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Cockenzie & Port Seton Amateur Radio Club is affiliated to the Radio Society of Great Britain and holds the call signs MM0CPS and GM2T which are used for our special event and contest entries.

The Club was formed by Bob Glasgow BEM GM4UYZ in 1984, to help the local amateurs get to know each other.

Far from being just a local club we have members regularly attending from the Borders, Dumfries, Strathclyde, Fife and Newcastle.

The Club meets on the first Friday of every month in the lounge of the Thorntree Inn on the old Cockenzie High Street from 7pm till late.

Editorial

It is hard to believe that soon we will be moving into the major holiday period, isn't time flying by. Just a word of warning please do not advertise that you are going on holiday or when as you never know who is listening or even reading Facebook stories.

On the club front we will have had our first DF night (still to happen as I write this) and I am sure it will have been another resounding success, hopefully in this newsletter a report but if not then in next months. The May Activity Day has happened so keep your support going for these operating days... The VIC GM4GGF Trophy for this year (2022/2023) is now under way and all the new licence holders who are eligible to take part have all been informed so I hope they all take part.

To the future this month, there is one important change and that is the July Club Night will not be on its normal first Friday of the month as the decision has been taken to do VHF Field Day this year. JULY Club Night is now the 24th June 2022, usual time and place. It means what would have been our normal Club Night, 1st Friday of the month many of the club members will be way setting up the stations. We are going to Hardens Hill up in the Lammermuirs. We are looking for people to join us so if you are interested can you let me know. It all helps with the overall organising of the

event. So what else is happening well we are now starting to enter the main contest season for the club of which we will be entering a few. The 6M Trophy and if you are interested then speak to John MM0CCC with regard this and he will tell you more about what is going on. There is no International Museums Weekend this year as we have been unable to secure a venue. Again for future if anyone can think of somewhere then let us know. It has to be able to allow us to set up our equipment and leave it securely overnight. Let me know with this as well. I didn't do a "Demonstration Station" by putting on a radio station at the Port Seton Gala Day as it is normally just me that does it and it clashed with some family commitments that I had.

There is our own Summer Solstice Activity Day Week on the 11th June to the 17th June. It is now the sixth Activity Week of the year so I hope that many will take part. It is all for a bit of fun and an opportunity to see what can be worked. It is not a serious event but just an excuse to "play at HF or even VHF Radio". So please do not dismiss the idea about not doing it, go on and try and participate. I am interested in what people do work so any chance you could send me your logs and I will add them to

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(Continued from page 1)

my monthly Activity Week Report for the newsletter. So, can I please have a copy of your log by the 22nd June at the latest? Everyone is welcome. A busy month then all rounds so I hope you can take part in all the events.

This month certainly has a few operating activities so there is something there for everyone. Some of the events will certainly give you an opportunity to practice some of the skills required to go contesting so why not take time out and give it a try. Events like Special Events although are demonstration set-ups can at the same time be extremely hectic. What they offer is the ability to use some of logging programs and learn all about them, and how to handle a pile up like we have experienced over Special Event Weekends. It is better to play at these events rather than try and learn when you are involved in a major contest. The opportunity is there so why not use it.

To the future, I have decided on another Construction Night on the 15th November @ 19:00 at the Royal British Legion. Yes I know it is early but it gives everyone

who is interested plenty of time to get something to build. Looking forward to it already.

A plea once again for any material that you can produce and submit for our newsletter as I am struggling once again to write articles. If nothing is submitted by us all then there will be no newsletter so, please help. Thanks in advance for this.

That's it then for me this month, I hope you will take part in all of the events; it would be tremendous to see. Enjoy the newsletter.

Bob GM4UYZ

27th ANNUAL MINI-RALLY NIGHT

FRIDAY 12th AUGUST

Community Centre, Main Hall, Port Seton.

Bring along your own "junk" and sell it yourself. Tables on First Come First Served basis.

Entrance fee £2 for everyone. Time 18:30 to 22:00

I have booked our local Community Centre for the Junk Night and it will be nice to see our Fund-Raising night take place once again after not happening for the last two years.

Please note the change of time as it is starting later to allow time for anyone who is travelling.

Tables will be on a First Come First Served basis

Regarding COVID precautions, hopefully they will all be totally removed by the date but if not then we will abide with what is in place. Regards the centre if there are COVID restrictions in place then the actions required by you will be displayed as you enter the main door i.e. Face Masks, Social distancing, etc. I would be grateful to you all that you adhere to them.

If there are any changes I will place them on our website – www.cpsarc.com on Facebook and a general email to those who have signed up to receive emails from CPSARC.

Looking forward to seeing you all at the event

THE LEFT-HANDED CAPACITOR TROPHY

“THE LEFT-HANDED CAPACITOR TROPHY” – How to win it?

Back in 2009, we ran a challenge as part of our 25 Years Club Anniversary. As part of this challenge, a trophy, "Left-Handed Capacitor Trophy" in memory of Vic GM4GGF was awarded to the winner of the Foundation Licence holder with the "most Distant QSO". Martyn MM0XXW, then MM3XXW won this.



Another challenge where the trophy could be once more presented, but this time on an annual basis was created in 2011 suggested by Cambell MM0DXC. is to present it to the person who has been licensed for up to one year and makes the greatest number of QSO's during our Club Radio Events. The aim is to encourage newer operators to "operate" and help overcome any microphone hesitancy.

Criteria:

The challenge runs from the 1st May through to 30th April of the next year.

Those taking part must have obtained their Foundation Licence within the previous year (Starting 1st January of that Year i.e. For the 2021 January-April 2022 year they obtained their Foundation licence in that period), even though at the time of taking part may have obtained their Intermediate or even Advanced Licence.

The CPSARC Training year will run from the 1st May through to the 30th April. This covers the club's August to April training program

Entrants must be able to identify that they obtained their Foundation Licence at some time during the stipulated year dates, either by (1) or (2) above.

Entrants need not have been trained by the Club for all the three licences but must have at least obtained one of them via the Club's training program.

Entrants must operate at the Radio Events run by the club over the specific year period. Normal events that the club participates in each year are the Port Seton Gala Day (MM0CPS) (Not 2020), National Min-

ing Museum (GB2NMM), Lighthouse Weekend (GB2LBN) Due to the Coronavirus these are cancelled) and the Club's Activity Days. There may be others depending on requests and these will also be included.

Win-Test Logging software will be used to create our log at all Club External events but not during Club Activity Days as individuals will be using their own logging software

After an event, the log will be checked and the number of QSO's made by each operator will be counted and recorded.

Club's Activity Days: Total number of QSO's made from the submitted log will be extracted and added to the overall running totals.

After the completion of the year period each operator's totals for each event will be totalled and the operator with the most QSO's will be deemed the winner.

The trophy will then be presented to the winner who can retain it for a year before returning it to the club.

RESULTS FOR THE 1st JANUARY 2021 to 30th APRIL 2022

I have now just adjudicated the VIC Trophy results that ended on the 30th April 2021 and can announce the winner is George Crawford MM0JNL/2M0FUP/MM7DSV. He receives a certificate and the Trophy for a year (assuming we can do a presentation). Congratulations George well done



Simple adaptor for the V-BAND website

The clever people at Ham Radio Solutions have created a fantastic website for practicing CW:

<https://hamradio.solutions/vband/>

We've been using this website in our weekly online CW classes as it does away with all the issues associated with trying to pipe audio into and out of ZOOM. It's also a lot easier to use than the MIDI set-up described in the previous article.

The website has several virtual "channels" where users can beep at each other by tapping away on their computer keyboards. A nice option is the ability to buy (don't worry... read on...) one of their custom USB adaptors which lets you use your morse key, or paddles with the website. The adaptor, at the time of writing this, costs \$25 with another \$43 shipping to the UK....

That's quite a lot of beer tokens!

Never fear – frugal minds are creative things. With a bit of low-grade thinking, it was pretty easy to adapt the "MORSE-MIDI" interface, as described in a previous CPSARC newsletter (November 2021), to work with the V-Band website. The physical construction of the adaptor is almost identical to the one described in that article with the addition just one more wire. Even that extra wire is only necessary if you want to use paddles rather than a straight key.

The third wire connects the "ring" of the jack socket (middle terminal) to pin "1" on the Teensy LC microcontroller board. That's it!

The Teensy board does need to be programmed with new code. I won't go into how to set up the Arduino IDE or upload code to the Teensy board here as that was covered in the previous article.

There are two differences in the upload process, which are:

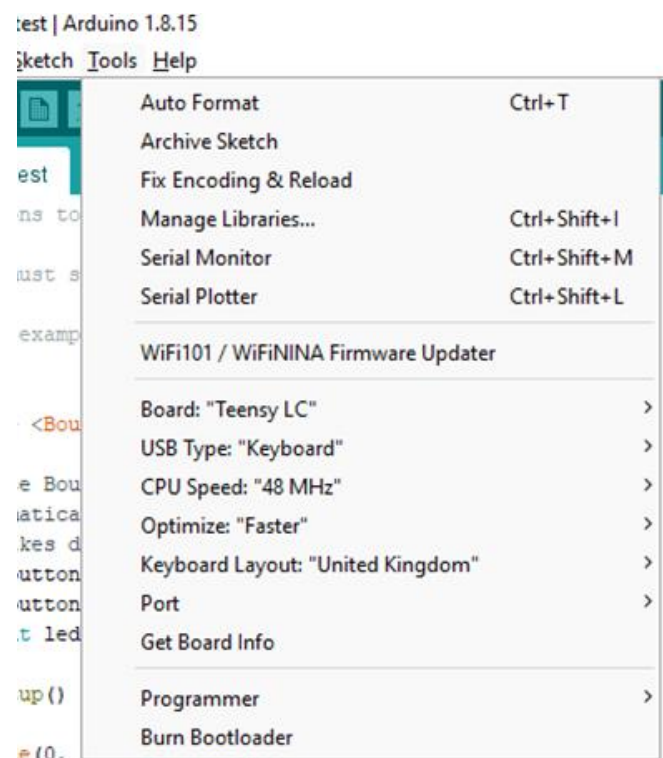
The code itself.

Here's a link to the Arduino "sketch":

<https://drive.google.com/file/d/1ye9zSxQyNqGwbrqMm5epV33dzHvI8L31/view?usp=sharing>

The settings in the Arduino IDE when uploading this

new code. These should be as follows:



Note, "USB Type" is set to "Keyboard" and Keyboard Layout is set to "United Kingdom".

Please see the previous article for details of how to install the software that's required to program the Teensy LC board.

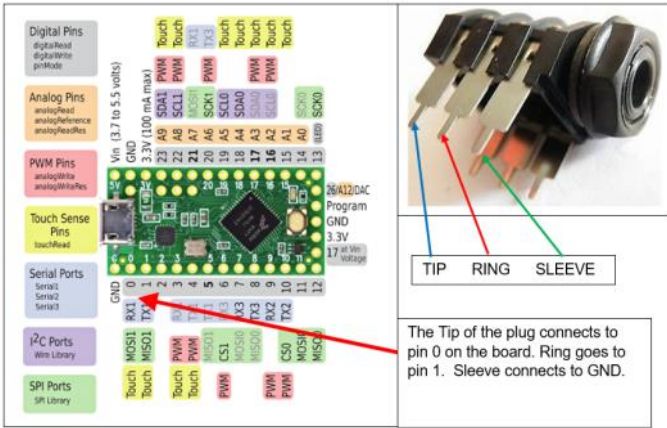
Once constructed and programmed, simply plug in your key or paddle and head over to the V-Band website (link above). Go to the "Settings" tab and set the "MODE" for straight key or paddles. If using paddles, make sure to set the keyer speed.

Then choose a channel and beep away to your heart's content.

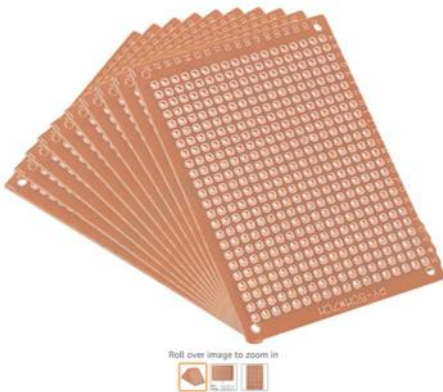
Here's a slightly updated construction description to include the third wire (if you need it).

CONSTRUCTING THE V-BAND ADAPTER

The adapter consists of a Teensy LC board and a ¼" Stereo Socket. The Teensy LC can be found on the PJRC website as well as on Amazon etc. It costs around £15.

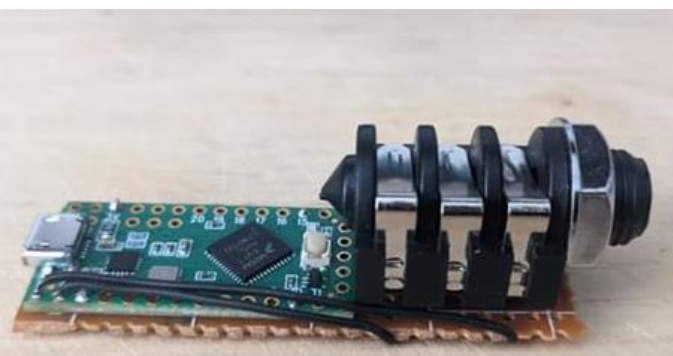


A small piece of "perf board" or similar is used to hold the Teensy LC and socket together. Searching for "Single sided perf board" on google should work. You're looking for the type of board that has a matrix of 0.1" holes with small copper pads on one side of the board. DO NOT USE the type of board that has copper strips unless you are prepared to cut tracks...



This is the stuff to use. Only a couple of ££ on Amazon or eBay etc.

Cut a piece of the perf board long enough to hold the Teensy LC board AND the 1/4" jack socket. Make sure the perf board has its copper pads facing down so the teensy sits on the non-copper side (see photo)



Small solder links can be connected to unused solder pads on the Teensy LC and then fed through and soldered to the perf board to hold the two together.

The jack socket is also soldered to the PCB to hold it in place. Fold the metal legs of the jack socket so they sit flat against its underside. Solder some scrap wire to the perf board so they line up with where the jack socket legs will sit. They should run across the perf board from one side to the other. These are purely for mechanical strength. Carefully solder the folded jack socket pins down to these wires. NOTE, there should be NO electrical connection between the three terminals on the jack socket at this point. Test this with a meter.

Solder a length of wire to the SLEEVE connection of the Stereo Socket. In the photo above, this is the terminal on the right. Connect this wire to the "GND" pad on the Teensy LC

Solder another length of wire to the TIP connection on the jack socket. In the photo above this is the left-hand terminal on the socket. Connect the other end of this wire to pin "0" on the Teensy LC board

Solder a third wire to the RING connection on the jack socket. This is the middle terminal. Solder the other end to pin "1" on the Teensy LC board

If desired, cover the Teensy LC and perf board with a piece of heat-shrink sleeving



You can use hot-melt glue to cover the exposed terminals under the perf board where the jack socket sits.



RSGB VHF FIELD DAY

RSGB VHF FIELD DAY 2nd & 3rd JULY 2022 - 14:00z to 14:00z - OPEN SECTION

The club is aiming to take part in this event from Hardens Hill (IO85SS) near Duns in the Borders. We have taken part in this event for a sizeable number of years and even been first in Scotland. Many of us have cut our teeth in contesting by taking part in this contest plus other VHF/UHF contests. You will certainly not be run off your feet compared to many HF contests that we do. It is certainly done at a more relaxed pace. John MM0CCC (mm0ccc@gmx.co.uk) is the main organiser for this event so any queries or comments please address them to John and copy me in as well bob.gm4uyz@talktalk.net, thanks

The Contest

The aim is to arrive on site on Friday 1st July (time still to be arranged) and start to build the station, note this means that our normal club night on this date has been moved to Friday 24th June as people will be away to the event.

Stations being set up will be as follows:

Full 24 hours 144MHz

Full 24 Hours 432MHz

Saturday 14:00z to 22:00z – 6M

Sunday 08:00z to 14:00z – 4M

Sleeping arrangements if staying over

We will stay overnight which means you either sleep in your car or bring a tent.

Food and this will give a Rough Guide

Normally order a "Chippie" from Duns (depends on how we are getting on or someone may go for it) on the

Friday Night

Saturday/Sunday breakfast & lunch – normally a food run will be done but this will get sorted out nearer the time.

Saturday Night may order a Chinese from Duns as like the Chippie may get it delivered or someone collects.

Costs

Costs are to help with the van hire (Shack), Fuel for generators, food and whatever else.

Normal practice is that it is all worked out individually as obviously if you have paid for something then you need to be re-imbursed and if you have not then to chip in to pay the expenses.

Commitment and Availability (helps with planning)

If you can fill in the following table with your commitments it would help enormously in the planning of building & dismantling the station and regarding operating.

Please return to Bob GM4UYZ (gm4uyz@cpsarc.com)

Many thanks.

Bob GM4UYZ

Name	Callsign	Day	Contest Start to Finish	Times Available if not Contest Start to finish	Build/Dismantle B&D, B = Build, D = Dismantle	Operate	Staying Over	Other Comments

Example Below:

Name	Callsign	Day	Contest Start to Finish	Times Available if not Contest Start to finish	Build/Dismantle B&D, B = Build, D = Dismantle	Operate	Staying Over	Other Comments
Bob	GM4UYZ	Friday	Yes		B&D		Yes	
		Saturday				Yes	Yes	
		Sunday				Yes		

DF HUNT NIGHT Friday 27th May

Our DF Nights are now an integral part of our club events where we run one in May and the other in September. Each DF night has its own characteristics, otherwise the May night is in total daylight and the September night is 80% in the dark... No matter what they both offer some interesting challenges. Back to normal now and our May event took place.

Our first DF night the weather was good and sunny, great to see as it makes the event enjoyable. The fox this time was Rickie GM1PLY. Like the other previous foxes a notification was texted to inform Rickie that there were 3 cars involved, would have been nice to see more but nevertheless a turnout for this event next time more will come out and take part.

Well 3 teams that took part this time assembled at the new car park location where the Pond Hall and swimming pool used to be. The teams consisted of Cephas MM0INS and Craig MM0NBW in Car 1, Robin MM0VTV and Paul MM0VPR in car 2, Liz 2M1GLD and me in car 3. All the teams for this DF Hunt used a 2-element beam. Over the years a lot of people have really enjoyed taking part but alas you all are missing.....it would be great to see all your support and return to make what is a big fun event.

At the pre-requisite time of the 19:00 start we all went our separate ways to try and catch the elusive fox. Unfortunately, my radio lost its power and with thanks to Paul we got all my equipment moved over to Liz's Car as it looked like the fuse had gone in the cigarette holder before we got going. Thanks, Paul, for helping. Liz and I headed along the middle road towards North Berwick making our first stop at Spittal, where we took our first bearings getting a tremendous signal following the railway line. We then made our way up to towards the Garleton Monument and took our next which pointed us in the Drem direction. We headed towards Athelstaneford to try another triangulation before heading to Drem. Oh he was not in the station, but the new bearings put us towards Fenton Barns. As time was getting close, we stopped and got a further bearing in this direction, and we knew he was close as I had full attenuation on. Driving on we decided our next stop would be the entrance to the Mushroom farm and on turning in we spotted Paul, Robin, and Rickie. Paul and Robin had just got there before us.

...BINGO Ricky was there well tucked in. Liz and I just could not believe our luck. Sometimes it happens just like that, and it certainly was for us. We then headed off back to where we started to await hopefully the others returning.

On finding the Fox Ricky said that we were second at 19:54. Yippee

We have always said when DF'ing that luck sometimes plays an enormous part in the hunt and that night it was with most of us.

How did the others fare was the question well they all found the fox Congratulations to and Paul and Robin at 19:52. Liz and me at the 19:54 then Craig and Cephas at 18:20?

The trophy was presented to Paul and Robin to keep until the next DF Night in September

A massive thank you from us all to Rickie for taking on the role of the fox and once again producing another fun packed night. Also, thanks to everyone who turned up I know from all your comments you all enjoyed it so hopefully you will all come back for the next DF night in September 2022.

Those of you who do not take part you do not know what you are missing. Believe you me DF'ing is not as easy as you think, try it and you will see what I mean.

Congratulations again to Paul and Robin for winning and commiserations to the rest...

Bob GM4UZY

Activity Report

May 2022 Activity Day – between 7th to 13th May 2022 00:00 to 23:59 – Every Day

Choices: One of the following

Your selected day within the week

Multiple days within the week

Every single day of the week

This was our Fifth of 2022 where you can select one of the above during the one-week selected period..... so reports below on who or who did not manage to take part.

Activity Day Rules and updated log sheet for 2022 have now changed:

These can be found using the following link:

<http://cpsarc.com/downloads/>

Look under Downloads for the Downloadable files then you are all ready for the 2022 Activity Days. The 2022 files are as follows.

[2022-ACTIVITY-FULL-WEEK-LOGSHEET-V1.6](#)

[2022 New Monthly Activity Week Rules V7](#)

Apologies first:

Colwyn MM0YCJ

It is a nil return from me this month. I did not manage to get up a radio hill all week which is my first failure in over 2 years!

Thomas M0THL

Work has been hectic, and I have had no time to go on the air.

Craig MM0NBW

No log this month. Did not manage to get on the air apart from messing about with APRS.

Rafe MM0RPX

Did not get to take part this week. Between work travel and family birthdays my radio time got squeezed out.

Brian M0RNR

Not from me Bob sorry

Reports:

Bob GM4UYZ

This month is predominantly DATA and FT8 I also took part in the ADI Italian Contest for a couple of hours over Saturday and Sunday concentrating in working only Italian contacts. Although this is a mixed entry – SSB & CW I concentrated on a single band 14MHz and CW only. My aim was to beat my 2021 score of 31 QSO's which I did with 50 QSO's this year so happy with

that. It was extremely challenging work I must admit. It also boosted my Italian Prefix's entry for our Italian Trophy contest as well, I managed to get on the air as well for the full week.

Jim MM0DXH

"Propagation has certainly picked up and some great DX out there on the bands. Highlight for me in the activity week was getting ZD7BG (St Helena Island) on 10m using CW. It was the faintest of signals that did not move the needle and proof that CW does get through when conditions are not perfect. The week prior to the activity week saw me manage to get a brand-new country, TX5N (Austral Island) on CW 20m at 8:00UTC. As you build up your worked country list, it gets more difficult to work a new country and I was delighted to add this one. Happy DXing

Tommy 2M0EGH

Thought I would give it a go for this week, did not think I had made that many QSOs, yes it can be addictive. So 36 QSOs split between 20m and 40m through a compromised random EFW in Loft. You might recognise a couple callsigns on 20m 12/05/2022.

Bob MM0LBF

Measly effort; but my return to active radio after being out for a while.

Andy MM0GYG

I was on the radio quite a lot, but I was listening rather than transmitting so there is not a lot in the logs. It is good to hear signals in the higher bands.

Pete MM0INE

Just a couple of log entries for last week. My usual go to band of 60m has been quiet but did manage to get across the Irish Sea to N. Ireland 59 both ways. 40m has been lively. Unfortunately, not too much time sat in front of the radio last few days. However, kitchen renovations are almost complete so hopefully more time and fewer distractions.

James MM0LQF

In terms of an update for the newsletter, propagation the last few days has been great, having worked (FT-8/FT-4 as usual), a bunch more US states, and South American countries which I did not have in my log until now. The FTDX10's receiver really is much better at pulling out weak stations from the noise than my old FT450D was

Ronan MM0IVR

Activity week started off well. I was up early-ish on Saturday so I popped the radio on to see what I could hear. There was a VK station calling CQ on 14052 so I rattled out my callsign, expecting to be drowned out

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amongst the masses but, to my surprise, he came straight back after my first call...! That made my day - my first VK station and on 15 watts CW too!

That was it for the Saturday, apart from a quick 2m FM QSO with Chris (2M0PVP/p) who was doing a SOTA activation of North Berwick Law.

On Sunday I planned to make a new antenna for 20/30/40m portable use so, rather than mess about in the garden or out on the links, I headed up Meikle Says Law with a bag full of bits and bobs. This is East Lothian's highest point and a reasonable spot for radio as the summit is extremely broad and flat. It is an effortless walk up the hill although you do have to jump the small stream a few times on the way. I managed this very gracefully - only going horizontally polarised very briefly... no-one saw so I got away with it...

Once on the hill, I set about measuring and cutting the wires for the new antenna. The Nano VNA made this easy work and before long I had the new elements tuned up and working.

Meikle Says Law is a SOTA summit worth a handsome 2 points, so I started calling CQ SOTA on 20m CW with the Lab599 TX-500 and was greeted by a bunch of eager SOTA chasers. I managed 18 in the log on 20m including one Polish summit-to-summit contact, and just the two on 30m. Not exactly record breaking, but genuine fun. Once off the hill and back at the car, I had a bit of a play using the G90 and the Ampro antennas.

The rest of the week was pretty much the usual mixed



My portable workshop for the day.....

bag of European stations and Eastern US, along with a couple of nice late evening CW contacts into Martinique and Puerto Rico.

I had a short CW QSO with Dmitry in Ukraine who was operating as 9A/UW1GZ via a remote station in Croatia. Nice to hear that he is found a way to keep operating in the current situation.

Martyn MM0XXW

Sorry for the lateness Bob but due to a family visit, had a Housefull, I did not manage too many however one still needs to 'fly the flag!'

Summary

DATA is the winning mode this month with 223 QSO's (6 – FT4, 217 – FT8), next best was CW with 187 QSO's. Out of the 432 QSO's where: CW = 187, SSB = 21, DATA = 223, FM = 1, AM = 0.

Best DX for the week for each Mode highlighted below:

HF CW, DATA & SSB

Logged DATA QSO's were FT8 (217) & FT4 (6)

CW	Sat	14	VK2GR	16965	MM0IVR
	Sun	21	PY1VOY	9545	MM0DXH
	Mon	14	KP4YO	6667	MM0IVR
	Tue	14	FM5BH	6692	MM0IVR
	Wed	14	N2BA	5258	MM0IVR
	Thu	21	ZP/OK2WX	10364	MM0DXH
	Fri	21	HS0ZJF	9781	MM0DXH

SSB	Sat	24	IO1BRA	1860	MM0GYG
	Sun	14	VP9IN	5344	MM0DXH
	Mon	14	VU4W	9229	MM0DXH
	Tue	0	0	0	0
	Wed	14	K1DSK	5057	MM0IVR
	Thu	14	S51DX	1635	MM0IVR
	Fri	14	I16WRTC	1854	MM0IVR

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VHF CW, DATA & SSB – No QSO's

FM	Sat	144	2M0PVP/ P	25	MM0IVR
	Sun	0	0	0	0
	Mon	0	0	0	0
	Tue	0	0	0	0
	Wed	0	0	0	0
	Thu	0	0	0	0
	Fri	0	0	0	0

A good turnout out this month with a total of nine people taking part although James MM0LQF sent me a report but never sent his log even with after a few prompts from me.....!! Keep it up folks..... Thanks to everyone for your logs they are so much appreciated.

Below is something I have been looking at more for curiosity's sake is to see the most active days of the week that people take part in the Activity Week and on what modes.

Total QSO's Per Day

Day of the	Total QSO's	MODE				
		AM	CW	DATA	FM	SSB
Sat	64	0	30	30	1	3
Sun	160	0	136	18	0	6
Mon	30	0	2	24	0	4
Tue	25	0	5	20	0	0
Wed	57	0	9	42	0	6
Thu	67	0	2	64	0	1
Fri	29	0	3	25	0	1
	432					

The next Activity Day is any day starting on the week beginning the 11th and ending on the 17th June 2022 the sixth for 2022. Remember to use the new recording spreadsheet for your logs [2022-ACTIVITY-FULL-WEEK-LOGSHEET-V1.6](#) which can be downloaded from the website.

Participants

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Summary of who did what:

Total QSO's = 432 where: CW = 187, SSB = 21, DATA = 223, FM = 1, AM = 0.

Bob GM4UYZ CW: 52 x 20M
DATA: 43 x 40M, 19 x 30M, 61 x 20M, 8 x 17M, 6 x 15M, 1 x 12M

Jim MM0DXH CW: 72 x 20M, 22 x 15M, 3 x 10M
DATA: 16 x 20M, 1 x 17M, 16 x 15M
SSB: 3 x 20M

Tommy 2M0EGH DATA: 11 x 40M, 25 x 20M

Bob MM0LBF DATA: 2 x 12M

Andy MM0GYG CW: 1 x 17M
DATA: 3 x 17M, 3 x 15M, 2 x 12M
SSB: 1 x 12M

Pete MM0INE SSB: 3 x 15M

Ronan MM0IVR CW: 2 x 30M, 30 x 20M, 2 x 17M, 2 x 15M
SSB: 7 x 20M, 2 x 17M, 5 x 15M
FM: 1 x 2M

James MM0LQF DATA: Sent his report but did not send his log....bad boy!!!

Martyn MM0XXW CW: 1 x 20M
DATA: 6 x 20M
SSB: 1 x 40M

DATES FOR YOUR DIARY FOR ALL OF 2022 ACTIVITY WEEKS

Note: There are changes for 2022 where you can take part every single day of the week, or multiple days or just a single day. There is a new recording spreadsheet which is downloadable from the club's website download section and comes into effect on the 1st January - 2022-ACTIVITY-FULL-WEEK-LOGSHEET-V1.6.xlsx

MONTH 2022	ACTIVITY WEEK
June	11th to the 17th June
July	9th to the 15th July
August	13th to the 19th August
September	10th to the 16th September
October	8th to the 14th October
November	5th to the 11th November
December	10th to the 16th December

Thanks for taking part in the activity day week and I hope you will continue to do so in June 2022 and the rest of 2022. The dates for the 2022 are now set, see the above table so would love to see many more on as well so why not make it your 2022 target.

Bob GM4UYZ

Construction Night

NOVEMBER NEW FUTURE EVENT -
CONSTRUCTION NIGHT -
Tues 15/11/2022 @ 19:00 Onwards

Location: Royal British Legion
Hall: Hall (Lounge) closest to the Old Harbour
Cost: Usual £2/head for club funds
COVID RESTRICTIONS: As what are valid on that date i.e. Face Masks, etc.

Assuming there is no change to the COVID rules between now and then we will be holding our next Construction Night, the second of this year. As you can see from above, we are at a new location thanks to the generosity of the Royal British Legion and the hall we will be using is enormous so plenty of room.

It is up to you what you bring along to build from something nice and easy to something difficult. I suggest that if you are buying a kit that you do it now due to availability and getting here on time for the evening (they can take ages to come). See below a list of kits that I have plus others that I have come across note these are just an idea.

Personal Kits (I Have)

QUASER Project Kit #3009v3 – Oscillator Building Blocks - £6.00

I have 9 off bought for an earlier Construction Night that didn't happen.

Nice Easy kit to built



EBAY

VFO COMPONENT KIT NOVICE INTERMEDIATE EXAM CONSTRUCTION PROJECT AMATEUR RADIO - £14.50

S-PIXIE CW QRP Shortwave Ham Amateur Radio Transceiver 7.023MHz DIY Kits +Case - £5.98 + Postage

QRP Dummy Load and Power Checker kit - £9.50

CTCSS encoder kit - crystal controlled - 47 tones (for Repeater access) - £16.00 + Postage

New Pocket Morse Tutor Kit :- The PT20 Take it anywhere! - £26.50 + Postage

CW Magic Eye CW Tune Indicator Kit- £12.50 + Postage

Code Practice Oscillator , FULL KIT , Designed and supplied The West Midlands - £22.50 + Postage

Amazon

MagiDeal DIY PCB Circuit Board Digital LED Electronic Clock Alarm Kits Set 6 Digit (Shack Clock?) - £7.50

AliExpress

PIC Version 8W Super RM RockMite QRP CW Transceiver HAM Radio Shortwave kits - £13.05 + Postage

Phoenix kits online & EBay

MK4d FMT Full Kit - PhoenixKitsonline.co.uk – Cost £39.99 + Postage

The evening is about having a bit of fun, keeping your soldering going....and building a project.

Bring your own tools as well although I will bring along the clubs soldering irons and solder.

Look forward to seeing you all

Bob GM4UYZ

Contest Calendar

For anyone interested in contesting there is something for everyone. Contesting is not just about winning although that is the aim; it is about taking part, having some fun, honing your operating skills, helping you understand propagation and It is also a good opportunity to test out your station at home to see how it is performing.

Happy Contesting.....

Extracts are from the RSGB Radio Sport VHF & HF Contest, UKEICC Contest and the WA7BNM Contest Calendar see web links below:

<https://www.rsgbcc.org/cgi-bin/readcal.pl> - RSGB VHF Calendar

<https://www.rsgbcc.org/hf/> - RSGB HF Calendar

<https://www.ukeicc.com/> - UKEICC Contest Calendar

<http://www.hornucopia.com/contestcal/perpetualcal.php> - WA7BNM Contest Calendar

June 2022

10-10 Int. Open Season PSK Contest	0000Z, Jun 4 to 2359Z, Jun 5
Wake-Up! QRP Sprint	0600Z-0800Z, Jun 4
Tisza Cup CW Contest	1200Z, Jun 4 to 1159Z, Jun 5
Kentucky QSO Party	1300Z, Jun 4 to 0100Z, Jun 5
RSGB HF National Field Day	1500Z, Jun 4 to 1500Z, Jun 5
ARRL Inter. Digital Contest	1800Z, Jun 4 to 2359Z, Jun 5
RSGB 80M CC – DATA	1900Z-2030Z, Jun 6
ARS Spartan Sprint	0100Z-0300Z, Jun 7
VK Shires Contest	0000Z-2359Z, Jun 11
Asia-Pacific Sprint, SSB	1100Z-1300Z, Jun 11
SKCC Weekend Sprintathon	1200Z, Jun 11 to 2359Z, Jun 12
Portugal Day Contest	1200Z, Jun 11 to 1200Z, Jun 12
AGCW VHF/UHF Contest	1400Z-1800Z, Jun 11
RSGB Platinum Jubilee CW	0900Z-1010Z, Jun 11
RSGB Platinum Jubilee VHF	1400Z-1510Z, Jun 11
RSGB Platinum Jubilee SSB	1900Z-2010Z, Jun 11
GACW WWSA CW DX Contest	1500Z, Jun 11 to 1500Z, Jun 12
REF DDFM 6m Contest	1600Z, Jun 11 to 1600Z, Jun 12
ARRL June VHF Contest	1800Z, Jun 11 to 0259Z, Jun 13
RSGB 2nd 144MHz Backpackers	0900Z-1300Z, Jun 12
4 States QRP Group Second Sunday Sprint	0000Z-0200Z, Jun 13
RSGB 80M CC – CW	1900Z-2030Z, Jun 15
NTC QSO Party	1900Z-2000Z, Jun 16
SMIRK Contest	0000Z, Jun 18 to 2359Z, Jun 19
All Asian DX Contest, CW	0000Z, Jun 18 to 2359Z, Jun 19
IARU Region 1 & RSGB 50 MHz Contest	1400Z, Jun 18 to 1400Z, Jun 19
Stew Perry Topband Challenge	1500Z, Jun 18 to 1500Z, Jun 19
West Virginia QSO Party	1600Z, Jun 18 to 0400Z, Jun 19
ARRL Kids Day	1800Z-2359Z, Jun 18
Run for the Bacon QRP Contest	2300Z, Jun 19 to 0100Z, Jun 20
SKCC Sprint	0000Z-0200Z, Jun 22
RSGB 80M CC – SSB	1900Z-2030Z, Jun 23
Ukrainian DX DIGI Contest	1200Z, Jun 25 to 1200Z, Jun 26
His Maj. King of Spain Contest, SSB	1200Z, Jun 25 to 1200Z, Jun 26
ARRL Field Day	1800Z, Jun 25 to 2100Z, Jun 26
RSGB 50MHz Contest – CW	0900Z-1200Z, Jun 26
RSGB 70MHz Cumulatives #4	1400Z-1600Z, Jun 26
RSGB FT4 Contest	1900Z-2030Z, Jun 26

HF Propagation Prediction

Apologies, but a change to the prop predictions this month. The primary source I have been using, G0KYA's Short Path propagation tool infotechcomms.net seems to be "off the air". The advantage that G0KYA's tool had over others was that it was based around a combination of historic data to give a graphical prediction of propagation expectation. This was presented as a map with a coloured overlay which could be moved through time to view the state of change of the bands. Whereas other tools such as VOACAP VOACAP Online for Ham Radio and Proppy [Online Rec. P.533-14 Propagation Prediction Tool \(soundbytes.asia\)](http://Online Rec. P.533-14 Propagation Prediction Tool (soundbytes.asia)) require the input of both a TX and RX point, but are arguably providing more accurate data based on real time data measurements.

Using the broad information from the Short Path propagation tool as a basis, I would then use VOACAP VOACAP Online for Ham Radio to validate and refine the marginal points of reference. i.e. if Short Path were telling me that you could reach Western Australia with 60% reliability with SSB, I would cross check that with VOACAP which might say that based on recent measurements, solar activity, and other factors the likelihood

would be more – say 80% or less, say 40%. As I was using 70% reliability as the cut off for SSB, I could then include or exclude Western Australia from the prediction.

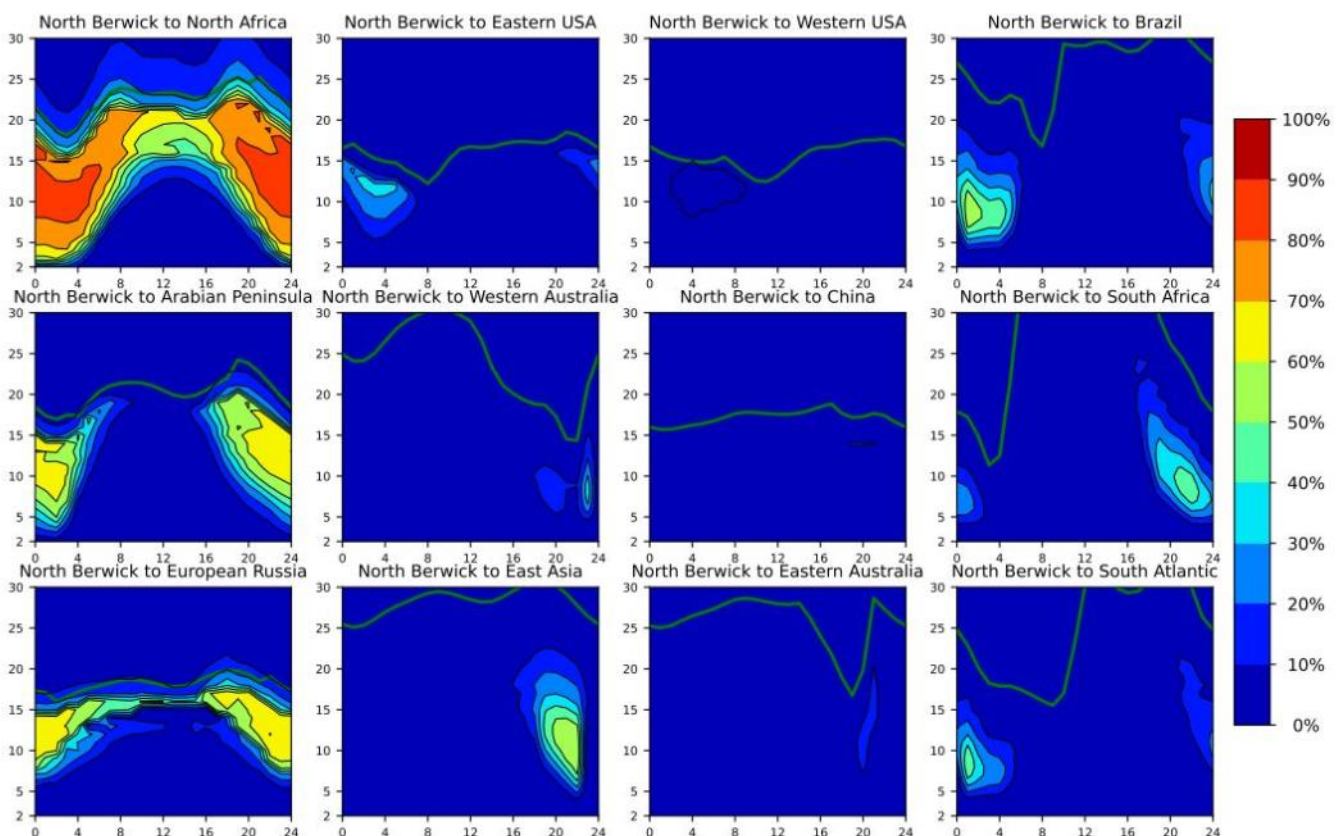
Comparing the predictions against real world experience – my own and comparing with QSO stats in Clublog showed that the predictions were broadly as dependable as one might expect of RF comms.

Using VOACAP and Proppy are a lot more time consuming, but in the last week I have been working with Proppy to try and fill the gap.

As noted above, Proppy requires the input of a TX and RX site, and the planner tool is limited to 12 RX sites. Running a prediction based on good SSB at 100 watts for June gave the following results below, which I found a bit unexpected. Running long path predictions gave slightly different results as one would expect, but still showing propagation more expected of winter

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June 2022 ($R_{12}=104.0$) Propagation Planner: Reliability



(Continued from page 14)

Which I have interpreted onto the table below.

The surprise to me is that the results are not what I expected to see for June and based on recent experience with south America, east Asia etc. coming in well on higher frequencies. The Europe on 20 metres result at only 20-30% reliability has me a bit stumped. So a lot more work required, I think. I will see what I can produce for next month!

80 metres

	00-00 – 04:00	04:00 – 08:00	08:00-12:00	12:00 – 16:00	16:00 – 20:00	20:00 – 24:00
Europe	100%	70%	50%	40%	50%	100%
North Africa	60%	10%	10%	10%	10%	60%
South Africa	10%	10%	10%	10%	10%	10%
Eastern USA	10%	10%	10%	10%	10%	10%
Western USA	10%	10%	10%	10%	10%	10%
Brazil	10%	10%	10%	10%	10%	10%
South Atlantic	10%	10%	10%	10%	10%	10%
European Russia	10%	10%	10%	10%	10%	10%
Arabian Peninsula	10%	10%	10%	10%	10%	10%
China	10%	10%	10%	10%	10%	10%
East Asia	10%	10%	10%	10%	10%	10%
Western Australia	10%	10%	10%	10%	10%	10%
Eastern Australia	10%	10%	10%	10%	10%	10%

40 metres

	00-00 – 04:00	04:00 – 08:00	08:00-12:00	12:00 – 16:00	16:00 – 20:00	20:00 – 24:00
Europe	100%	70%	50%	30%	50%	100%
North Africa	70%	50%	10%	10%	70%	80%
South Africa	10%	10%	10%	10%	10%	40%
Eastern USA	10%	10%	10%	10%	10%	10%
Western USA	10%	10%	10%	10%	10%	10%
Brazil	10%	10%	10%	10%	10%	10%
South Atlantic	40%	10%	10%	10%	10%	40%
European Russia	60%	10%	10%	10%	10%	40%
Arabian Peninsula	30%	10%	10%	10%	10%	10%
China	10%	10%	10%	10%	10%	10%
East Asia	10%	10%	10%	10%	10%	60%
Western Australia	10%	10%	10%	10%	10%	10%
Eastern Australia	10%	10%	10%	10%	10%	10%

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20 metres

	00-00 – 04:00	04:00 – 08:00	08:00-12:00	12:00 – 16:00	16:00 – 20:00	20:00 – 24:00
Europe	20%	20%	20%	20%	20%	20%
North Africa	80%	70%	10%	10%	10%	70%
South Africa	20%	10%	10%	10%	10%	30%
Eastern USA	30%	10%	10%	10%	10%	10%
Western USA	10%	10%	10%	10%	10%	10%
Brazil	40%	10%	10%	10%	10%	10%
South Atlantic	20%	10%	10%	10%	10%	20%
European Russia	60%	10%	10%	10%	10%	60%
Arabian Peninsula	70%	10%	10%	10%	10%	70%
China	10%	10%	10%	10%	10%	10%
East Asia	10%	10%	10%	10%	10%	50%
Western Australia	20%	10%	10%	10%	10%	10%
Eastern Australia	10%	10%	10%	10%	10%	10%

17 metres

	00-00 – 04:00	04:00 – 08:00	08:00-12:00	12:00 – 16:00	16:00 – 20:00	20:00 – 24:00
Europe	10%	10%	10%	10%	10%	10%
North Africa	100%	70%	10%	10%	70%	100%
South Africa	20%	10%	10%	10%	10%	30%
Eastern USA	30%	10%	10%	10%	10%	10%
Western USA	10%	10%	10%	10%	10%	10%
Brazil	20%	10%	10%	10%	10%	10%
South Atlantic	10%	10%	10%	10%	10%	20%
European Russia	10%	10%	10%	10%	10%	20%
Arabian Peninsula	10%	10%	10%	10%	10%	20%
China	10%	10%	10%	10%	10%	10%
East Asia	10%	10%	10%	10%	10%	20%
Western Australia	20%	10%	10%	10%	10%	10%
Eastern Australia	10%	10%	10%	10%	10%	10%

15 metres

	00-00 – 04:00	04:00 – 08:00	08:00-12:00	12:00 – 16:00	16:00 – 20:00	20:00 – 24:00
Europe	10%	10%	10%	10%	10%	10%
North Africa	10%	10%	10%	10%	10%	10%
South Africa	10%	10%	10%	10%	10%	10%
Eastern USA	10%	10%	10%	10%	10%	10%
Western USA	10%	10%	10%	10%	10%	10%
Brazil	10%	10%	10%	10%	10%	10%
South Atlantic	10%	10%	10%	10%	10%	10%
European Russia	10%	10%	10%	10%	10%	10%
Arabian Peninsula	10%	10%	10%	10%	10%	10%
China	10%	10%	10%	10%	10%	10%
East Asia	10%	10%	10%	10%	10%	10%
Western Australia	10%	10%	10%	10%	10%	10%
Eastern Australia	10%	10%	10%	10%	10%	10%

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(Continued from page 16)

12 metres

	00:00 – 04:00	04:00 – 08:00	08:00-12:00	12:00 – 16:00	16:00 – 20:00	20:00 – 24:00
Europe	10%	10%	10%	10%	10%	10%
North Africa	10%	10%	10%	10%	10%	10%
South Africa	10%	10%	10%	10%	10%	10%
Eastern USA	10%	10%	10%	10%	10%	10%
Western USA	10%	10%	10%	10%	10%	10%
Brazil	10%	10%	10%	10%	10%	10%
South Atlantic	10%	10%	10%	10%	10%	10%
European Russia	10%	10%	10%	10%	10%	10%
Arabian Peninsula	10%	10%	10%	10%	10%	10%
China	10%	10%	10%	10%	10%	10%
East Asia	10%	10%	10%	10%	10%	10%
Western Australia	10%	10%	10%	10%	10%	10%
Eastern Australia	10%	10%	10%	10%	10%	10%

10 metres

	00:00 – 04:00	04:00 – 08:00	08:00-12:00	12:00 – 16:00	16:00 – 20:00	20:00 – 24:00
Europe	10%	10%	10%	10%	10%	10%
North Africa	10%	10%	10%	10%	10%	10%
South Africa	10%	10%	10%	10%	10%	10%
Eastern USA	10%	10%	10%	10%	10%	10%
Western USA	10%	10%	10%	10%	10%	10%
Brazil	10%	10%	10%	10%	10%	10%
South Atlantic	10%	10%	10%	10%	10%	10%
European Russia	10%	10%	10%	10%	10%	10%
Arabian Peninsula	10%	10%	10%	10%	10%	10%
China	10%	10%	10%	10%	10%	10%
East Asia	10%	10%	10%	10%	10%	10%
Western Australia	10%	10%	10%	10%	10%	10%
Eastern Australia	10%	10%	10%	10%	10%	10%

CLUBLOG TABLES

The clublog table for 2022 is now well underway.

Gordon MM0GPZ remains in the lead with 129 DXCC with Jim MM0DXH in second place with 120

You can join in at any time, simply sign up to clublog.org, submit your log and join the CPSARC club there (members only)

John MM0JXI

Rank	Callsign	DXC											Slots	Range	
		160	80	60	40	30	20	17	15	12	10	6C			
1	MM0GPZ	59	40	0	60	0	79	6	79	1	25	0	129	349	17 yrs
2	MM0DXH	0	4	0	28	4	91	26	80	3	11	0	120	247	19 yrs
3	MM0XXW	0	29	25	33	47	62	34	49	52	20	1	114	352	16 yrs
4	M0RNR	0	7	6	22	12	30	21	29	1	38	3	87	169	23 yrs
5	MM0XAB	0	3	0	15	4	37	0	7	11	20	0	85	97	8 yrs
6	GM4UYZ	0	8	0	14	11	37	21	22	6	1	0	53	120	42 yrs
7	2M0EGH	0	1	0	42	0	26	1	0	0	0	0	43	70	0 yrs
8	MM0NBW	0	0	0	18	0	29	3	9	4	0	0	40	63	5 yrs
9	MM0GYG	0	1	0	5	0	7	9	9	7	1	0	29	39	13 yrs

Club Attire

The club has a design for Club T-shirts, Polo-shirts, Sweat-Shirts, Fleece and Jackets and all of these can be obtained from Patricia Bewsey Designs

When making an order please quote 'Cockenzie & Port Seton Amateur Radio Club' to ensure that the Club Logo will be placed on the required garments.

Cost will depend on garment and should cover the garment and logo, call sign addition will be extra.

If you wish to add your call sign to the logo then please ask at the time of the order.

Order from:

PATRICIA BEWSEY DESIGNS,

Tel/Fax: 01620 850788

Mobile: 07970 920431

Email: patricia.bewsey@gmail.com

Note: the shop at Fenton Barns is now closed

TEST YOUR KNOWLEDGE

1. **A balun is**
 - a. used instead of a dummy load
 - b. used to connect a dipole to coaxial cable
 - c. a particular type of antenna
 - d. A type of feeder.
2. **Two receiving stations are situated on clear open ground 5km and 10km from a VHF transmitter. The further station will**
 - a. receive a weaker signal because the signal has spread out more
 - b. receive the same signal because they are both in clear ground
 - c. receive no signal if it is directly behind the closer station
 - d. Only receive a signal if it is correctly licensed.
3. **The ionosphere is**
 - a. another name for the air we breath
 - b. conductive gasses at heights of 70 to 400km
 - c. a type of spherical transmitting antenna
 - d. a piece of amateur radio test equipment
4. **Amateur transmissions might be picked up by**
 - a. any wiring in the neighbour's house
 - b. only wiring which is longer than 2 metres
 - c. only wiring that does not have an earth lead
 - d. Earth leads only.
5. **One way of reducing the possibility of interference from a single sideband (s.s.b.) transmitter to a television receiver in the next house is to**
 - a. use an indoor transmitting antenna
 - b. increase power input to the transmitter
 - c. decrease power input to the transmitter
 - d. Decrease the number of frequency multiplying stages in the transmitter.
6. **Why is it advisable to purchase a ready made filter for fitting in the mains lead of a radio receiving device?**
 - a. A home made device may not let the radio signals through.
 - b. A purchased item will look much nicer.
 - c. The filter may not work well.
 - d. It is dangerous to put home made devices in the mains.
7. **The difference between a CQ call on 2 metres FM and one on HF SSB is that the call on FM**
 - a. is usually much shorter than when on HF SSB
 - b. must be made at the lowest possible power
 - c. needs to be repeated many times while somebody is tuning in to your signal
 - d. Is only permitted on the set calling channels.
8. **In the 2 metre band plan, the frequencies from 144.994MHz to 145.1395MHz are allocated to**
 - a. fm simplex channels
 - b. fm repeater inputs
 - c. SSB and CW only
 - d. Satellites.
9. **An adult should be present when erecting an antenna because**
 - a. it is a hazardous activity
 - b. heavy items will need to be lifted
 - c. they have more knowledge of First Aid
 - d. The antenna must be placed out of reach of a child.
10. **Turning the power off in an emergency is made easier and quicker if**
 - a. all the switches and plugs are colour coded
 - b. proper fuses are used in each plug
 - c. Each socket has indicator lights when they are on.
 - d. There is a single switch controlling all the power.

Club Events

3 June 2022	Club Night
11-17 June 2022	Activity Week
18/19 June 2022	Museums on the Air
24 June 2022	Club Night (early due to VHF Field Day)
2/3 July 2022	RSGB VHF Field Day
9 –15 July 2022	Activity Week
30/31 July 2022	RSGB IOTA Contest
5 August 2022	Club Night
12 August 2022	Mini Rally
13-19 August 2022	Activity Week
20/21 August 2022	Lighthouses Weekend
2 September 2022	Club Night
10-16 September 2022	Activity Week
16 September 2022	2nd 144MHz DF Hunt
7 October 2022	Club Night
8-14 October 2022	Activity Week
29/30 October 2022	CQWW SSB Contest
4 November 2022	Club Night
5-11 November 2022	Activity Week
15 November 2022	Construction Night at Cockenzie & Port Seton RBL
2 December 2022	Club Night
3 December 2022	Christmas Night Out
10-16 December 2022	Activity Week

Answers from June 2022 newsletter "Test Your Knowledge":
1B, 2A, 3B, 4A, 5C, 6D, 7A, 8B, 9A, 10D