



Capers



September - 2022

The Monthly Newsletter of The Candlewood Amateur Radio Association

P.O. Box 55 – Brookfield CT 06804 - 0055

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

Next CARA Meeting: Friday, September 9

***This meeting will be conducted in - person at the
Danbury Police Activities League building
at 35 Hayestown Road, Danbury.
Meet at 7:00 pm***

***Western Connecticut Hamfest
Sponsored by CARA
Sunday, September 11, 2022***



***New Location – Danbury Police Activities League Building
35 Hayestown Road, Danbury***

President's Message – de W1NSK



ALL HANDS-ON DECK! YOUR HELP IS NEEDED!

The big event, our annual Hamfest at Danbury PAL in Danbury, is on September 11th. Much work still needs to be done but most of all, **YOUR HELP IS ABSOLUTELY NEEDED!!** We need more people pitching in as this venue is bigger, has a need for greater organization, and will be a challenge to successfully run! **EVERY CARA MEMBER IS ASKED TO BE THERE BRIGHT AND EARLY 6:30 AM, Sunday September 11th.** Come and plan to work! As many hours as you can. **SIGN UP NOW!**

This event will have the traditional flea market both indoor and outdoor, Amateur Radio Exams, and Presentations. It is the most important event the club does all year! We need all the help we can get to put this major Fundraiser for the Club on successfully. Please contribute in any way you can. See John, W1JGM, with any ideas or ways in which you can help with the effort. I'm sure he'll find a way you can help! Get a flyer and put it up at your Community Center, Market, Library or any other such public place to get noticed. Publicity is very important.

This month's September Meeting will be held at the Danbury PAL Building in Danbury on Friday, September 9th at 7PM. A tour of the layout, work assignments, Schedule and questions answered. Please be here!

The Club needs your help to put this on. It is **NOT** a social hour. It is our individual contributions of work to make this a successful event and raise money for the club.

Show your commitment to the club!

73

Bud Kozloff - W1NSK
CARA President

September 9 Meeting Agenda

Bud Kozloff <w1nsk@w1qi.org>

To: Dan Fegley, Dan Fegley

Cc: John Morelli, Gary Adams, Gregory Davis

Fri, Sep 2 at 4:53 PM

Hi Dan,

President's message attached. No Agenda this month as meeting held Friday at Danbury PAL in Prep for Hamfest Sunday 9/11.

Bud

W1NSK

CARA President

203- 939-3708

Vice- President's Message:
de W1JGM



With the arrival of September, we look back on a wonderful summer. For some of us, our children or grandchildren returning to school. For CARA members, this means that we're only a few days away from our biggest event of the year, The Western Connecticut Hamfest.

Western Connecticut Hamfest

This year it should be a bigger and better event. The venue has changed to the Police Activities League building on 35 Hayestown Road in Danbury.



The date has also been changed to Sunday, September 11., because of the conflict with the Northeast HamXposition in Marlborough, MA and construction at the Edmond Town Hall in Newtown.

This is CARA's major annual fundraising event and requires participation by members to be successful.

Please be part of the club that moves this forward.

Be part of the Hamfest crew!

We are only asking for a few hours of your time.

Please contact me to advise when you can help.

Remember, this is your club

Thanks, and get on the air.

73 -

John Morelli – W1JGM,

CARA Vice-President



CARA Has been an ARRL Affiliated Club since 1946 – 76 Years in 2022

August 12 Monthly Meeting Minutes
de CARA Secretary, Gary Adams – N1GSA



Meeting called to order at 7:30pm by Pres. Bud Kozloff

Pledge of Allegiance was recited. There were 4 people present thru Teams and 12 in person. This meeting was held face-to-face at Stony Hill FD with some attending thru Microsoft Teams.

A Round Robin was the first order of business with all giving their callsign and location.

Minutes of the previous meeting were accepted as printed in the CAPERS. This was made a motion seconded and passed.

Treasurer reported an opening balance of \$4587.56. We have an ending balance of \$4597.99.

Motion made, seconded, and passed to accept this report.

Repeater Committee reported that coordination is underway to make the trip to the top of Spruce Mtn. now that the weather and temperature is working in our favor. This will probably come about in the latter part of September.

Stef reported that she has been continually working on the updates. She has been watching the site which has had some occurrences of going down but quickly returning to active status. John asked that a Font size needs to be addressed to make it easier for some to be able to read the content. Possibly a color other than grey would be more legible. The links that are shown are not very distinctive. The calendar is not, at this time, the same as our Teams calendar. Stef will look into changing this. She was shown the certificate of Appreciation that was generated for the numerous hours that she has put in to get our site back up and running. As she was attending by way of Teams, she will receive this at a later date. A Round of applause followed.

Bud listed the various standing committees and the members listed on these committees. There was mention of a Development Committee that has not had a Chair or members stepping up at this time. There is a good probability that there will be upcoming Grants that we

may be able to have access to. This is money for programs that will promote Amateur Radio and its membership. These committees and activities are always receptive for more members and help.

Membership Committee reported 5 new members in the last few months. Some of these are licensed and others working on getting their license. Our membership is around 60 members at this point.

John (W1JMA) mentioned POTA is coming up tomorrow on August 13th. Motion made, seconded and pass that this will be a monthly event that is sanctioned by the Club. Tomorrow will be at Putnam Park with meeting at 10:00. We will be meeting at the main gate, if it is open, and go to the top of the hill. If this is unavailable, we will meet across the street in the parking lot and decide where to set-up. John has the bandpass filters that will be used by all transmitters. He also has a plan for band usage.

Spaghetti Dinner is next Tues night. August 15th. We will discuss the Hamfest during the spaghetti dinner. This is at the Vespucci Lodge in Danbury. This will be the Jay Albano Memorial event. Jay is the one who started this many years ago.

W/VE Islands QSO Party is coming up August 27 and 28th.

John was presented a certificate of appreciation for being a presenter during our monthly meeting.

John has done extensive work coordinating the upcoming Hamfest. He has received confirmation of prizes from 5 or 6 suppliers. These include DX Engineering, HRO and many others. He has spoken with Ray Novak from ICOM who is sending a box of things to be distributed. John has a layout of the PAL building and how the proposed setup will occur. He has planned out 8X10ft areas per vendor. Most vendors should be inside the building. There are a few spots for tailgating. All vendors will be required to bring their own tables and chairs as needed. There will need to be attendants at both the entrance to the vendor area as well as the main doors to the building. We will have the use of the concession area for food distribution. With the ticket stubs from previous years, we will be able to send out email to all who have signed up for our door prizes. John (W1JGM) has written up an extensive sheet outlining most of the personnel needed as well as various signs, tickets, sound systems, banners, etc.

We will need **ALL HANDS ON DECK** to make this event a success. We will need at least 25 members to be active.

The September Monthly Meeting will be held at the PAL building. This is only 2 days

prior to the Hamfest. Meeting adjourned at 9:20 pm.

Respectfully submitted,
Gary S. Adams - N1GSA, Secretary

August 26 Monthly Planning Meeting Minutes

No meeting minutes submitted to Capers.

W1QK activates W1QI for three CWT sessions and the CW Open

W1QI was activated during the CWops CWT Sessions on August 17, 2022 at 1300 and 1900 UTC, and August 18 at 0300 UTC by current CARA Trustee, W1QK. The operator's name sent was WALT, in honor and in memory of one of CARA's Charter Members, Walter J. Munzer (1900 - 1968). Walt's callsign was W1QI, which was issued to him in 1927. Walt was the original holder of W1QI until he became an SK in 1968, and CARA applied for, and was granted his call as our club callsign in 1969.

Logs for these three CWT sessions have been uploaded to the W1QI LoTW account. Thank you if you made contact with W1QI.

Former CARA President, Bruce King - W1CSM, was the first W1QI Trustee in 1969. Kenneth Gleszer - W1KAY (SK), and Earl Spears - W1EFS (SK), both

former CARA Presidents, were W1QI Trustees until 1983.

CWops Test (CWT) - 1300Z Aug 17

Call: W1QI
Operator(s): W1QK
Station: W1QK
Class: Single Op LP
QTH: Connecticut
Operating Time (hrs): :50

Summary:
Band QSOs

40: 40
20: 32

Total: 72 Mults = 69 Total Score = 4,968

Club: Candlewood ARA

Comments:
Thank you for the CWT contacts. W1QI will be activated during the CWops CWT Sessions on August 17, 2022 at 1300 and 1900 UTC, and August 18 at 0300 UTC by current CARA Trustee, W1QK. The operator's name sent will be WALT, in honor and in memory of one of CARA's Charter Members, Walter J. Munzer (1900 - 1968). Walt's callsign was W1QI, which was issued to him in 1927. Walt was the original holder of W1QI until he became an SK in 1968, and CARA applied for, and was granted his call as our club callsign in 1969.

73-Dan,
W1QK #1506
Trustee - W1QI

CWops Test (CWT) - 1900Z Aug 17

Call: W1QI
Operator(s): W1QK
Station: W1QK
Class: Single Op LP
QTH: Connecticut
Operating Time (hrs): 1

Summary:
Band QSOs

40: 19
20: 67
15: 11

Total: 97 Mults = 94 Total Score = 9,118

Club: Candlewood ARA
Comments: Thank you for the CWT contacts.

CWops Test (CWT) - 0300Z Aug 18

Call: W1QI
Operator(s): W1QK
Station: W1QK

Class: Single Op LP
QTH: Connecticut
Operating Time (hrs): 1

Summary:
Band QSOs

80: 4
40: 55
20: 50

Total: 109 Mults = 97 Total Score = 10,573

Club: Candlewood ARA

CWops CW Open – Session 3



CWops CW Open - 2000Z-2359Z

Call: W1QI
Operator(s): W1QK
Station: W1QK

Class: Single Op LP
QTH: Connecticut
Operating Time (hrs): 3:45

Summary:
Band QSOs Mults

40: 150 126
20: 65 65

Total: 215 191 Total Score = 41,065

Club: Candlewood ARA

Comments:
Thanks for the contacts and fun on the radio.
Thank you for sponsoring the contest.
Operator: W1QK, W1QI Trustee

73-Dan, W1QK
Posted using 3830 Score Submittal Forms
at: <http://www.3830scores.com/>



W1QK - Your CARA Capers Editor welcomes contributions from CARA members to the ARRL 2022 FD Field Day Summary, which is planned to be included in a future issue of the CARA Capers.

Submit to: w1qk@snet.net

Documents in MS Word format & pictures in .jpg format pse



Weekly CARA Sunday club NETS:

28.490 MHz. USB 7:00 pm – 7:30 pm
Net Control: Vinny – N2OHH

W1QI 2M FM Repeater – 7:30 pm
Net Control: KB1ZAC - David or KC1IBR - Charlie

Worked All Connecticut Counties Award, WACC – Sponsored by CARA & Administered by CARA Secretary, Gary Adams -N1GSA.

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

Upcoming Contests, Hamfests & Meetings:

- Sept. 5: NARA Sister Club meeting – MS TEAMS
- Sept. 9: **CARA WCT Hamfest meeting at Danbury PAL, Hayestown Ave., Danbury**
- Sept. 11 CARA WCT Hamfest, Danbury PAL**
- Sept. 10-11: ARRL September VHF Contest
- Sept. 12: ARES Region 5 South meeting via TEAMS
- Sept. 17: New Fairfield Day – Special Event Station, New Fairfield
- Sept. 17-18: TX, IA, NH, NJ QSO Parties
- Sept. 20: CARA Pasta Night dinner at the Italian American Club – Danbury
- Sept. 24: Proposed CARA POTA event at Putnam Park
- Sept. 23: CARA Planning meeting
- Sept. 26: CT ARES Region 5 Monthly Meeting
- Sept. 7, 14, 21, 28 CWops CWT 1300Z & 1900Z Wednesday, and 0300Z (Thursday)

October 5: October 2022 Capers input deadline to w1qk@snet.net

Use this link to access the WA7BNM Contest Calendar website:

<https://www.contestcalendar.com/index.html>

2022 Ham Exam Schedule



Danbury CT 06810

EXAM SESSION

09/11/2022

Sponsor: Candlewood Amateur Radio Association

Date: Sep 11 2022

Time: 9:30 AM (Walk-ins allowed)

Contact: Jonathan R. Bernon
(203) 232-7863

Email: aj1u@arrl.net

VEC: ARRL/VEC

Location: Police athletic League Western
Connecticut Hamfest
35 Hayestown Rd
Danbury CT 06810

Upcoming 2022 Amateur radio exams:

<http://www.arrl.org/find-an-amateur-radio-license-exam-session>

Pennsylvania QSO Party Announcement

k3ct@paqso.org <k3ct@paqso.org>
Tue, Sep 6 at 5:39 AM

Message received from John Bednar – K3CT, on behalf of the Pennsylvania QSO Party Association.

Thank you for your participation in the 2021 PA QSO Party.

The 2022 PA QSO Party is less than five weeks away!

The 2022 PA QSO Party will be held on:

Saturday, 8 October, 2022:

**1600 UTC to 0400 UTC
(Noon to Midnight EDT)**

Sunday, 9 October, 2022

**1300 UTC to 2200 UTC
(9:00 am to 6:00 pm)**

PA QSO Party web site: <https://paqso.org>

Highlights:

1. Review the 2022 Rules at <https://paqso.org/pa-qso-party-rules.html>.
2. We now have a Frequently Asked Questions page, <https://paqso.org/faqs.html>, for a quick answer to the most common questions about the Party.
Remember that the rules are the definitive and final word on matters.
3. The 2022 Bonus Station is KQ3F operated by the Stepansky brothers, long-time QSO Party participants.
4. Submit your activation plans at <https://paqso.org/--party-plan-entry.html>.
5. The pre-party Net will be Saturday, October 7, at 0000Z (Friday night at 8 PM EST) on 3.910 MHz LSB.
6. New awards for Elmers, Youth (under age 25) Operators, and Non-Ham Operators.
7. Make sure to spot stations (including yourself) to keep the QSOs coming.

Lots of activity means lots of fun! The PA QP spotting page is <http://qsopartyhub.com/paqp-spots.php>.

I hope to work you in October.

73,

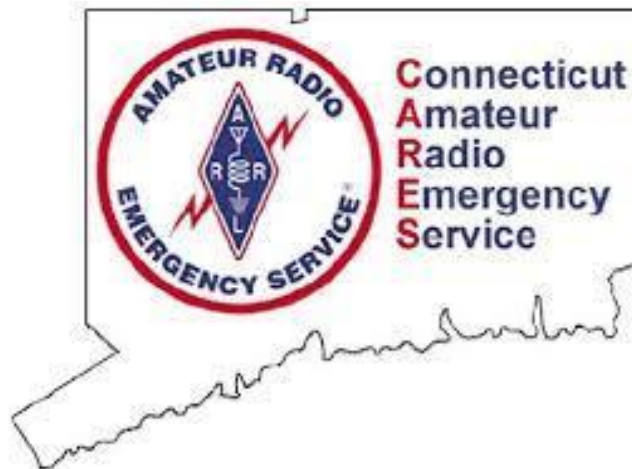
Chip N3IW
PA QSO Party Association President



Connecticut Phone Net – CPN

This net now starts at 6:00 pm EDT Monday through Saturday on 3.973 MHz. Sunday: 10:00 a.m. EDT 3.965 MHz.

CARA Contributions to CPN:
Tom Coury - WX1T: CPN manager
Harlan Ford - W1QH: Wednesday Net control



Next CT ARES Winlink Wednesday:
Wednesday, October 5, 2022



Visit this website to learn more about CT ARES and Winlink Wednesday:

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

"When Everything Else Fails. Amateur Radio often is our last line of defense...When you need amateur radio, you really need them."

*The Hon. W. Craig Fugate
Former Administrator, US Department of Homeland Security, FEMA*

“CW’s Corner”

de W1QK & WA1KRG



CW

Harlan – W1QH, was visiting Papa Cat in June 2019, when they discovered a handsome stray Tuxedo kitty in our back yard. After checking with the neighbors and not finding his owner, he was adopted, checked out, and microchipped during a visit to our family’s Vet, who estimated that he was between 12 to 14 years old at that time.

QSL enjoyed sitting on the living room windowsill or watching our birds at the deck feeder from the Family Room door.



He’d find many comfortable places to sleep - including Papa Cat’s dining room chair. He’d often jump on Papa Cat’s lap for TV time too.

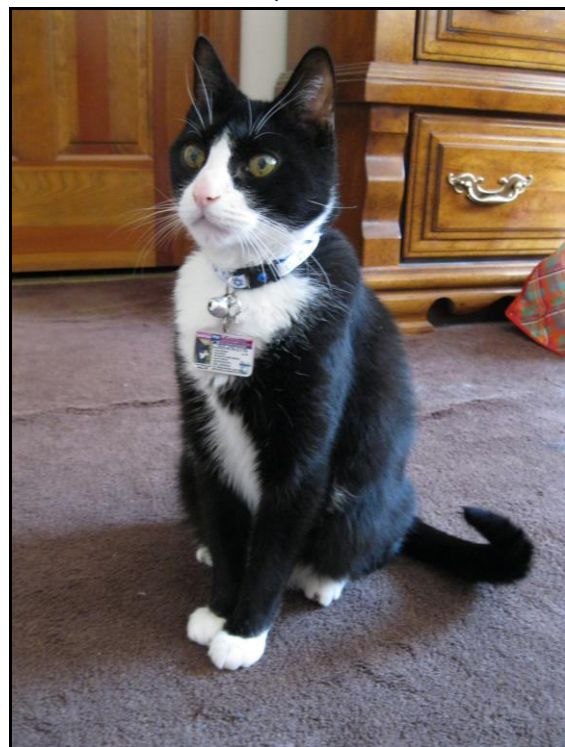
Dental Greenie’s were QSL’s favorite treats. He was also affectionately called “Moochie”, since he enjoyed occasionally checking out my food bowl too.

Sadly - QSL, my Tuxedo brother, travelled over the Rainbow Bridge on Monday, August 22 after rescuing W1QK and WA1KRG and living with us for three years and two months.

Our family just celebrated four years since my brother and fellow Tiger-striped Tabby - named CQ, rescued us.



QSL



We understand that many fellow CARA members enjoy the companionship of their loyal furry friends.

Give them some extra attention and especially treats. Enjoy the time you have with them.

Our beloved rescue Tuxedo – QSL, will be missed.

September's here and I'm ready for the NASCAR Playoffs along with NFL and college football to return.

The Amateur's Code The Radio Amateur is:

CONSIDERATE...never knowingly operates in such a way as to lessen the pleasure of others.

LOYAL...offers loyalty, encouragement and support to other amateurs, local clubs, and the American Radio Relay League, through which Amateur Radio in the United States is represented nationally and internationally.

PROGRESSIVE...with knowledge abreast of science, a well-built and efficient station and operation above reproach.

FRIENDLY...slow and patient operating when requested; friendly advice and counsel to the beginner; kindly assistance, cooperation and consideration for the interests of others. These are the hallmarks of the amateur spirit.

BALANCED...radio is an avocation, never interfering with duties owed to family, job, school or community.

PATRIOTIC...station and skill always ready for service to country and community.

--The original Amateur's Code was written by Paul M. Segal, W9EEA, in 1928.



Capers: Swap and Shop CARA Swap & Shop Policies:

CARA assumes no responsibility for transactions made or inaccuracies in ads. You are responsible for checking your ad and notifying us of any corrections. Swap and Shop listings are open to licensed CARA hams, based on space available. Please submit your items to w1qk@snet.net for placement in the CARA Capers.



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

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w1nsk@hotmail.com
Vice President – John Morelli, W1JGM
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John Ahle, W1JMA – w1jma@w1qi.net

CARA is an IRS 501(C)3 Organization.
Consider supporting CARA in your estate planning.

CAPERS is the monthly newsletter of the
Candlewood Amateur Radio Association
Editor: Dan Fegley, W1QK
w1qk@snet.net



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 date indicated in the preceding month of issue, *unless otherwise specified*.

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

The input deadline is announced in the previous issue and again at the monthly planning meeting.

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.

This summary is reprinted as a courtesy of: The Mahoning Valley Amateur Radio Association's Award-Winning monthly newsletter: "Voice Coil" <http://www.mvara.org/News/Current.pdf>

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

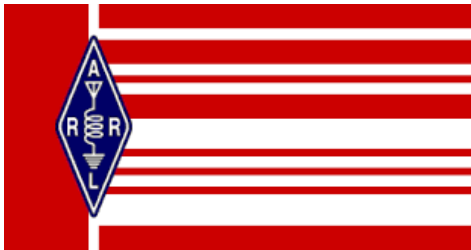
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- Listen to [ARRL Audio News](#), available very Friday.

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 Letter* (monthly public service and emergency communications news), the *ARRL Contest Update* (biweekly contest newsletter), Division and Section news alerts -- and much more!
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\$100 headset? I find ham headsets to be way overpriced for what they deliver.

Rudy N2WQ

[Re: Wired headset recommendations](#)

From: Ross W2TT

Date: Wed, 24 Aug 2022 21:26:39 EDT

Try Koss SB-45, cheap, assuming your rig has equalizer. Works nicely with my Flex and my Yaesu 991.

Ross
W2TT

[Re: Wired headset recommendations](#)

From: Randy Thompson K5ZD

Date: Wed, 24 Aug 2022 21:33:21 EDT

There are lots of these types of gaming headsets. They do well for what we need.

Randy

[Re: Wired headset recommendations](#)

From: N2WQ

Date: Wed, 24 Aug 2022 21:38:19 EDT

I noticed that the over \$75 gaming headsets have features I'd assume are quite useful in SSB, such as background noise suppression and de-easing. If they work as advertised, no need for external voice processors.

Rudy N2WQ

[Re: Wired headset recommendations](#)

From: K1dj

Date: Thu, 25 Aug 2022 04:31:47 EDT

The CM500 is still listed in stock at Sweetwater.com as of this morning for \$59.99. 73 - Rich, K1DJ

The Yankee Clipper Contest Club is a special purpose amateur radio club devoted to the pursuit of operating and technical excellence.

More information about the YCCC at:

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

Source: YCCC Reflector

[Wired headset recommendations](#)

From: N2WQ

Date: Wed, 24 Aug 2022 21:15:10 EDT

Looks like Yamaha CM500 has been discontinued 😞 Any recommendations for a sub



The CW Operators' Club

cwops.org

The CW Operators' Club, commonly known as CWops, is an international organization, in membership and management, for amateur radio operators who enjoy communicating using Morse Code. Its mission is to foster the use of CW, whether for contesting, DX'ing, traffic handling, or engaging in conversations.

Visit the CWops website to learn more about CW Academy and how you can sign up for the popular & free on-line CW training classes.

<https://cwops.org/cw-academy/cw-academy-options/>

To become a member of CWops:

<https://cwops.org/membership/>

From the CWops Reflector with credit to all contributors:

Re: What tricks do top scorers use?
From: James Jordan
Date: Tue, 06 Sep 2022 16:24:31 EDT

Great analysis, Marko. And I'll concede the point. When I was running you might not have called me if you weren't SO2R, I assume S&P with the second radio. (I've never had to wait for you in any event.)

So from a macro standpoint, that is correct and on balance the occasional wait may be offset by the extra Q's which the population active in that contest receives from the increased rate. I've also acknowledged that stuff occasionally happens with the very best operators so I will never make a specific complaint.

From a micro perspective, if one assumes an unlimited supply of callers regardless (VP5M running in CQWW CW or ARRL DX CW for example), or a limited time scope (1 hr CWT), then a wait does have a negative effect on the rate of the run station having to wait.

The end result is probably not a major factor in any event. Sort of like in traffic the car in front of you not moving immediately when the light turns green. Come on! Come on!. Seconds seem a lot longer when there's some active adrenalin 😊

Again, I appreciate your thoughts, Marko.

73, Jim K4QPL VP5M

Re: What tricks do top scorers use?
From: Keith Dutson
Date: Tue, 06 Sep 2022 16:30:31 EDT

Cool. I now play bass after joining a bunch of old hams some years ago. There were four guitarists plus a keyboard and a banjo. So, I bought a Washburn and learned to play. Actually, now in my later years I prefer the bass, especially blues.

Re: What tricks do top scorers use?
From: James Jordan
Date: Tue, 06 Sep 2022 16:51:12 EDT

Bud,

This is really great. Thanks for sharing with us.

The issue has been addressed at Contest U and by others, but I wonder if you have developed any specific techniques you can share for preparing physically and mentally for those long, gruelling contests where sleep and mental fatigue become factors and long unbroken hours in the chair are potentially detrimental to one's health? You

appear to have minimized the effects. Is it coffee or Red Bull? ☺

Maybe that's an entirely separate subject, but as the contesting population ages, one of the major considerations for increasing scores as many have pointed out, is BIC time and it's not always simply a matter of personal motivation.

73, Jim K4QPL #244

Re: What tricks do top scorers use?
From: Bud Trench
Date: Tue, 06 Sep 2022 17:44:36 EDT

Hi Jim,

I exercise daily, and I mean daily. My regime is an 8 (indoors on a treadmill) or 8.6 (outdoor) mile aerobic walk. My resting heart rate is in the mid-50's. I track my steps using a Fit Bit device.

I do not consume alcohol or caffeine.

I typically get 7 hours of sleep a night. I take a nap on the afternoons prior to the 48 hour events.

I hope this helps.

73, Bud AA3B

Re: What tricks do top scorers use?
From: James Jordan
Date: Tue, 06 Sep 2022 19:16:59 EDT

I suspected as much! No question fitness has a lot to do with your success. We can all learn from you on that as well.

Thanks. Jim

Re: What tricks do top scorers use?
From: Douglas Zwiebel
Date: Tue, 06 Sep 2022 19:29:22 EDT

Great topic.

Unlike Bud, I sit in a chair for probably 11 - 12 hours a day doing work (M-F). I get, on average, 6 hours sleep a night (with the usual "old man" interruptions for a 3am bathroom run). I bet my BMI is 1.5x - 2x that of Bud's.

But my "insides" are very good. Blood work is always really good. My total cholesterol is 127 (no typo). Been like that for my entire life. My resting HR is also in the mid 50's; always has been that way. When I get on a treadmill (years ago), I have to work really hard to get up to a HR of 100. Shoveling snow...a completely different story.

As one of my providers said to me one time, while I sitting on the exam table, and he was reviewing the results that he just got, "Wow...you're in great shape for someone your age," and then, looking up at me, "...but you'd never know it to look at you." And that about sums it up. LOL. If you're not genetically blessed with good numbers "on the inside," then Bud had the right idea for most of you. But as someone who has spent decades in hospital administration, some of the "best and most-fit athletic types" suddenly crap out...and you're left with no answers. And while I am "fine" now, at 71, no male in my family line has ever lived past 75....a daunting statistic. Of course, my mom is alive, and she is 90. But I don't look like her. LOL

For me, BIC time is a function of how good the bands are. When the bands are hot (sunspot peak), I have to force myself to get my BOC. But I really want to get some sleep "just because." I think my best "on" time was 46 hours, but that was at least a full sun spot ago (at the peak)....probably 2 cycles ago. 44 hour is doable, but only if I have some guys to work. Check out

my QRZ page and you see I have been contesting QRP...a very different beast. I don't think it makes sense for me to stay awake into the wee hours for a 12-hour (which I used to do). Did not seem worth it. I'd probably work those 12 guys later in the day anyhow. I'd rather get a few hours and be more refreshed later for the band openings.

And I think there are just some guys who are good at staying awake, no matter what. And some have shared that they use NoDoz and coffee. (I don't drink coffee..never have). Certainly, a "good" rate is very motivating.

The one thing I have done for decades is to take vacation time from work starting a week before the contest...mostly to just calm down my hectic M-F or often my M-M pace. I try not to do anything...and for god's sake...DO NOT DO TOWER WORK!

Enjoy! de Doug KR2Q

Re: What tricks do top scorers use?
From: Douglas Zwiebel
Date: Tue, 06 Sep 2022 19:35:10 EDT

OH....and let's not forget having lots of hardware, inside and especially outside. The vast majority of us have nothing close to Bud's setup (or K9CT's, etc.) - big congrats to them on that...color me green. You won't find many (as in zero) 48 hour guys who use a low EFHW, no matter what they have in the shack.

de Doug KR2Q

Re: What tricks do top scorers use?
From: Fred ["Skip"] Jensen
Date: Tue, 06 Sep 2022 21:59:12 EDT

We also shouldn't forget that sitting for hours, headphones on and staring at the computer, is pretty much equivalent to sitting for hours flying to Asia or Australia which can lead to blood clots in the legs, and they usually migrate. Exercising your feet and ankles, and a few squats or knee bends [if possible] during the contest can really preclude problems.

VA doctor read my lab results and said, "Organically, you're in great shape for an 82 yr old on all numbers ... orthopedically, not so much." I told him I had this almost continuous sort of mild charlie horse in my left calf, he said "Off to imaging, do not pass GO, there's no 200 dollars." It was a very good call. Sadly, you don't have to be old.

73,Fred ["Skip"] K6DGW #142
Sparks NV DM09dn
Washoe County

Douglas Zwiebel wrote on 9/6/2022 4:34 PM:

OH....and let's not forget having lots of hardware, inside and especially outside. The vast majority of us have nothing close to Bud's setup (or K9CT's, etc.) - big congrats to them on that...color me green. You won't find many (as in zero) 48 hour guys who use a low EFHW, no matter what they have in the shack.

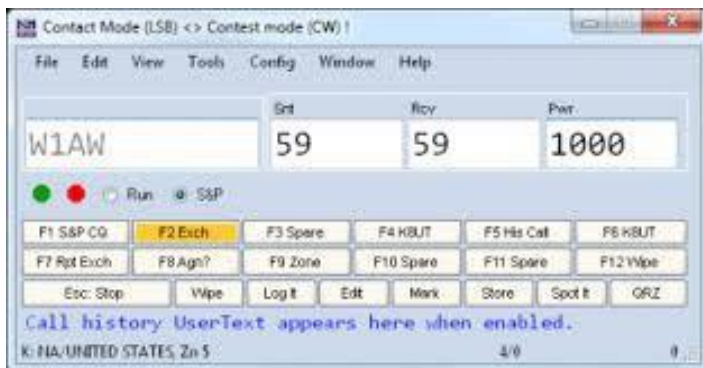
de Doug KR2Q

I suspected as much! No question fitness has a lot to do with your success. We can all learn from you on that as well.

Thanks. Jim



N1MM Logger is the world's most popular free ham radio contest logging program. For CW, phone and digital modes, its combination of contest-optimized features is unmatched.



<https://n1mmwp.hamdocs.com/n1mm-features/>



If you don't find that bargain on computer gear at CARA's upcoming Western Connecticut Hamfest, perhaps you could check here:

www.ctcomputershows.com



Member and Station News:

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

Just snap pix of your station, antennas, mobile installation, etc. and send it to w1qk@snet.net Capers welcomes and encourages member input.

New Fairfield Fair Day September 17 11AM to 5PM On the Air event!

John Morelli via CARA <cara@cararadioclub.org>Unsubscribe

To: Cara@Cararadioclub.org CARA Members

Sun, Aug 28 at 1:59 PM

New Fairfield will be having its annual New Fairfield Day September 17. The Cara club is registered to participate in the event. We have moved the location from the lower field to the upper side for better visibility. Anyone interested in working the event we will set up around 9AM and operate until the end of the event. Please contact me if you would like to join us. We will operate as W1QI.

The CARA club has been attending each year since 2015.

There is a possibility that NARA will join US at the event.

73

John G. Morelli (W1JGM)

VP Candlewood Amateur Radio Association (CARA)
Chairman; Western Connecticut Hamfest
cararadioclub.org Club Call W1QI
203-417-0160
Member of Northville ARA (NARA),
Yankee Clipper Contest Club (YCCC)
American Radio Relay League (ARRL)



CARA POTA Guidelines

Purpose: To set forth operating guidelines for CARA sanctioned POTA events.

- Those members who plan on bringing their stations shall sign up so the POTA coordinator can set up the operating schedule
- Those members who plan on participating w/o equipment will sign up as an operator
- Multiple stations will coordinate operating conditions and band plan
 - Each station will use the CARA filters for the band assigned
 - Each station shall determine their respective operating mode
 - Stations shall change operating bands each hour, example:
 - First hour of operation: station 1 on 40m; station 2 on 20m; station 3 on 15m; etc
 - Second hour of operation: station 1 on 15m; station 2 on 40m; station 3 on 20m; etc
 - Third hour of operation: station 1 on 20m; station 2 on 15m; station 3 on 40m; etc
 - Repeat
- Use this activation as a means for new or inexperienced hams to get on the air!
- Have fun!!

Approved Friday 8/12/22



SHARE "*THE MAGIC*" OF AMATEUR RADIO

Amateur Radio enriches the lives of everyone that it touches.

FOR IMMEDIATE LOCAL CLUB DISTRIBUTION

CQRC, Winsted, SBERK, ICRC, **CARA**, GBARC, GNARC



WHAT: Jamboree **On The Air**(JOTA)

DATE: Saturday-Oct.15,2022

Hours: 9 AM - 4 PM

JOTA 2022 is COMING!

When Scouts want to meet young people from another country, they usually think of attending a World Jamboree. But, few people realize that each year more than a million Scouts and Guides "get together" over the airwaves for the annual Jamboree-on-the-Air (JOTA).

During the 2014 event, worldwide Scouting participation included **1.1 million Boy Scouts and 200,000 Girl Guides/Girl Scouts**, for a total participation of over 1.3 million--the largest Scouting event in the world.

<http://arri.org/jamboree-on-the-air-jota>

There is nothing as rewarding as seeing scouts get **EXCITED** after an **ON THE AIR** experience, and begin **RESONATING** with the idea of becoming a licensed Ham.

I will be contacting the 3 major Scouting Councils and one single town Council in CT (Housatonic Council, CT Yankee Council, CT Rivers Council, Greenwich Council) this coming week to confirm their desire for us to provide JOTA Activity (GOTA) Stations at their FALL Camporees in:

Camp Strang - Goshen

Camp Sequassen - New Hartford

Hoyt Scout Reservation - Redding Ridge

& Other Sites (TBA)

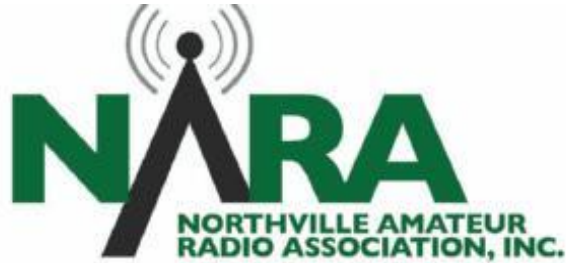
Based on their responses, I will be looking to **create TEAMS** of licensed Amateur Radio Operators to go to the various locations and operate "**Portable**" (HF/VHF/UHF) and "**SHARE THE MAGIC**" with **GOTA (Get On The Air)** stations.

PLEASE SAVE THE DATE & **MARK IT ON YOUR CALENDAR**
SATURDAY - OCT. 15, 2022

For more information (or to volunteer), please contact me at:
CTJOTAham@[GMAIL.COM](mailto:CTJOTAham@GMAIL.COM)

Thank you!

73,
Douglas Sharafanowich - WA1SFH
Section Youth Coordinator - Connecticut
American Radio Relay League
connecticutSYC@gmail.com
Cell: 203-494-3885



NARA Executive Committee 5 Sept 2022 Update

Schedules Planning

The CARA club is registered to participate in the annual (since 2015) New Fairfield Day on September 17.

CARA will set up around 9AM and operate until the end of the event. Please contact W1JGM.

CAMA - Connecticut Antique Machinery Association 31 Kent Cornwall Rd, Kent, CT 06757

2022 marks CAMA's Fall Festival - last full weekend of September.

Friday, Saturday, and Sunday, September 23, 24, 25, 2022 10:00 AM to 4:00 PM each day for spectators.

The Big E Ham Radio Exhibit: September 16th. - 2 October Booth #103 in the Better Living Center (next to the hot dog stand and restrooms).

AS of right now there are 12 clubs and around 110 people signed up to staff the ham radio booth. We are looking for a few more to help us lock down the schedule. Are you available on any of these dates and times?

Each day is broken into two sessions. The first runs 9:30 am through 4 :00 pm and the second runs 3:30 pm through 10:00 pm. The overlap is to help the new arrivals for the 2nd session learn what had been working during the first session so they could continue. The sessions are named Session 1 and Session 2.

Are you available to help? If yes, please volunteer or add a session to what you have already volunteered for.

As a reminder, everyone that volunteers get their Big E fairgrounds parking reimbursed and their admission reimbursed (or free tickets provided to them).

Sign up here:

https://docs.google.com/forms/d/e/1FAIpQLSd9_iH1ZucHuCFcNwreEuVPWnmLO_T5D_s92vHPuEUASS78Tew/viewform

Learn more here: <https://nediv.arrl.org/project-big-e> For more info

JOTA is the BIGGEST - INTERNATIONAL - ANNUAL - Scouting Event that takes place on the 3rd Weekend in OCTOBER.

This year is will be held over the weekend of Oct. 14 - 16, 2022

Region 5 REPT sponsored Amateur Radio Overview Presentation: October Dates:
Housatonic Valley Regional High School

Region 5 REPT Steering Committee to conduct another region-wide amateur radio exercise this fall. The tentative date is Saturday morning, November 19, from 9:30 to 11:30 AM. Saturday, November 5.

Submitted by Gregory Davis, WR1Z, NARA President

Candlewood Amateur Radio Association

WESTERN CONNECTICUT HAMFEST

Raffle Prizes

Grand Prize Icom IC 4100A Dual Band Digital
Transceiver

2) **\$100 DX Engineering Gift Certificate**

3) **3 Book set from Craig "Buck" K4IA**
Easy Way Ham Books

4) **(2nd) 3 Book set Craig "Buck" K4IA**
Easy Way Ham Books

5) **Heil Sound Pro-Micro headset**

6) **Bioenno Energy 12V 12AH LiFePO4
Battery W/ Charger**

7) **\$50 HRO Gift Certificate**

\$5 each

**BUY a "Book of 5" \$20
(one free Ticket)**

**To our supporters
Thank you!**

Candlewood Amateur Radio Association

Hamfest Workstations

Site entrance 1: Tom Kimball – WA8UNS

Parking 2: John Kerwick -KD2VUP

Tailgating Admissions Table 5

Stefanie Fuda

Oscar Fuller – KO1F

Marcus - AB1WV

Eric K. – N1RV

Front Door Admissions Table 3

Mike - W8ZY

Harlan W1QH

Dan - W1QK

Food Concession 2

Bud - W1NSK

Susan - KC1QVE

Roving 50/50 1 _____

Roving Raffle Tickets 1 ___Marcus – AB1WV

Assist indoor setup 3 _____

PA and Door Prizes 2 Greg Davis – WR1Z

Asuna - W2FUR

Financials 1 Charlie - KC1IBR

Supervision 2 John Ahle - W1JMA, John Morelli - W1JGM

Safety: Marcus - AB1WV

Club Table: Dave Coelho – WA1JGA

POTA Table: Dave Teagarden – KB1ZAC

VE Session: Jon Bernon – AJ1U

NARA Bus: NARA Club Members



For Immediate Release

Electronics and Amateur Radio Hamfest: September 11, 2022
Sponsored by the Candlewood Amateur Radio Association

We are back for 2022, In a NEW LOCATION and DATE!

The Candlewood Amateur Radio Association (CARA) will be hosting the **Western Connecticut Hamfest** and swap meet on September 11th from 8 am till 1PM, Rain or shine. This is an IN-DOOR Event.

This annual event will be held at the **Police Athletic League, 35 Hayestown Road, Danbury, CT.** This is "The Biggest Little Hamfest in Western CT" and is sure to have plenty for all electronics, makers, and Amateur Radio enthusiasts.

Every year, enthusiasts from the greater Danbury area and surrounding states gather to swap gear, knowledge, and stories. This year there will be an Amateur Radio License testing session (9:30 am) as well as a presentation by Fred Kemmerer, the ARRL New England Director. We will also have the Region 5 Amateur Radio Emergency Service (ARES) forum at 10:30AM. Get studying and take your first FCC Amateur Radio License test or upgrade your license while finding that great piece of tech you can't live without!

There will be electronics, computer and radio equipment vendors, demonstrations, and refreshments as well. Raffle tickets will be sold for some great gear and your admission includes entry for the many door prizes.

Regular admission is \$8 at the door (\$1 discount with the flyer, available at our website). Kids under 12 are free!

Vendor spaces are available for \$20/spot. Each spot includes one admission. Get rid of that gear you don't use anymore. There is sure to be someone there interested in your used/unused computer, electronic or radio gear.

For further information go to hamfest.cararadioclub.org or contact John Morelli W1JGM at hamfest@cararadioclub.org or call 203-417-0160.



Sanctioned by ARRL

SAVE THE DATE

SEPTEMBER 11, 2022

SUNDAY. 8AM - NOON

RAIN OR SHINE EVENT!

Candlewood Amateur Radio
Association's Annual

Western CT. Hamfest

The **BIGGEST**, little Hamfest in

Western Connecticut

All spots Indoor & Outdoor \$20 each

Bring your own table & chairs

Includes 1 admission

General admission at the door \$8 (**\$1 discount with flyer**)

Children under 12 Free

See you at the Hamfest "73"

CARA is a 501(c)(3) organization

GUEST SPEAKERS

DEMONSTRATIONS

MAJOR VENDORS

LICENSE EXAMS - 9:30
NO APPOINTMENT REQ.

REFRESHMENTS

RAFFLE

DOOR PRIZES

50/50

GOOD TIMES

TO BE HELD AT

Police Athletic League (PAL)
35 Hayestown Road
Danbury, CT.
06811

www.Hamfest.cararadioclub.org

Contact: John Morelli (W1JGM)

E-Mail

Hamfest@cararadioclub.org

Repeater Talk-in Freq :

147.300 +600 PL-100Hz

Simplex : 146.520