good DX from the W1 QSL Bureau Staff!

[W1 QSL Bureau Information Sheet](#)

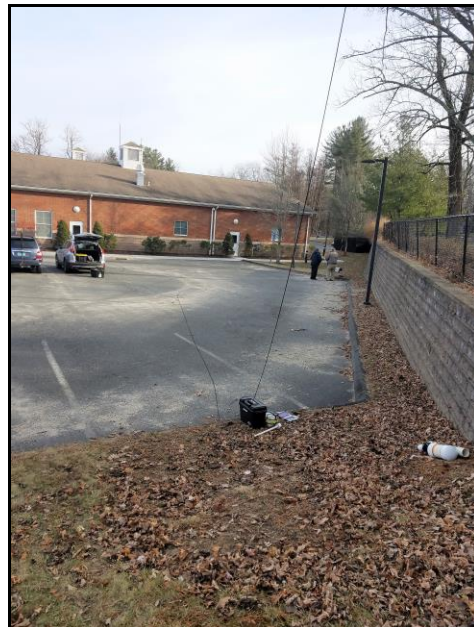


CARA is an ARRL- designated
Special Service Club



W1QI - Winter Field Day at Stony Hill Fire Dept.

Photo credits: KC1IBR, WA1JGA, W1QK



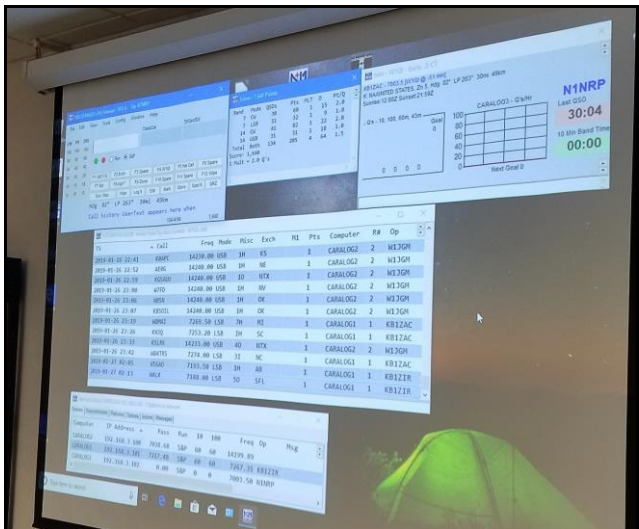


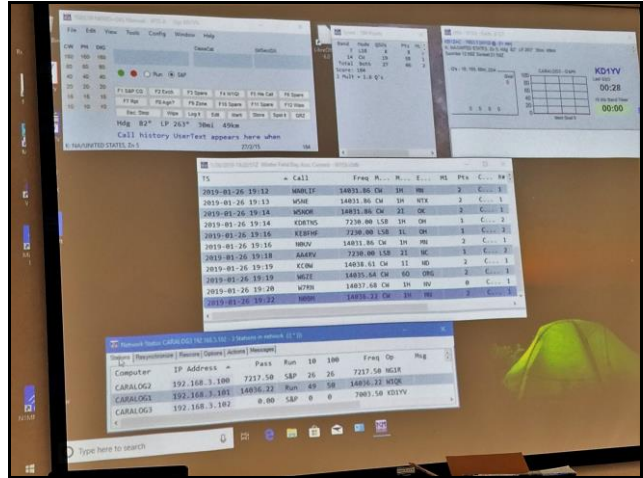
KC1IBR: "As a relatively new Ham... I found it valuable to have exposure once again to the antenna launch/deployment, contact strategies, N1MM+ logging, and the techniques of more savvy operators in action".





They call this Wireless?





How we do it?



Homebrew 4-button DVK control box for IC-756 Pro III

Charlie also praised W1QH and the efforts with respect to the linked computers running N1MM: "The wall projection of the N1MM computers and summary chart gave real-time updates to the "off-duty" operators who were gathered together at the chat table. Even while having coffee and donuts, we were connected to the event via the screens". – KC1IBR



CARA Winter Field Day Crew "Chat Table"



CW
Operator
WA1JGA
Dave
Coelho



Participants: AB1WV, WX1T, KC1IBR,
W1JGM, W1QH, W1QK, KB1ZAC, KB1ZIR,
KD1YV, W1JMA, NG1R, W1NSK,
WA1JGA, N1RV, W2ROS.



From the YCCC Reflector:

Re: Protecting Yagis from ice buildup?

From: Alan Dove

Date: Tue, 22 Jan 2019 07:12:18 EST

Hey, folks:

There's an enormous body of research on icing of metal surfaces in wind, as it's a huge problem in aviation. One clear result is that thin protrusions with wind blowing across their axes ice up fastest. On airplanes, thermometer probes and wing struts are often the first parts to accumulate ice. Broader surfaces such as wings take a bit longer. Thin protrusions with their axes aligned with the apparent wind, such as pitot tubes, are somewhere in between.

Under the conditions that kill ham antennas, though, the difference may not be significant. An airplane flying through a sleet storm can go from clean to crashing in minutes, and even the powerful deicing systems on airliners may not be able to keep up.

From those results, I'd predict that a yagi with its thick boom across the wind might accumulate less ice on its elements than one with the boom pointed into the wind, but the difference won't be dramatic. That's just a hypothesis, though.

-- Alan (AB1XW)

Re: Protecting Yagis from ice buildup?

From: Jim Idelson

Date: Tue, 22 Jan 2019 09:04:27 EST

Alan got me thinking about other mainstream domains likely to have relevant research.

- communication towers
- wind turbines

- power transmission lines
- communication transmission lines

Some samples of what I've found:

<https://www.tdworld.com/overhead-transmission/icing-prevention-high-voltage-powerlines>

http://cdn.intechopen.com/pdfs/34439/InTech-Icing_and_anti_icing_of_railway_contact_wires.pdf

My favorite:

<https://youtu.be/ko16gcf7pj4>

Further googling left to the reader.

73 Jim K1IR

Re: Protecting Yagis from ice buildup?

From: John Webster

Date: Tue, 22 Jan 2019 15:17:33 EST

FWIW

I survived the ice storm in NH that caused big problems at KC1XX. Granted, I was in Londonderry at the time and not up on a hill in Mason. In Londonderry, this was a storm that featured wind as well as ice. I noticed that ice was building up mostly on the side of the towers that was facing the wind - NE. I turned the yagis to the NW to present minimum surface area to the wind as far as the elements were concerned. My 6-element 20 at 90' and 6-element 15, also at 90' were both trussed and both survived. I had a vertical array on 40 that was toast however.

NN1SS

VHF Contests and FT8

From: Terry Glagowski / AFA1DI
Date: Tue, 22 Jan 2019 21:47:50 EST

Bart,

The JAN VHF contest was a disaster.

- 1) My 903 antenna came loose from the tower and was hanging by the coax
- 2) My 6m antenna lost its coax balun in the wind, but works OK with 3:1 SWR
- 3) A monster ICE storm came during the contest, so I had my towers cranked down to avoid further damage, my QSO range was limited
- 4) The FT8 mode drained all the contacts from CW/SSB on 6 and maybe 2 meters.

I did operate 6m FT8 last June and Sept, and made about 100 QSOs on that. so it works fine. BUT.

I BELIEVE THERE IS A PROBLEM with the new FT8 mode entering the picture.

I am NOT ANTI technology, but it simply ain't fun anymore to operate 6m, and probably 2m soon, due to FT8.

I would like to suggest a rule change for the VHF contests.

Instead of allowing only one contact per band regardless of mode, meaning if you work a station on CW you cannot work them on SSB or FT8, etc.

Allow one contact with each station per band per mode {CW, PHONE, DIGITAL}. DIGITAL = {FT8, RTTY, PSK, etc.}

That way stations using FT8 will have an incentive to also use PHONE and CW.

It will also promote more use of CW on VHF as well.

This will undoubtedly increase scores, and those holding records will have theirs shattered with the new rules.
BUT. IMHO this change would increase activity all around, which is the goal I think !

Terry G. Glagowski / W1TR
HAM: W1TR / USAF MARS: AFA1DI / GRID:
FN31vw / ELEV: 950 MSL .

25 Hnath Road, Ashford, CT 06278 .
(860) 429-9444 (Landline) .
(860) 617-1969 (Cell) .
(EMail) <mailto:W1TR@YCCC.org>
W1TR@YCCC.org .
(Web) <http://www.glagowski.org/Radio>
<http://www.Glagowski.org/Radio>

For your viewing pleasure . . .

From: [Jim Idelson](#)
Date: Fri, 25 Jan 2019 11:20:53 EST

In the context of recent wind and ice - here's video of my Rohn 45G tower and antennas during a windy day in late 2004. 204BA and homebrew 15/10m on the mast, and Optibeam OB4-40 on the ring. The tower twisting in the wind scared the crap out of me.

https://drive.google.com/file/d/0B4S_6uUqL_VZFTIdJU0I0aHpUSEE/view?usp=sharing

The tower was upgraded in early 2005 with a custom star guy arrangement. The tower has been solid as a rock since then.

73 Jim K1IR



Connecticut Phone Net – CPN

Meets daily: M-F 6:00 p.m. 3.973 MHz.
Sunday: 10:00 a.m. 3.965 MHz.
CARA Contributions:
Wednesday Net control: Harlan, W1QH
Net Manager: Tom, WX1T



Weekly CARA NETS:
CARA 10M “Rag Chew Net”:
28.490 MHz. 7:00 pm Sunday
CARA 2M NET:
W1QI 2M Repeater – 7:30 pm Sunday

**Worked All Connecticut Counties Award,
WACC – Sponsored by CARA:**
<http://www.cararadioclub.org/activities>

Upcoming Contests, Hamfests & Meetings:

Feb. 8: February Monthly CARA Meeting
Feb. 8-10: CQWW RTTY WPX Contest
Feb. 11: ARES Region 5 South meeting –
Danbury EOC
Feb. 15-17: ARRL DX CW Contest
Feb. 22: CARA Monthly Planning meeting
Feb. 23: NAQP RTTY Contest
Feb. 25: ARES Region 5 meeting
Feb. 6, 13, 20, 27: CWOps CWT Minitest
1300Z, 1900Z, 0300Z

New England and other local hamfests:
<http://web.mit.edu/w1gsl/Public/ne-fleas>

Complete Contest calendar at:
<http://www.hornucopia.com/contestcal/contestcal.html>

Upcoming CARA Calendar:

Feb. 8: CARA February Monthly meeting
Feb. 22: Monthly planning meeting – SHFD
Mar. 1: March Capers input deadline



YCCC News

Club members stay in touch through the club newsletter called the [Scuttlebutt](#), and through the Internet.

The value of YCCC membership is the opportunity to work side by side with the best. Cooperation and team work spiced with the strong spirit of competition is at the heart of YCCC accomplishments and contest victories.

The YCCC is an [ARRL](#)-affiliated club.

Next Meeting: April 14, 2019

From the YCCC Reflector:

From: [Dennis Egan](#)
Date: Sun, 06 Jan 2019 11:24:53 EST

The April YCCC Meeting will be 1-4pm on Sunday, April 14, at the Sturbridge Host Hotel. This is our annual election meeting.

Speaking of elections, after much deliberation I've decided not to run for YCCC President this year. I've been pres. for the last two years, and Vice Pres for 5 years or so prior to that, so I feel it's time to pass the mantle on to someone else.

Charlie N1RR is not available to be the Pres. next year, so the club will need someone else to be pres. If you are interested in the job, please contact me and I can tell you what's involved.

I'd like to thank everyone for a good two years as your president, but it's time for me to explore other aspects of amateur radio.

Dennis W1UE

Reminder:

CARA is registered for ARRL Affiliated Club Competition. Use: **Candlewood ARA** when submitting your Cabrillo Log.

In order to make sure the club results are accurate and fair to all, the ARRL Contest Branch is renewing its effort to help clubs comply with the rules. (See section 8 of the General Rules for All Contests at www.arrl.org/general-rules-for-all-arrrl-contests.)

Here are the three changes:

- Online uploading of club "Eligibility Lists",
- Use of six-character grid locators as locations, and
- Deadline for submitting eligibility is now the contest start time

Court Rules Excessive Antenna Application Fees Violated Reasonable Accommodation

From: Tom Carrubba KA2D
Date: Thu, 17 Jan 2019 17:02:59 EST
- From ARRL Letter Jan 16, 2019
Attention New York State hams..

Court Rules Excessive Antenna Application Fees Violated Reasonable Accommodation

Long-pending Amateur Radio antenna litigation that ARRL helped to fund has finally borne fruit. The Supreme Court of the State of New York, Appellate Division: Second Judicial Department has ruled in the case of Myles Landstein, N2EHG, that the **Town of LaGrange, New York**, not only overstepped its state-granted authority by assessing excessive fees, but violated the limited federal preemption PRB-1 <<http://www.arrl.org/prb-1>> in the process. PRB-1 requires municipalities and states to "reasonably" accommodate Amateur Radio antennas and to apply the "minimum practicable regulation" in handling Amateur Radio antenna applications. The ruling is slated to be published as a case decision. **Landstein, who lives in the Bronx, had wanted to erect a 70-foot antenna support structure for a multioperator station in the Hamlet of Lagrangeville; the Town of LaGrange has a 35-foot height limit.**

"This case, which goes back to 2013, was about applying PRB-1 to a situation in which a municipality

attempted to thwart the installation and maintenance of ham radio antennas by imposing excessive permit application costs on the ham applicant," said communications attorney Chris Imlay, W3KD, who is familiar with the case. Imlay said the FCC has refused to clarify the cost-prohibition issue as it relates to PRB-1's "minimum practicable regulation" and reasonable accommodation provisions of PRB-1.

"The Town incurred more than \$17,000 in legal consulting fees in connection with [Landstein's] applications, and informed the petitioner that he was required to reimburse the Town for these fees before any determination would be made with respect to the applications," the court decision recounted. "The Town subsequently, as 'an accommodation to the petitioner,' reduced the amount...to...\$5,874, but also required the petitioner to maintain a minimum advance continuing escrow balance of at least \$1,000 to cover the Town's future consulting costs..."

"We hold that, because the Town did not limit the consulting fees charged to the petitioner to those necessary to the decision-making function of the town's Planning Board and Zoning Board of Appeals, the town exceeded its state-granted authority by requiring payment of the consulting fees and, moreover, violated a rule promulgated by the [FCC]," the court concluded.

Given the significant delay, Imlay said both he and Landstein had lost hope that the case would ever be resolved in Landstein's favor -- and in the favor of radio amateurs in New York, generally -- much less be a case that would "create favorable precedent for Amateur Radio."

"ARRL originally was drawn to this case, because New York is the only state that, due to a very old case decision, has held that Amateur Radio antennas are not necessarily a 'normal accessory use' to residential real property," Imlay explained. "Because the issue in the case dealt with both that issue and the issue of cost prohibitions in the permitting process relative to the cost of the antenna installation, we decided to fund the case." Landstein lost at trial, and an appeal was filed in about 2015, for which ARRL provided memoranda of law about the cost-prohibition issue. "The antenna at issue and the support structure was to cost no more than \$1,000," Imlay said.

The court concluded that the town "may not use its land-use regulatory authority to construct 'hoop after

hoop' for the petitioner to jump through in order to erect his radio antenna tower [and] cannot impose unreasonable expenses so as to create an insurmountable financial barrier to the pursuit of the project. In this context, not only must the consultant fees be reasonable..., but the underlying services must be necessarily related to those municipal regulatory functions which are not preempted by federal law."

More information on the YCCC website:
www.yccc.org



CT ARES News:

Connecticut ARES Region 5 conducts a weekly net each Wednesday at 7:30 p.m.

New Milford: 146.730 MHz -600 kHz PL 192.8 Hz

NARA analog repeaters for this net:

Washington: 441.850 MHz +5 MHz PL 203.5 Hz

Woodbury: 444.800 +5 MHz PL 192.8 Hz

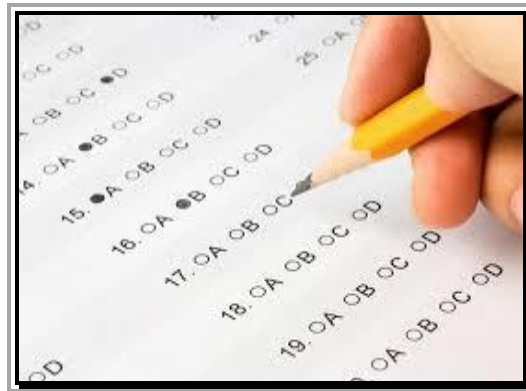
Warren: 53.970 MHz -1 MHz PL 110.9 Hz

Please check in – All are welcome.



<http://www.ctares.org/>

2019 CARA Ham Exam Schedule:



2019 Amateur radio exam sponsored by CARA at the Stony Hill FD. Bethel:

Starting at 11:30 a.m.

Walk-ins are welcome, but it's helpful if candidates e-mail Jonathan Bernon, AJ1U, to bernonj@gmail.com

The following dates (Saturdays) for 2019 have been coordinated with the Stony Hill Firehouse Meeting Room scheduler:

March 2

June 8

September 14

December 7

Thanks & 73,
Jon, AJ1U
CARA VE Team Coordinator

Other upcoming VE exam sessions:

Litchfield CT 06759

02/12/2019

Sponsor: Northwest Amt

Date: Feb 12 2019

Time: 7:00 PM (Walk-ins allowed)

Contact: Lawrence S. Polowy
(860) 283-4089

Email: lspolowy@snet.net

VEC: ARRL/VEC

Location: Litchfield Firehouse
258 West St
Park in Rear
Litchfield CT 06759-3404

Milford CT 06460

02/13/2019

Sponsor: Milford Amt Radio Repeater

Date: Feb 13 2019

Time: 7:30 PM (No Walk-ins / Call ahead)

Contact:

(203) 506-9609

VEC: [W5YI VEC](#)

Location: Margaret Egan Center

35 Matthews St

Milford CT 06460-5065

Bethel CT 06801

03/02/2019

Sponsor: Candlewood ARA

Date: Mar 02 2019

Time: 11:30 AM (Walk-ins allowed)

Contact: Jonathan R. Bernon

(203) 232-7863

Email: aj1u@arrl.net

VEC: [ARRL/VEC](#)

Location: Stony Hill Fire House (Public Meeting Room)

59 Stony Hill Rd (Route 6)

Please use side door

Bethel CT 06801-3035



CARA used N1MM+ Contest Logger during the ARRL 2018 Field Day, and 2019 Winter Field Day.

For a free download, visit:

<https://n1mm.hamdocs.com/tiki-index.php>

*The following is **not** a paid advertisement. CARA is an ARRL Affiliated Club, and an ARRL Special Service Club, and we encourage you to consider joining the ARRL to support the programs that the organization sponsors – Editor.*



ARRL -- Your One-Stop Resource for Amateur Radio News and Information

- [Join or Renew Today!](#) ARRL membership includes [QST](#), Amateur Radio's most popular and informative journal, delivered to your mailbox each month.
- Listen to [ARRL Audio News](#), available every Friday.

Subscribe to...

- [NCJ -- National Contest Journal](#). Published bimonthly, features articles by top contesters, letters, hints, statistics, scores, NA Sprint, and QSO Parties.
- [QEX -- A Forum for Communications Experimenters](#). Published bimonthly, features technical articles, construction projects, columns, and other items of interest to radio amateurs and communications professionals.

Free of charge to ARRL members...

- [Subscribe](#) to the *ARES E-Letter* (monthly public service and emergency communications news), the *ARRL Contest Update* (bi-weekly contest newsletter), Division and Section news alerts -- and much more!

Find ARRL on [Facebook!](#) Follow us on [Twitter](#), [Snapchat @ARRLHQ](#), and [Instagram!](#)

ARRL offers a wide array of [products](#) to enhance your enjoyment of Amateur Radio. Visit the site often for new publications, specials and sales.

[Donate](#) to the fund of your choice -- *support programs not funded by member dues!*

Copyright © 2018 American Radio Relay League, Incorporated. Use and distribution of this publication, or any portion thereof, is permitted for non-commercial or educational purposes, with attribution.

About ARRL:

Founded in 1914 by Hiram Percy Maxim, ARRL (American Radio Relay League) is the national association for Amateur Radio in the US. Today, with more than 161,000 members, ARRL is the largest organization of radio amateurs in the world. ARRL's mission is based on five pillars: Public Service, Advocacy, Education, Technology, and Membership.

ARRL Board of Directors' Annual Meeting to Welcome New Members

Newly elected ARRL Directors from four Divisions and one new Vice Director will be welcomed to the conference table when the ARRL Board of Directors meets for its Annual Meeting on January 18 - 19 in Windsor, Connecticut.

New to the Board are Hudson Division Director Ria Jairam, N2RJ, of Sussex, New Jersey, who edged out incumbent Mike Lisenco, N2YBB, in last fall's balloting. The New England Division also will have new representation, as Fred Hopengarten, K1VR, of Lincoln, Massachusetts, succeeds Director Tom Frenaye, K1KI, who lost his re-election bid. Hopengarten, an attorney, is the author of Antenna Zoning for the Radio Amateur and has served as an ARRL Volunteer



(From left to right) Ria Jairam, N2RJ; Bud Hippisley, W2RU; Mike Ritz, W7VO; Robert Wareham, N0ESQ; Fred Hopengarten, K1VR, and Mark Tharp, KB7HDX. [Michelle Patnode, W3MVP, photo]

Counsel.

In the Northwestern Division, Mike Ritz, W7VO, of Scappoose, Oregon, has succeeded Jim Pace, K7CEX, who opted not to seek a new term after serving since 2014. New Northwestern Division Vice Director -- and past Eastern Washington Section Manager -- Mark Tharp, KB7HDX, is another fresh face. He

topped a three-candidate field to succeed Bonnie Altus, AB7ZQ. In the Roanoke Division, George "Bud" Hippisley, W2RU, of Penhook, Virginia, is the new Director after outpolling Director Dr. Jim Boehner, N2ZZ, in last fall's voting. Hippisley served as ARRL Atlantic Division Vice Director from 1982 until 1985 and is the co-author of Practical Antenna Handbook. He was a 2010 recipient of the ARRL George Hart Distinguished Service Award.

Also attending his first Board meeting will be Rocky Mountain Division Vice Director Robert Wareham, N0ESQ, of Highlands Ranch, Colorado. He was appointed last November to serve the remaining term of Jeff Ryan, K0RM, who assumed the position of Rocky Mountain Director upon the resignation of Dwayne Allen, WY7FD.

New Director/Vice Director orientation was held on January 16 at ARRL Headquarters. The LoTW, Administration & Finance, and Programs & Services committees also met this week at Headquarters.

The Board will elect ARRL officers, a new secretary, a new Executive Committee, and ARRL Foundation Directors. It will receive and consider reports from CEO Howard Michel, WB2ITX; Treasurer Rick Niswander, K7GM, and Chief Financial Officer Diane Middleton, W2DLM.

According to the published agenda, the Board will hear reports from the Executive, Administration & Finance, and Programs & Services committees. The Board also will hear proposals for amendments to the Articles of Association and Bylaws.

In addition, the Board will review recommendations contained in various other committee reports.

In other business, the Board:

- received the report of ARRL Treasurer Rick Niswander, K7GM, on ARRL's investments for 2018. He said ARRL's portfolio recorded a small loss for the year, "consistent with market-derived expectations."
- heard from Chief Financial Officer Diane Middleton, W2DLM, who reported that "a

financially strong balance sheet generated a larger-than-expected gain from operations for 2018." Cash flow also continued to be favorable.

- received the report of EMC Committee chair Kermit Carlson, W9XA, who told the Board his panel is working to raise awareness of a variety of issues stemming from major technological advances, such as wireless power transfer systems for charging electric vehicles. Carlson said that while new systems need spectrum, protection of other bands for other services is necessary. He invited the Board's vigilance in alerting the EMC Committee to potential concerns.
- affirmed its support of the National Traffic System and all amateurs involved in traffic handling, and their role as partners to ARES in ARRL's public service tool kit.
- considered recommendations of the Administration and Finance Committee and adopted the ARRL 2019 - 2020 Plan.



- elevated past New England Division Director Tom Frenaye, K1KI, to Director Emeritus, commending him for his more than 30 years of service to Amateur Radio "as a leader in his community, ARRL Division, and nationwide." Since 1975, Frenaye has served as an ARRL employee, Director, and Vice President, and as President of the ARRL Foundation.

- elevated retiring West Gulf Director Dr. David Woolweaver, K5RAV, to ARRL Honorary Vice President, in recognition of "providing outstanding leadership" throughout his 19 continuous years as a Vice Director and Director.
- directed the ARRL Secretary to cast ballots in support of the re-election of IARU President Timothy Ellam, VE6SH, and IARU Vice President Ole Garpestad, LA2RR, for additional 5-year terms.
- received greetings from IARU Secretary David Sumner, K1ZZ, on behalf of IARU President Tim Ellam, VE6SH, and from Radio Amateurs of Canada President Glenn MacDonell, VE3XRA.

[Minutes](#) of the annual meeting have been posted

US Islands Awards Program Announces 25th Anniversary Award, Recent Rule Changes

The US Islands ([USI](#)) Awards Program celebrates its 25th anniversary this year and is offering a commemorative award for both chasers and activators for contacts made

between January 1 and December 31.

To qualify, chasers must confirm 25 islands during 2019, as a club or individual, and activators must qualify or activate 25 islands in any combination, making at least 15 contacts for both new island qualification and island activation. This award



can be issued to multiple club members using a single call sign, or to an individual. Send a list of confirmed or activated islands to Award Chairman Jay Chamberlain, NS4J. The list should include name, call sign, address, email, USI number, island name, date worked or activated, and call sign used or worked.

The following permanent rule changes went into effect on January 1: The minimum contact count for island qualifications has been lowered from 25 to 15; the contact requirement of two DXCCs during an island qualification has been dropped, and the bands eligible for island qualifications have been expanded to include 6 meters and satellite contacts.



CW Ops CW Academy:
Interested in learning CW or improving your skills?

Check out www.cwops.org

CW Ops “CWT” Every Wednesday Regular Tests. Full Speed Start: 13Z, 19Z, 03Z (+1), 1-hour each session Exchange: name/number (members) name/SPC (non-members) Avoid DX pileups!

CW Ops CW Practice Sessions:
For: On-air practice at 13+ wpm for CWA students, graduates, others wishing to have real-time CW practice with others similarly afflicted with a love of CW and a need to improve proficiency, with a goal of 25+ wpm.

Purpose: To improve CW through on-air practice at a time and place when others are likely available.

Time and place: 7035-7045 kHz every Tuesday, Friday and Sunday around 6-8 pm local time.

CW training is available and details can be found at www.cwops.org/cwacademy.

From the CWOps Reflector...

Re: ID1OT

From: David Yockey

Date: Wed, 16 Jan 2019 12:40:23 EST

I like ALL modes, and i think all modes have a place in amateur radio. I like experimenting with new digital modes, and I find that FT8 is the hardest mode to make DX QSOs. My favorite mode is still CW, but experimenting and learning new things is still a fun thing to do. I simply do not understand all criticism and disdain for ANY mode that uses the hf bands and tests propagation and antennas. Isn't experimentation what amateur radio is supposed to be? Dave, K8CMO



Ham Radio in the news

From: galoot@shaw.ca

Date: Sun, 27 Jan 2019 14:41:45 EST

I was pleasantly surprised to see a story about ham radio in the news this morning.

<https://www.cbc.ca/news/canada/newfoundland-labrador/amateur-radio-1.4968865>

There is a mention of Signal Hill in St. Johns in the story: I had the pleasure of operating VO500JC from Signal Hill in 1997 and made a few

CW contacts, one that I recall was with an op in England. (VO500JC celebrated the 500th anniversary of John Cabot's voyage.)

The first transatlantic reception of a signal from Poldhu, Cornwall in the west of England was at Signal Hill on December 12th/1901.

It was a bit of a thrill operating at the very same site 96 years later.

73, Jim
VE6JF

Send ads to your CAPERS Editor to post items for sale.

Yes - FREE Advertising!

For the Builder and Experimenter:

Cables, connectors and electronic components source:



Cables & Connectors, Inc
2307 Berlin Turnpike
Newington. Ct. 06111
860-665-9904
fax 860-665-9993
cables@cablesandconnectors.com

We are located just south of Hartford, south bound on the Berlin Turnpike (Route 5 & 15) in Newington between Route 175 and East Robins Ave. just North of McDonalds.

<https://www.cablesandconnectors.com/>

Click on Help and Support for:

- Resistor color code.
- Capacitor color and value codes.
- Cable pin-outs.
- Connector crimping details.
- Network cabling
- CAT 5 standard and cross-over pin out
- Projects and information links

Editor: Unsolicited & unpaid message – provided for information to Capers readers.



CARA is an ARRL – Affiliated Club

Member and Station News:

Your news or story could be included here in the next issue of CARA Capers. Contact W1QK, Capers editor.

2018 CQWW VHF Contest Results:

https://www.cqww-vhf.com/results/2018_cq_ww_vhf_contest_results.pdf

USA Hilltopper:

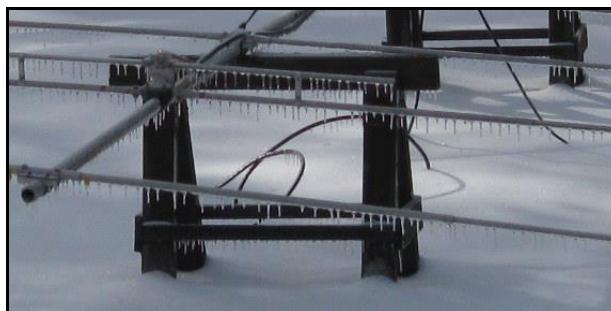
WK9U.....	3,224
W1QK.....	2,457
W1RGA.....	1,590
AB1YK.....	620
K7IMA.....	510

Ice Storm!

January 19, 2019 @ W1QK



The Tri-X VHF crank-up tower and antennas sustained significant icing, but no damage – thankfully.



7 Element 6M multiplier yagi that wasn't suspended from the "Sky Hook" (ropes between two Oak trees) as usual.



12 Ft. Pine tree next to my driveway.

There's always space for your text, pictures, stories, tall tales, and/or whatever else you've got to contribute.

Just snap a pix of your station, antennas, mobile installation, etc. and send it in!



Vincent James Gavagan, Jr.

Vincent J. Gavagan, Jr., 91, of Inverness, Florida, died December 28, 2018, at home surrounded by his loving wife, Eleanore, and grandson, Christopher.

He was born August 30, 1927, in Danbury, Connecticut, the son of late Alice and Vincent J. Gavagan, Sr. He was the second of four siblings.

He graduated from Blessed Sacrament High School in 1944 and attended Radio Television Technical Institute evenings, while working on New Haven Railroad as Machine Technician. He enlisted in the United States Navy in early August 1945.

On October 16, 1949, he married Eleanore Pratt, at Holy Family Church, New Rochelle, New York. He worked as TV Technician in Mt. Vernon, New Rochelle, and Rye, New York. After three children, the family moved to Danbury, Connecticut. He started his own business in the early 1960's (Gavagan Electronics), designing and manufacturing custom electronic transformers.

After the births of three more children, he attended Western Connecticut State University evenings and graduated with a Bachelor's of Science degree in Management.

Vincent retired in 2003 at the age of 75, and moved to Inverness, Florida. Formerly a President of CARA Ham Radio Club in Danbury, Connecticut, he pursued and obtained his Ham Radio Novice license in Florida, advanced to general class, and then to extra class (WB1EEE). He was a former member of SHARC Radio Club in Inverness, Florida.

Vincent was a member of Our Lady of Fatima Catholic Church,



and a life member of Knights of Columbus Council 6391. In the 1980's, after obtaining his Private Pilot's license, he purchased part-interest in a Cessna C-172 and enjoyed flying for many years.

He is survived by his wife, Eleanore, son and daughter-in-law, Glenn and Veronica Gavagan of Jupiter, Florida, son and daughter-in-law, Bruce and Kim Gavagan of Rindge, New Hampshire, daughter, Kathy Surber of Overland Park, Kansas, son and daughter-in-law, Sean and Trina Gavagan of Mulberry, Florida; and daughter and son-in-law, Eileen and Richard Brown of Palm Harbor, Florida, thirteen grandchildren, eight great-grandchildren and one great-great-grandchild.

Funeral arrangements were entrusted to Heinz Funeral Home, 2507 Hwy. 44 West, Inverness, Florida. Visitation will take place on Wednesday, January 2, 2019, from 11:30 a.m.-12:30 p.m. A funeral mass will proceed at 1:00 p.m. at Our Lady of Fatima Catholic Church, 550 Hwy. 41, Inverness, Florida. Burial to follow at Florida National Cemetery, 6502 SW 102nd Avenue, Bushnell, Florida.

Submitted by Bill Webb – W1AFX

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

Executive Board:

President – Marcus Swearingen, AB1WV
ab1wv@silverswear.net

Vice President – Jay Albano, N1NRP
jjalbano@aol.com

Secretary – Gary Adams, N1GSA
mrclipper69@yahoo.com

Treasurer – Tom Coury – WX1T couryt1@gmail.com

Directors:

Harlan Ford, W1QH hford01@snet.net

Roger Mitchell, NG1R roger.mitchell@snet.net

Dan Fegley, W1QK w1qk@snet.net

*CAPERS is the monthly newsletter of the
Candlewood Amateur Radio Association*

Editor: Dan Fegley, W1QK

A brief word from our editor...

CARA CAPERS is the monthly publication of the Candlewood Amateur Radio Association, Inc. (CARA) and is intended to present news, issues, and opinions of interest to CARA members and the Amateur Radio Community.

We encourage contributions of articles, letters to the editor, etc. and welcome newsletter exchanges with other clubs from around the country and around the world. Permission is granted to reprint material contained herein as long as proper credit is given to this newsletter and the author.

Ideas for and contributions to the CAPERS should be submitted to: w1qk@snet.net.

Submissions must be received no later than the last Friday of the month preceding month of issue, *unless otherwise specified*.

Submissions should be in MS Word format or ASCII text. Photos should be in .jpg format.

Material received after the deadline will be used in the next month's CAPERS if it's still current and /or newsworthy.

The CAPERS is published by CARA Capers Editor. All material contained herein is considered the opinion of the author and not necessarily that of CARA.

Announcements of events are for informational purposes and do not necessarily constitute an endorsement by CARA. No responsibility for accuracy is assumed by the CARA Capers editor or newsletter staff.

Courtesy of: The Mahoning Valley Amateur Radio Association's Award-Winning monthly newsletter: "Voice Coil"

<http://www.mvara.org/News/Current.pdf>

Breaking News:

**W1QI Winter Field Day
de W1QK & W1QH**

Operator	3.5	7	14	Tot	Accum
KB1ZAC	0	8	8	16	16
KB1ZIR	4	6	1	11	27
KC1IBR	0	0	8	8	35
NG1R	0	22	0	22	57
W1JGM	0	0	29	29	86
W1NSK	0	7	0	7	93
W1QH	0	0	7	7	100
W1QK	0	41	78	119	219
WA1JGA	0	4	0	4	223
Total	4	88	131	223	223

Day	Hr	KB1ZAC	KB1ZIR	KC1IBR	NG1R	W1JGM	W1NSK	W1QH	W1QK	WA1JGA	Tot	Accum
2019-01-26	19	0	0	0	21	0	0	0	25	0	46	46
2019-01-26	20	5	0	0	1	0	0	0	14	0	20	66
2019-01-26	21	0	0	0	0	9	0	0	24	1	34	100
2019-01-26	22	0	0	0	0	16	0	0	0	3	19	119
2019-01-26	23	3	0	0	0	4	0	0	0	0	7	126
2019-01-27	02	0	4	0	0	0	0	0	0	0	4	130
2019-01-27	03	0	4	0	0	0	0	0	0	0	4	134
2019-01-27	13	0	0	0	0	0	1	0	0	0	1	135
2019-01-27	14	2	0	0	0	0	6	0	0	0	8	143
2019-01-27	15	3	2	0	0	0	0	0	0	0	5	148
2019-01-27	16	3	0	8	0	0	0	0	8	0	19	167
2019-01-27	17	0	0	0	0	0	0	5	30	0	35	202
2019-01-27	18	0	1	0	0	0	0	2	18	0	21	223
		16	11	8	22	29	7	7	119	4	223	223

CLAIMED-SCORE Tabulation:

702 from QSO's x2 power multiplier x5
Band/Mode Multiplier = 7020 points + 3000
bonus points = 10,020 points

Cabrillo file, Score Summary and log uploaded to the W1QI LoTW account on Monday, Feb. 4.

NOTICE TO CAPERS READERS
CAPERS is an important aspect of our club.
It's time for **more participation** with this publication.

CAPERS is looking for ANY and ALL input. Don't be shy, just send a few words, a picture, link, or short message to Dan Fegley, your Editor. If possible, text should be submitted in Microsoft Word format, and images in .jpg format. Please use picture files that are sized for publication.

w1qk@snet.net

CAPERS deadline for input:
LAST Friday of the Month preceding the meeting.

CAPERS will be released:
Monday before the scheduled Friday monthly meeting – or earlier if possible.



Please remember to renew your CARA Membership Dues

It's that time of year, so members – please take care of your CARA dues renewal soon.

\$30.00 Full Member \$45.00 Family (2 Members)

\$15.00 Senior (65+)/Student (Under 18)

\$60.00 Family (3 Members)

\$30.00 Associate Member (Non-Ham)

\$75.00 Family (4 Members)

If anyone wishes to become a CARA member but cannot afford the Membership Rate, please speak with the President or Treasurer, and special arrangements can easily be made.

There are now three ways to handle this:

1. Bring a check to the January meeting, payable to "CARA"
2. Mail a check to the CARA post office.
Candlewood Amateur Radio Association
P.O. Box 741
Hawleyville, CT 06440-0741
3. Log onto the CARA website and click on the PayPal option. (Friends & Family). Ensure your name and callsign are entered on the transaction.

<http://www.cararadioclub.org/>

Thank you for your prompt attention to this request.

The quality of 2019 is completely up to you

Published on January 7, 2019

Michael Gervais *Influencer*

If you are actively working to live a high performing life, there will be internal obstacles, external setbacks and plenty of success. It's part of the process. It's part of the make-up for those pursuing mastery.

The way you respond to life's mysteriously nuanced and complicated interconnected flow of micro-events is a combination of your psychological framework (a fancy phrase for how you make sense of life events) and psychological skills (the abilities to be calm, confident, and focused). All of which can be upgraded with a commitment to create a sturdy and flexible framework, and by training those skills.

When you commit to doing the internal work to become your best, it begs the question: Who are you becoming? When you are able to eloquently adjust to any condition in life, what does "your best" look, sound and feel like?

Too many of us use the new year to set hopelessly flawed resolutions. There are reasons why, by the time March rolls around, only about 50% of people who set new year's resolutions report success with maintaining their goals. One of those reasons is pretty simple: It's hard to stay the course, without first developing the internal skills to adjust to setbacks, obstacles and successes.

Here are a few strategies that elite performers use to radically optimize their growth arc:

1. Commit to one clear idea for the year. What's the one (or two) words that you want to commit to this year? Example, "The Year Of _____ (*fill in the blank*) _____." Making it incredibly simple will drive clarity of the one, big principle that will help create a high-performing sturdy and flexible psychological framework.
2. Make the path your primary goal. The path of mastery is not defined by goal attainment, success and achievement. It's the commitment to understand the nuances of self and craft. The path of mastery is the deepest reward.
3. Make goals bite-size. Set your mind on small, realistic and challenging, daily goals that support your "Year Of..." statement. For example, committing to a mindfulness training before you leave your house, finishing part of a project before you answer emails, or every time you have a conversation with someone, try to learn something new about them.
4. Cultivate optimism. Keep your mind focused on what you do want, not what you don't want. When athletes aim for excellence, they rarely try "not to miss." A more powerful way to engage

in sport and life is to cultivate a fundamental belief that something amazing is about to happen. From that optimistic framework, it becomes much easier to aim for what you want (rather than try to avoid what could go wrong).

5. Get your recovery right. Spend time recovering from the busyness of life. Your mind and body perform at an optimal level when given proper rest. When you are better recovered, you're more likely to have the mental discipline to adjust to challenges. The basic pillars of recovery involve a consistency of high quality (and proper quantity) sleep; optimized nutrition and hydration; a smart plan for fitness; and a strong social support mechanism that helps you laugh (and cry).

6. Learn from and then let go of past failures. Keep your focus on what you are in control of in the present moment. Then, choose excellent actions in the here-and-now. Top performers consistently hold on to what is good about themselves and let go of those parts that don't serve them any longer.

7. Become aware of your inner dialog. Self-talk (what you say to yourself) has a massive impact on who you become and how you respond to the unfolding and unpredictable unknown. Mindfulness is a great way to create awareness of your inner dialog. With an increased awareness of what works and what doesn't work, you can begin to upgrade your psychological framework, as well as your self-talk.

8. Enjoy the challenges. Smile often, laugh more, and find regular moments of silence.

With fire,

Mike