

January  
2024

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.

We have supported the British Heart Foundation for many years and to date we have raised £19,136 for them

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.

Club email  
cpsarc@gmail.com



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## Editorial

First, I would like to take this opportunity to wish every one of you and your families a VERY HAPPY, HEALTHY and PROSPEROUS NEW YEAR.

Well folks another year has gone and here we are starting another brand-new year. What does the future hold for us, well that is the million-dollar question? The effects of the Coronavirus pandemic were still hitting club events in 2023 so hopefully this being the start of a New Year everything will fully return to normal. The club has survived 39 years so far due to all your efforts so let us keep up the excellent work. I also cannot believe we will be celebrating 40 years this year; I never ever thought the club would still be going. Again I must thank everyone for your support and commitment that you have given it. Remember it is you club and without you it will not survive.

My new year's resolutions are to try and get on the air a lot more often than I have been doing. In 2023 the Activity days certainly encouraged me, and I managed to get on, on all the twelve months. I thought that I would have had more time to get on the radio, but I really do not know where the time has disappeared too, well having to look after the Great Granddaughter up to 3 days a week doesn't help as she has me run ragged. It is true what they say about when you retire, "How on earth did I find

time to work !!!" Plan for 2024 is try and operate more.... fingers crossed. I must also try and clear some of my outstanding "shack" tasks. Easier said than done with so many background tasks that seem to appear and need dealing with, any way I am going to try.

So, what happened over the last year...?

On the Activity Weeks it was nice to see lots taking part and getting on the air so hopefully everyone will continue and of course I hope many others come in and take part. A fuller report for 2023 can be found later in the newsletter. There is no change to the 2024 "rules" for the Activity Week in the fact that a week is now been assigned and you can select how often you take part from ALL WEEK (every day), A FEW DAYS or a DESIGNATED DAY OF YOUR CHOICE. They aim was to fully open it up to a week's operating. Another change made back in 2022 is that it will run from SATURDAY through to FRIDAY and not Sunday to Saturday as it used to be. This will allow for anyone taking part in a contest that they can submit their full contest log. New rules and Logsheet can be downloaded [2024-ACTIVITY-FULL-WEEK-LOGSHEET-V1.8](#) and [2024 New Monthly Activity Week Rules V9](#) from the Downloads Section of the club's website.

**Please Note that all previous versions**

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**are now redundant.** This certainly offers total flexibility to those who struggle to get on the air on an assigned date and will encourage more of you to take part.

In 2019 there was the new ITALIAN TROPHY and the BOB PURVES GM4IKT TROPHY to try and encourage everyone to take part and try and work as many Italian Prefixes as possible across all the bands using any of the following modes – CW, DATA, SSB, FM, AM, sadly the only entrant that took part was myself. It was nice to see in 2020 there were three entrants for the BOB PURVES GM4IKT TROPHY- (New Licences within 3 years) this was won by James Bennett MM0LQF. There were also three entrants for the ITALIAN TROPHY (Open to All Licences) this was won by Martyn Whyte MM0XXW. Congratulations to both winners.

2021 there were three entrants for the BOB PURVES GM4IKT TROPHY- (New Licences within 3 years) with Ronan MM0IVR being the winner and there were 14 entrants for the ITALIAN TROPHY with the winner being Martyn Whyte MM0XXW

2022 there were no entrants for the BOB PURVES GM4IKT TROPHY- (New Licences within 3 years) therefore no winners and there were 12 entrants for the ITALIAN TROPHY with the winner being Bob Glasgow GM4UYZ

As 2023 has not been decided although it finished on the 31<sup>st</sup> December so, please submit your entry. Why not go back through your logs for 2023 and submit a 2023 entry. It has run throughout the year where you can update the recording spreadsheet [GM4IKT ITALIAN AREAS Tracking V11](#) which can be downloaded from the Club's Website under the download section. This is in memory of Bob GM4IKT who died back in 2017. "Bob just loved working Italians" so very apt. I am not holding my breath for lots of entries as there has been no chit chat about this. It will be sad if this is the case as this was something Bob wanted to happen. I will judge any entries for 2023 after the last submission date of the 10<sup>th</sup> January 2024 and announce the winners via the usual media Newsletter, Facebook, and Website.

### BAD and GOOD NEWS

Like in the previous year's I am using the January's editorial as an opportunity to recap on the previous year.

The sad news of the year and if I am honest, I hate doing this section... In June Robin GM0LUF passed away, In September I found out that Father Nicky

GM3NEX/EI9CK had passed away on 11<sup>th</sup> May 2021. Nicky had moved back to Dublin a few years ago.

In October Alan GM0SNT and Lon WA6AEE both passed away. RIP all of you. You will all be missed.

If I have missed anyone then I do apologise it is not intended.

Now the good news as would like to congratulate James MM0LQF and Marie on their engagement. It really is nice to add some good news for a change.

### CLUB ATTENDANCE

On the club's attendances for the last year it has been very poor as we still seem to be suffering the effects of the Coronavirus as a few members have made the decision that they won't return just in case they contact it. Quite sad but I appreciate people's choices and that is theirs. We managed to meet up again fully when restrictions eased. It is great to get back to our get together with all the usual chat and banter that takes place. All Club Nights for 2023 from January onwards were back to Face-to-Face. I am hoping and praying that more will try to come to club nights once again. I will add that when I started the radio club back in 1984 the aim was that the club night would be informal and casual giving an opportunity to get to know each other. Also throughout the month a Radio Related subject would be covered – DF Nights, Radio Check Nights, Construction Nights, Talks (when I can get speakers), etc. Basically each month there is an informal meeting and a formal meeting.

This year we have averaged 9 people at club nights obviously a massive drop (Measurement taken on the 12 months we met – Pub). 22 people have attended by coming through the door plus another 11 have supported the club with their donations. This year the trend was negative, but I am hoping we get back to normality the trend will go in an upwards direction.

Some statistics for those that like them or is it just me... Since I started keeping the "register" from November 1992 some 328 people have attended our Club Night and have become automatic members (Note: To become a Club member then a person must attend our monthly Friday Club Night). They just need to come through the door, and they become an automatic member. The subject of "club fees" I will mention under the Club Accounts section). The average monthly attendance since 1992 is 18.3 people.

It is my dream New Year's resolution to have many people turn up to our club night, as I say it is a dream. What can we do to encourage further fresh faces as well

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as to encourage everyone who has been before to come more often? The Foundation, Intermediate and Full Courses have certainly created some of the new attendees and long may that continue but a lot of promises of attending have never materialised. I always live-in hope that some of the old regulars will return to the fold but we will have to wait and see. I still feel though that we have an extraordinarily strong and healthy club but as I have said before it is down to you all making it that way.

In general for those who do not attend I keep on asking the question on what is required to make you come along but sadly I cannot find an answer. Are you just fed up? Are you just not interested in what is happening, tell me what needs changing and I will try my best to make it happen? Do you not like the club now, then why not? What has changed your opinion? I am sure there are many more questions that need asking and answering. From my side of the fence and I have mentioned this before, where I spend an extreme amount of time to run the radio club and try and give a varied events program plus all the other items that make it a club then receiving few responses just feels demoralising. I feel it more when I get no feedback from emails as an example, when I do need a response as it just leaves everything so much in limbo - have they read the email, do they want to participate in whatever the request is, what decision will I take, will it be right, or will it be wrong, etc. I do certainly get very "low" at times (not for a long time I may add), to say the least and I have on a few occasions wanted to throw the towel in but if I do that then APATHY wins. I do plead with you all to try and take along hard look at what you want out of the club and then act positively to try and achieve that. Apathy is about negative thinking so let us try and turn it around to positive thinking and "buck" the apathy way. POSITIVE THINKING is my New Year's Resolution to you all.....

### TRAINING

From the training aspect once again we have run Foundation, Intermediate and Full Courses and since January 2023 to now as I write this, we have taught the following number of candidates 2 x Foundation (2 Class Course) There was original 3 candidates, but one person didn't turn up., 4 x Intermediate courses (1 x ZOOM Training, 3 Class Courses) with a total of 6 candidates although and 1 pulled out three times due health reasons. Two people were resitting, but they passed on their second attempts. Total passes a total of 5 people. 2 x Full Course (1 x ZOOM Training (still in progress as I

write this, 1 x Class Course) a total of 24 Saturdays delivering training... We had the following passes - 2 out of the 2 people taking the Foundation exam 100% Pass rate. 5 out 5 on the Intermediate exam they all passed. 1 pulled out three times due health reasons due to family commitments and illness which didn't allow them to study or take the exam) so 100% record and lastly 1 out of 2 passed the Full exam (the ZOOM course is still running) so a 100% pass rate.

We have a Full course for the 2024 session starting on the 24<sup>th</sup> February and will be done Face-to Face assuming nothing changes due to Covid. If that is the case, I will revert to the ZOOM class. I do plan to run a Foundation Course and an Intermediate course after the Full course is completed but I have still to work out dates for the courses.

Starting in August 2024 I am hoping I can revert back to the normal training plan although as what happened in 2022 it went out of the "window" due to lack of interest in some cases, so dates were adjusted to accommodate requests. I have dates in mind but need to confirm if they are acceptable from where we do the training and once, I submit the dates to them I will be awaiting to hear back if the dates are ok before I publish them openly and then I will put them on the club website. All the training is following the latest syllabus that was produced for starting on the 1<sup>st</sup> August 2020. I started working on the new syllabus changes on my PowerPoints for all courses as soon as it was issued and when the further changes arrived on the 1<sup>st</sup> August 2020 which took me about another two months to complete although I am still "tweaking" what I have done. I was not doing it every day, but I was most days. I really do not think people realise how much work goes into preparing training they just think it happens. Reading some of the forums it is certainly an impression that I got....as some tutors were not prepared to do the work themselves and wanted it done for them.

One pet hate that I have is I get requests for training, and I send them all the details and I never hear back from them. Surely good manners would be to respond to say yes, I will go ahead or sorry I am not proceeding.....

So we are doing Face-to-Face training unless there is COVID restrictions but as said previous I will revert then to ZOOM training. If you know anyone or yourself who is interested in training can you, please contact me via email bob.gm4uyz@talktalk.net.

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### Statistics on the Club's Training Program.

I started in March 1995 teaching the Novice Licence so basically the teaching has been running now for 28 years which I just cannot believe. Since 1995 a total of 377 people has completed their training at CPSARC. Some have just taken one course (196 people), others two courses (79 people), and some all three courses (101 people). I taught 26 Novice Licences before moving onto the structure as it is now of which 351 people have done the new Foundation, Intermediate and Full course structure. A question I was asked on what percentage have moved between the various licences – 198 (57%) have moved to get their Intermediate Licence and out of the 198 then 140 (42%) have moved onto their Full Licence.

Early in 2024 I will be announcing the 2024 program so anybody interested can you or they let me know and I will add them to my "future" lists. For those interested can you get them to contact me direct at [bob.gm4uyz@talktalk.net](mailto:bob.gm4uyz@talktalk.net) or Tel: 01875 811723. I must sort out possible dates and get them then full details will be placed on the club's website as well. Regarding the site facilities well some of the training was done via ZOOM this past year although we have moved back to Face-to-Face. We have moved to the Royal British Legion (Cockenzie) from the Port Seton Community Centre to deliver the training. I certainly must thank the Royal British Legion (Cockenzie) for allowing us to use their facilities. I also must really offer a huge thanks to Cambell MM0DXC , Gary MM0FZV, Cephas MM0INS, Craig MM0NBW and Tom GM4LRU for invigilating the exams and extra support when needed and to all the others who have done their part in helping the candidates get their licence.

### RALLIES, SPECIAL EVENTS and DF NIGHTS

In 2023 it was nice to see Rallies, Special Events and our DF Nights. Members of the club attended the GMDX Convention, Blackpool Rally, Galashiels Rally and even our own Fund-Raising night. Our normal Special Events (GB2LBN & GB2NMM) never happened as the cost of hiring the Lighthouse Buildings for GB2LBN has got far too expensive and no matter how many times I tried to contact the mining museum to host GB2NMM they never replied. Our two DF nights happened. Thanks to Ricky GM1PLY who was the "Fox" on both occasions. Special Events not sure whether any will happen in 2024 I also think the Lighthouse Weekend will be no longer due to the cost of hiring the Lighthouse. I have just

looked at the cost for the weekend and are charging £2942 for a whole week (no weekend rates). This is well out of our budget for a fun radio weekend. If we want to take part then we will have to look at alternative places to see if we can operate from them, bottom line we may end up doing nothing in 2024. The question is how many other clubs are going to be hit with the same costs and thus must pull out of these types of events. Money is again spoiling it for everyone. Port Seton Gala although in the Calendar we did not manage to do as it as it is normally done by me, but I was not available. There is still great doubt if many or any will happen in 2024 although as I write this one or two things are being "banded" about, fingers crossed we can....

### CLUB EVENTS

As well as our normal Club Nights ***(please note they are deemed as a social night and used as a time to have a chat, introduce new members to the club, etc. Note when I started the radio club back in 1984, yes 1984 this was what I wanted to achieve, and it has been so far very successful. I have always set up more informal nights like Radio Check Nights, Construction Nights, Talks, etc during various months to cater the non-informal evenings)***. We held our regular Radio Check night, thanks to John MM0JXI and Cambell MM0DXC for providing the test equipment. It was as normal a resounding success.

We had three construction nights, one in March and the other two in October and November. They were a resounding success and were well supported. I did try to organise a couple of talks but sadly they never happened. If there any events that you think would be worthwhile, please get in touch and let me know and I will try my hardest to make them happen.

### GENERAL OPERATING

This year we ran once again the Activity Week each month to try and encourage people to come on the air once a month and do some operating. This year the format is now where you can operate every day of the designated week, separate days within the week or just a single day of your choice or availability within the designated week period. This change has now been well accepted and proved to be popular as it gave lots of flexibility. The event was well supported although I would have liked a few others to have taken part. It is certainly a good bit of fun. I intend running the monthly Activity Days throughout 2024 with the Format 2: Three options regarding days that you can operate, you can

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operate every single day of the week OR Choice of multiple days OR just a single day of your choice. This way it fully opens your operating so again I hope you will support the event. How have we fared over the year 2023? A report can hopefully be found in this month's newsletter. For those who did not take part, honest it is about having a bit of operating fun for a few hours and seeing what you can achieve.... It can be quite surprising.

#### CLUB TROPHY – Left-Handed Capacitor

Back to 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. The idea that came up trumps, (thanks 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 Special Event Stations and other designated club operating activities. The aim is to encourage newer operators to "operate" and help overcome any microphone hesitancy

#### **Criteria:**

- Those taking part must have obtained their Foundation Licence within the previous year, even though at the time of taking part may have obtained their Intermediate or even Advanced Licence.
- The year was running from the 1<sup>st</sup> May through to the 30<sup>th</sup> April. This covers the club's September to April training program Note: This is changing from January 2024 to Cover the training year – January to December the reason being no training plan is in place and courses are being run on an adhoc basis
- Entrants must be able to identify that they obtained their Foundation Licence at some time during the stipulated year dates.
- 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 Special Events run by the club over the specific year period. None organised for 2024 yet but events as examples

that would have been included were Port Seton Gala Day (MM0CPS), National Mining Museum (GB2NMM) and Lighthouse Weekend (GB2LBN). It now includes our monthly Activity Days. There may be others depending on requests and these will also be included.

In 2023 the trophy was not won as nobody entered from the 2021 to 2022 period. For this coming period and the new entrants there has been a few active so will have something to report next year.

#### CONTESTING

We managed to take part in some of our usual contests although this year we couldn't get accommodation on Tiree for the IOTA Contest but ended up in Benbecula (thanks John MM0CCC for obtaining the site). We came 3rd overall in the Multi-2 section and won the Multi-2 Trophy (Leading UK & CD M2 High Power Dxpedition station) using John's contest callsign GM4V which was a fantastic result.

A few of the club members over the year took part in various contests from home as single operators. On the VHF/UHF contesting front we managed the 2M Trophy, 6M Trophy and VHF Field Day. Our HF contests apart from the IOTA contest was CQWW SSB from Barns Ness, Lighthouse, Dunbar. The plans for 2024 will hopefully come to fruition and once again see some activity on both HF and VHF.

#### JUNK NIGHT

Junk night was once again a resounding success and with the money raised there being put into the club accounts. Although the change in policy there was still a box for British Heart Foundation Donations and from that and other donations from throughout the year, we still raised £440.26 making a grand total of £19,139.66 since we started in December 1993. Well done to everyone in helping raise this sort of money.

#### NEWSLETTER & WEBSITE & FACEBOOK

On the newsletter front it is still very much in demand and although copies are still handed out at club night there are many, many more downloaded from the club's website. Many thanks to those who have contributed, and I hope you will continue but as always, I am pleading to everyone out there for lots more input as I do need help as I really do struggle each month trying to find and write about interesting articles. Remember the newsletter is everyone's newsletter and without input it will not survive. Remember also that it offers a

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window to the outside world showing them what we are doing, etc, etc, so come on can I have some input from you all. Please send any articles to John MM0JXI, thanks. For regular paper copy readers you will notice that the newsletter has been printed in colour for quite a long time. Thanks to John MM0JXI carrying the colour print on.

The club's website I certainly feel is going from strength to strength and is very much a club focal point. After the website being hacked in 2011 John has continually worked hard in the background getting it back to a fantastic website and advert for the club. As always with the website there is continual background work going on as John strives hard to make it even better... Massive thanks to John MM0JXI for all his background demanding work in achieving this. I know it involves a lot of John's free time. The same applies regarding the newsletter productions from us all John many, many thanks.

To help club promotion we also have a Facebook page. Access to the page is to search for CPSARC on Facebook. Once on the page you can apply to join the group if you so wish. It certainly has taken off and is a highly active addition to the club's portfolio.

Thanks to Cambell MM0DXC and John MM0JXI for getting this off the ground.

#### CLUB GARMENTS

Lastly as a reminder, we have a Club Logo and garments can be obtained from Patricia Bewsey Designs, Patricia closed her Fenton Barns Shop and now works from home. See details in the newsletter on how to obtain your Club Garments.

#### CLUB PREMISES

We have been looking for suitable club premises for sixteen years and, as yet, nothing has been secured. I must admit it is a harder task than even I first imagined. We have not given up hope on this task so if any one does see some opportunity, then please let us know and it can be taken from there or why not do a little bit of groundwork yourself and then let us know.

#### CLUB ACCOUNTS

A copy of our 2023 accounts up to the 21<sup>st</sup> December is included in the newsletter. The way that the money is raised is from our Junk Night, donations given at our club nights plus events where we need to raise the money to pay the hire of the Community Centre or

other items. The club night donation is "would you like to donate £2" is the way it is done or in January you can donate the £24 for the year (helps me enormously). There is also a facility via PayPal to pay your fees. Access to PayPal is via the club's website front page at [www.cpsarc.com](http://www.cpsarc.com). We do not have fixed "Annual Fees" although this has been suggested it doesn't comply with the club ethos of "willing" to help the club by forcing people pay a sum of money.

#### GENERAL

There was no RSGB's Club of the Year competition as the RSGB seems to have cancelled it. It looks it has gone forever!!!!

As you can see 2023 was quite a strange year all round. Now we are into 2024 another events program has been created so hopefully we will be getting fully back to normal. Club nights will be run as normal Face-to-Face unless there are COVID restrictions when they will move to the Virtual Club Nights via ZOOM, Activity Week as normal but as for the others we will keep our fingers crossed so whatever we do why not come along and take part. It is what a club is all about.....

Enjoy the newsletter and club night..

Bob GM4UZY

# Activity Week Rules

## **ACTIVITY WEEK RULES AND SPREADSHEET INITIAL CONFIGURING**

### **HF/VHF/UHF – ALL MODES MONTHLY ACTIVITY WEEK - 2024**

(1)	Date	See Dates below
(2)	Time	00:00 to 23:59 Local Time
(3)	Modes	SSB/AM /FM /CW/ DATA
(4)	Bands	1.8, 3.5, 5, 7, 10, 14, 18, 21, 24, 28, 50, 70, 144, 432 MHz
(5)	Power	As per your licence
(6)	Your Locator	Worldwide Locator (WWL) i.e., IO85MX
(7)	Eligible Entrants	Open to anyone who wishes to take part
(8)	Transmit Exchange	Report (RST)
(9)	Receive Exchange	Report plus Contacts WWL
(10)	Closing Date	<b>Closing Date for the Logs is 4 days after the selected Month</b>
(11)	Return Logs to	Bob Glasgow GM4UYZ,
(12)	QSO's not Eligible	Any HF/VHF/UHF QSO's via a repeater or satellite do not count

#### **2024 Dates (Now Runs for the whole week Saturday to Friday)**

DATE	COMMENTS	DATE	COMMENTS
<b><i>6th to 12th January 2024</i></b>	Every Day of the Week	<b><i>13th to 19th July 2024</i></b>	Every Day of the Week
<b><i>10th to 16th February 2024</i></b>	Every Day of the Week	<b><i>10th to 16th August 2024</i></b>	Every Day of the Week
<b><i>9th to 15th March 2024</i></b>	Every Day of the Week	<b><i>7th to 13th September 2024</i></b>	Every Day of the Week
<b><i>13th to 19th April 2024</i></b>	Every Day of the Week	<b><i>12th to 18th October 2024</i></b>	Every Day of the Week
<b><i>11th to 17th May 2024</i></b>	Every Day of the Week	<b><i>9th to 15th November 2024</i></b>	Every Day of the Week
<b><i>8th to 14th June 2024</i></b>	Every Day of the Week <b>SUMMER SOLSTICE</b>	<b><i>7th to 13th December 2024</i></b>	Every Day of the Week <b>WINTER SOLSTICE</b>

History:

For a few years we tried running our own "small" contest on the nearest Wednesday to mid-summer's day. We started at first using 10M but as the sunspot cycle started to fall it was moved to the 20M band but sadly over the years it was not well supported. Many of the comments that came back after the event are, "it is a "Contest". Why not change the event to an Activity Night? To that end it changed to just that, an Activity Night. Up to 2012 this event was run just at the Summer Solstice and starting in December 2012 we tried the same activity at the Winters Solstice. In 2013 we did both the Summer and Winter Solstice dates. It was interesting to see the differences. Another change is that it now includes all Bands from 1.8MHz up to 10GHz to allow those who have no HF equipment to take part by submitting their VHF/UHF/SHF contacts. Developing this activity night further started in January 2014 where

it was run monthly throughout the year to try and encourage club members to go on and operate even if it is just one night a month. Further development starting January 2016 after lots of requests was to make it any day within a selected week. This allows more flexibility for those who cannot make a specific day by letting them choose a day that they are available to operate. In 2021 after a few requests of "can we run it over the whole week" further development and testing by GM4UYZ over 2021 meant that from January 2022 Activity Day will run now for the FULL WEEK. You can now select an individual day or multiple days or all seven days of the allocated week, whether you only operate on one day, multiple days or all seven days it is up to the individual. Another change is it will also run from a Saturday through to the Friday rather than Sunday to Saturday as this is allowing for any contests  
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that are being run over the weekend can be added into the log. The release of the Full Week Logsheet for the Full Week started in January 2022. There are no changes for 2024 as we continue with the Full Week format.

**Aim:**

The aim of the event is to:

- Encourage everyone to operate at least once a month
- Go on the air and work as many stations that you can in the allotted period
- Upload your contacts to Clublog and have them added to the club's DXCC table.
- Most of all have some fun.

Using the Worldwide Locator (WWL) system as part of the exchange gives the ability to measure the distance between your location and the contacts location and it also offers the challenge to obtain the remote contacts WWL. I have certainly noticed that over 98% of all QSL cards that I receive have the stations locator written on the card so obtaining one should, hopefully be quite easy. **Note: I will accept the locator as 4 characters (FN32) if that is what the station gives you but please try to obtain the full 6 characters as this will give a fully accurate distance. If 4 characters are given, I will use the centre of the square which is LL to make the locator FN32LL**

Lastly, we are Radio Amateurs after all, and we are supposed to get on the air and make contacts so come on then let me see you doing it.

**SETTING UP CPSARC ACTIVITY FULL WEEK LOG SHEET-ENTRY LOGSHEET**

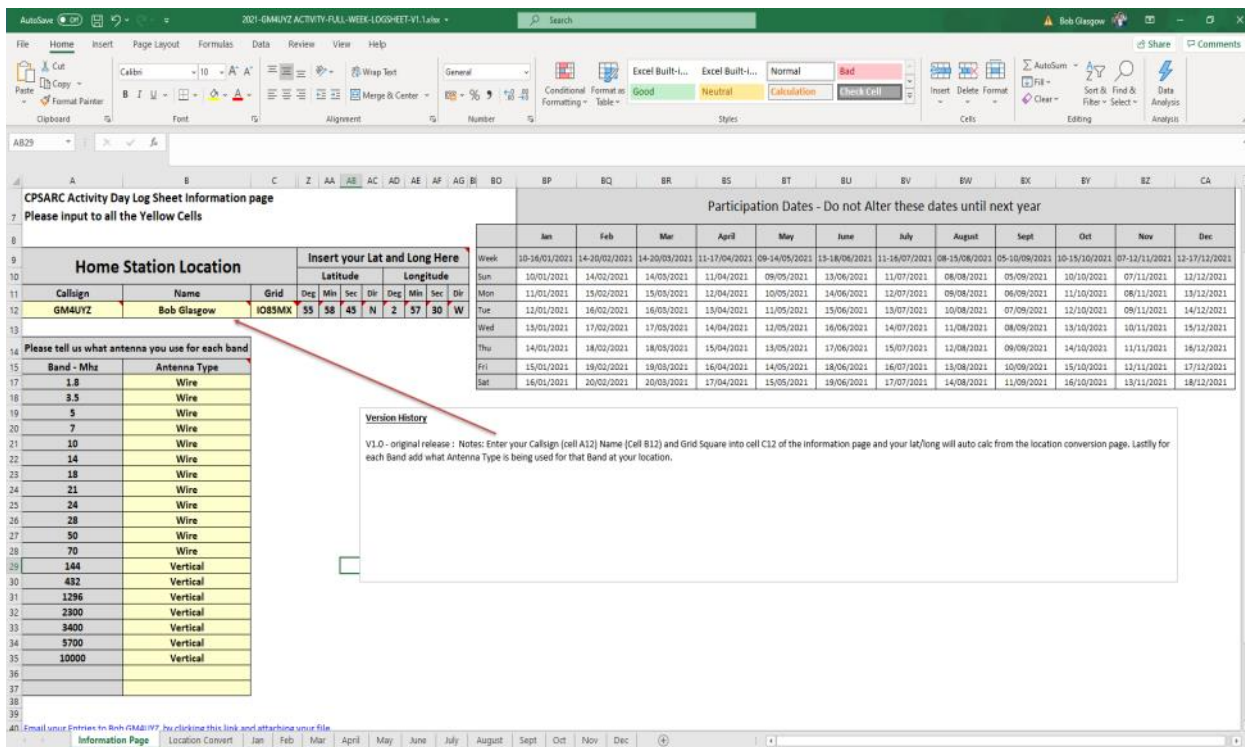
**Thanks:**

I would first like to thank Brian M0RNR who has developed the EXCEL Spreadsheets for the original "Pick a Day" and now the "FULL WEEK". As much as I have done various additional changes Brian has various areas locked down which I cannot access but he continues to support the development when any of the hidden data or formulas need adjusting. The [2024-ACTIVITY-FULL-WEEK-LOGSHEET-V1.8.xlsx](#) is the latest version and is downloadable from the club's website <http://cpsarc.com/downloads>

**Note: Please DO NOT USE ANY PREVIOUS VERSIONS, thanks as they are no longer applicable.**

Follow the rules below to set-up the spreadsheet and once it is done save a copy on your PC or Laptop and you can use it throughout the year by updating the monthly tabs. If this is not done some functions of the spreadsheet do not work so it is necessary, this section is completed. The spreadsheet has been created to help you fill out your log as quickly as possible by using "dropdown" selections.

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## Completing the Log

A blank log spreadsheet **2024-ACTIVITY-FULL-WEEK-LOGSHEET-V1.8.xlsx** can be downloaded from the club's website and I would appreciate if you would use this for your submission

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

Open the spreadsheet and click on the **information tab**.

You need to complete all the yellow cells and input

Your callsign (Cell "A12")

Your name (Cell "A13")

Your locator square (Cell "C12")

The antenna you use for each band, if you do not have an antenna for that band, leave the cell blank

## Calculating your Lat and Long

The next tab – location convert, gives you a tool to calculate either your locator square (if you know your lat and long but do not know your locator) or your lat and long if you know your square.

Enter the locator square in the yellow cell and it will calculate your Lat and Long in Degrees, minutes, and

seconds, and input the lat and long into the info page exactly as calculated. This is important as the spreadsheet uses your Lat and long to calculate the distance between locator squares.

Or enter your Lat and long and it will calculate your locator square

**Note: Do not overwrite the Grid Square Cell that is in yellow as this is prefilled from the Information Page. If overwritten the auto-calculation on the Information Page does not work this Grid Square Cell**

### After the Event:

After the event can you send me a copy of your log, example below so that I can write up some report on what you all managed to achieve plus why not update the Clublog club tables and show everyone else what you achieved.

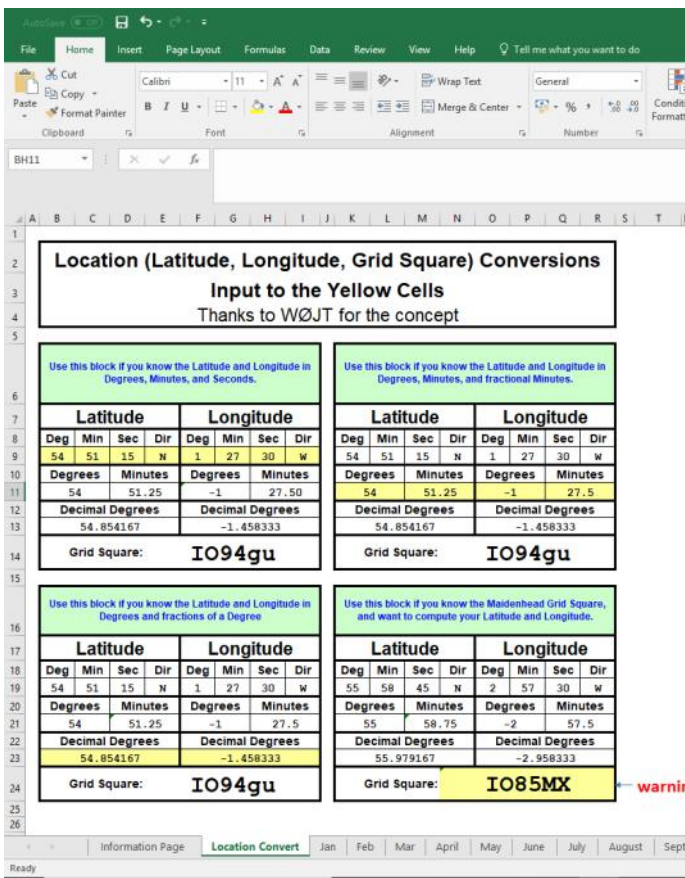
A blank log (**2024-ACTIVITY-FULL-WEEK-LOGSHEET-V1.8.xlsx**) can be downloaded from the club's website and I would appreciate if you would use this for your submission:

The Log now has drop down menus for Band, Mode and Data Mode Used

1. Date – Enter the date that the QSO was made
2. Day - This is automatically prefilled with the day of the week. No requirement to enter anything in this column.
3. Band – Click the arrow and pick the band for the QSO
4. ANT - The spreadsheet will pull through your antenna based on the information you provided in the table on the Information Page
5. Power - Enter the power in watts as a number so for 400w enter 400
6. Mode – click the arrow and enter the mode of the QSO
7. Data Mode – If you selected Data for your mode then click the arrow to select what data mode was used
8. Enter the callsign of the station worked
9. Your Locator Once you enter a callsign the spreadsheet will enter your locator
10. Their Locator – enter the locator square of the station worked
11. Distance – this is a calculation and there is now no need to look up the distance using a website
12. Time – enter the time of the QSO

On completion save your spreadsheet example: **GM4UYZ 2024-ACTIVITY-FULL-WEEK-LOGSHEET-V1.8.xlsx** then click the hyperlink on the information page to generate an email to Bob GM4UYZ

Note use the same spreadsheet throughout the year by selecting the MONTH Tab and filling out your log. It is your Activity Week History for the Year.



(Continued from page 9)

Example of Filling out the above Logsheet

<b>Date of the Event:</b>	10-16/01/2021
<b>Call Sign:</b>	GM4UYZ
<b>Name:</b>	Bob Glasgow

QSO	Date	Day	Band	Ant	Power (W)	Mode	Data Mode Used		Station Worked	Your Locator	Their Locator	Distance (Kms)	Time
1	10/01/2021	Sun	14	Vertical	100	Data	FT4		EA5YT	IO8SMX	IM99	1838	13:21:00
2	10/01/2021	Sun	14	Vertical	100	Data	FT4		KB1EFS	IO8SMX	FN42	4940	13:18:00
3	10/01/2021	Sun	14	Vertical	100	Data	FT4		HA5AVV	IO8SMX	JN97	1770	13:10:00
4	10/01/2021	Sun	14	Vertical	100	Data	FT4		NA6Y	IO8SMX	EL97	6778	13:09:00
5	10/01/2021	Sun	14	Vertical	100	Data	FT4		IU8MOA	IO8SMX	JN70	2161	13:07:00
6	10/01/2021	Sun	14	Vertical	100	SSB			UT1EK	IO8SMX	KN67RW	2615	13:02:00

If their locator is not given, then using QRZ or QRZCQ can be used to either get the Locator Square or the stations Latitude and Longitude and using the links below will enable you to get a Locator

\*\* Distance between the two stations in Kilometres (Note: Use the Locator Calculator within the links below to calculate the distance but it should be automatically calculated in the spreadsheet).

QTH Locator Calculator

<http://www.giangrandi.ch/electronics/radio/qthloccalc.shtml>

N0UK's Maidenhead Grid Distance & Bearing Calculator

<https://www.chris.org/cgi-bin/finddis>

**\*\* If you do not have the means to calculate the distance, please leave blank.**

Look forward to a massive turnout for all the activity days ...

Bob GM4UYZ

### **BOB PURVES GM4IKT Trophy & Italian Trophy – LAST PROMPT**

Just a reminder that I need your Tracking Spreadsheet by the 10<sup>th</sup> January 2023 at the extreme latest to allow me to adjudicate entries to work out the Trophy winners.

There are two trophies "up for grabs"

BOB PURVES GM4IKT TROPHY – New Foundation Licences obtained within 3 Year Periods

For 2023 Period Foundation Licences gained in 2020, 2021, 2022

ITALIAN TROPHY – Open to all Licensees

If you do wish to take part, then you can download the recording spreadsheet and rules from the club's website.

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

GM4IKT and ITALIAN Trophy Rules V3.0.doc

GM4IKT ITALIAN AREAS Tracker V11.0.xlsx

Look forward to receiving your entry.....

# 2023 Year Activity Day Summary

2023 was the ninth year that we have run a monthly activity day / week and overall, I feel it has made people go on the air and do some operating. The format now is where you can take part on all seven days of the week, a choice of days and on any day within the designated week period. I certainly feel that that has been a massive success as people have commented on its flexibility. From my own perspective it has certainly done that for me. I would like to thank those who have come on over the year and have taken part even if it has only been one month out of the twelve. Overall, there were 18 people taking part in the Activity Days, some have only been on once and others have been on every month, so it proves the format is suiting everyone although me being me I would love to see more take part. Why not make it your 2024 New Year resolution?

Ok then some statistics...

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC	Total
<b>Stations On the Air</b>	12	9	11	11	10	6	6	9	8	9	6	9	106
<b>QSO's Made Each Month</b>	776	483	587	576	509	317	459	608	300	476	380	550	6021

The best month for people taking part was in January with 12 participants.

January shows the most QSO's for the "Selected Week". August was the next highest month.

The tables below show types of QSO's made (SSB, CW, DATA & FM) and what Bands and how many QSO's per month.

MONTH	MODE	BANDS																	Totals Per Month		
		1.8	3.5	5	7	10	14	18	21	24	28	50	70	144	432	1296	2300	2400		5700	1000
January	CW	0	12	0	50	8	8	1	9	5	6	0	0	0	0	0	0	0	0	0	99
February	CW	0	0	0	5	0	28	2	0	0	4	0	0	0	0	0	0	0	0	0	39
March	CW	0	0	0	2	0	5	3	3	2	8	0	0	0	0	0	0	0	0	0	23
April	CW	0	0	0	5	0	8	2	4	0	1	0	0	0	0	0	0	0	0	0	20
May	CW	0	0	0	0	0	71	0	60	0	12	0	0	0	0	0	0	0	0	0	143
June	CW	0	0	0	4	7	45	1	3	0	0	0	0	0	0	0	0	0	0	0	60
July	CW	0	0	0	12	0	215	1	40	0	3	0	0	0	0	0	0	0	0	0	271
August	CW	0	0	0	3	0	119	0	72	0	5	0	0	0	0	0	0	0	0	0	199
September	CW	0	0	0	11	0	12	0	0	0	4	0	0	0	0	0	0	0	0	0	27
October	CW	0	0	0	9	0	16	0	3	0	1	0	0	0	0	0	0	0	0	0	29
November	CW	0	1	0	10	0	6	0	1	1	3	0	0	0	0	0	0	0	0	0	22
December	CW	0	1	0	49	7	484	2	179	1	28	0	0	0	0	0	0	0	0	0	751
<b>BAND TOTALS</b>		0	14	0	160	22	1017	12	374	9	75	0	0	0	0	0	0	0	0	0	1683

MONTH	MODE	BANDS																	Totals Per Month		
		1.8	3.5	5	7	10	14	18	21	24	28	50	70	144	432	1296	2300	2400		5700	1000
January	SSB	0	1	0	13	10	180	6	38	2	16	0	0	0	0	0	0	0	0	0	256
February	SSB	0	0	1	1	10	8	2	0	7	5	0	0	0	0	0	0	0	0	0	24
March	SSB	1	0	3	26	10	93	1	1	0	6	0	0	0	0	0	0	0	0	0	131
April	SSB	0	0	2	0	10	48	5	1	0	3	0	0	0	0	0	0	0	0	0	59
May	SSB	0	0	1	1	10	2	0	0	0	0	0	0	0	0	0	0	0	0	0	4
June	SSB	0	0	0	30	10	37	0	0	0	0	0	0	0	0	0	0	0	0	0	67
July	SSB	0	0	0	4	10	2	0	3	0	2	0	0	0	0	0	0	0	0	0	11
August	SSB	0	0	1	10	10	1	0	2	0	0	0	0	0	0	0	0	0	0	0	14
September	SSB	0	0	5	25	10	21	0	11	2	4	0	0	0	0	0	0	0	0	0	68
October	SSB	0	0	0	3	10	67	2	36	0	1	0	0	0	0	0	0	0	0	0	109
November	SSB	0	0	0	9	10	144	0	20	0	2	0	0	0	0	0	0	0	0	0	175
December	SSB	0	0	4	41	10	25	0	5	0	2	0	0	0	0	0	0	0	0	0	77
<b>BAND TOTALS</b>		1	1	17	163	10	628	16	117	11	41	0	0	0	0	0	0	0	0	0	995

MONTH	MODE	BANDS																	Totals Per Month		
		1.8	3.5	5	7	10	14	18	21	24	28	50	70	144	432	1296	2300	2400		5700	1000
January	FM	0	0	0	0	10	0	0	0	0	0	0	0	3	0	0	0	0	0	0	3
February	FM	0	0	0	0	10	0	0	0	0	0	0	0	4	0	0	0	0	0	0	4
March	FM	0	0	0	0	10	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
April	FM	0	0	0	0	10	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
May	FM	0	0	0	0	10	0	0	0	0	0	0	0	1	0	0	0	0	0	0	1
June	FM	0	0	0	0	10	0	0	0	0	0	0	4	1	0	0	0	0	0	0	5
July	FM	0	0	0	0	10	0	0	0	0	0	0	13	0	0	0	0	0	0	0	13
August	FM	0	0	0	0	10	0	0	0	0	0	0	16	0	0	0	0	0	0	0	16
September	FM	0	0	0	0	10	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
October	FM	0	0	0	0	10	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
November	FM	0	0	0	0	10	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
December	FM	0	0	0	0	10	0	0	0	0	0	0	4	0	0	0	0	0	0	0	4
<b>BAND TOTALS</b>		0	0	0	0	10	0	0	0	0	0	0	0	45	1	0	0	0	0	0	46



MONTH	MODE	BANDS																		Totals per Month
		1.8	3.5	5	7	10	14	18	21	24	28	50	70	144	432	1296	2300	2400	5700	
January	AM	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
February	AM	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
March	AM	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
April	AM	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
May	AM	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
June	AM	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
July	AM	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
August	AM	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
September	AM	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
October	AM	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
November	AM	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
December	AM	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
<b>BAND TOTALS</b>		<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>

MONTH	MODE	BANDS																		Totals Per Month
		1.8	3.5	5	7	10	14	18	21	24	28	50	70	144	432	1296	2300	2400	5700	
January	DATA	0	1	0	39	83	113	20	55	34	73	0	0	0	0	0	0	0	0	418
February	DATA	0	0	0	30	60	209	9	9	47	50	2	0	0	0	0	0	0	0	416
March	DATA	0	18	0	46	11	200	19	58	38	43	0	0	0	0	0	0	0	433	
April	DATA	2	15	60	11	4	220	50	94	21	20	0	0	0	0	0	0	0	497	
May	DATA	0	10	13	48	22	172	34	58	2	2	0	0	0	0	0	0	0	361	
June	DATA	0	0	0	3	0	89	34	35	23	1	0	0	0	0	0	0	0	185	
July	DATA	0	2	0	5	9	127	9	7	4	1	0	0	0	0	0	0	0	164	
August	DATA	0	0	0	12	7	208	31	84	29	8	0	0	0	0	0	0	0	379	
September	DATA	0	0	0	10	10	109	54	19	0	3	0	0	0	0	0	0	0	205	
October	DATA	0	0	0	24	0	148	22	22	34	88	0	0	0	0	0	0	0	338	
November	DATA	0	0	0	25	12	48	21	44	13	20	0	0	0	0	0	0	0	183	
December	DATA	0	14	0	41	14	95	11	5	2	9	0	0	0	0	0	0	0	191	
<b>BAND TOTALS</b>		<b>2</b>	<b>60</b>	<b>73</b>	<b>294</b>	<b>232</b>	<b>1738</b>	<b>314</b>	<b>490</b>	<b>247</b>	<b>318</b>	<b>2</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>3770</b>	

Regarding the Data QSO's there are different modes. Below is a breakdown of the individual Modes

MONTH	MODE	DATA MODES - TYPES													Totals Per Month
		UNK	PSK31	PSK63	JT9	JT65	RTTY	FT4	FT8	MSK144	JT6M	SSTV	J58Call		
January	DATA	0	3	0	0	0	0	383	32	0	0	0	0	418	
February	DATA	0	0	0	0	0	0	272	144	0	0	0	0	416	
March	DATA	0	0	0	0	0	0	298	135	0	0	0	0	433	
April	DATA	0	0	0	0	0	31	313	153	0	0	0	0	497	
May	DATA	0	0	0	0	0	0	244	117	0	0	0	0	361	
June	DATA	0	0	0	0	0	0	134	51	0	0	0	0	185	
July	DATA	0	0	0	0	0	0	137	27	0	0	0	0	164	
August	DATA	0	0	0	0	0	0	320	59	0	0	0	0	379	
September	DATA	0	0	0	0	0	0	127	78	0	0	0	0	205	
October	DATA	0	6	4	0	0	0	181	147	0	0	0	0	338	
November	DATA	0	0	0	0	0	0	115	68	0	0	0	0	183	
December	DATA	0	0	0	0	0	0	127	64	0	0	0	0	191	
<b>BAND TOTALS</b>		<b>0</b>	<b>9</b>	<b>4</b>	<b>0</b>	<b>0</b>	<b>31</b>	<b>2651</b>	<b>1075</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>3770</b>	

### Best DX Overall – Different Modes HF and VHF

MONTH	MODE	BEST DX HF 1.8 > 30MHz				BEST DX VHF UPWARDS 50MHz >1000MHz			
		BAND	CALLSIGN	DISTANCE	OPERATOR	BAND	CALLSIGN	DISTANCE	OPERATOR
January	AM	0	0	0	0	0	0	0	0
February	AM	0	0	0	0	0	0	0	0
March	AM	0	0	0	0	0	0	0	0
April	AM	0	0	0	0	0	0	0	0
May	AM	0	0	0	0	0	0	0	0
June	AM	0	0	0	0	0	0	0	0
July	AM	0	0	0	0	0	0	0	0
August	AM	0	0	0	0	0	0	0	0
September	AM	0	0	0	0	0	0	0	0
October	AM	0	0	0	0	0	0	0	0
November	AM	0	0	0	0	0	0	0	0
December	AM	0	0	0	0	0	0	0	0

MONTH	MODE	BEST DX HF 1.8 > 30MHz				BEST DX VHF UPWARDS 50MHz >1000MHz			
		BAND	CALLSIGN	DISTANCE	OPERATOR	BAND	CALLSIGN	DISTANCE	OPERATOR
January	CW	10	VK9DX	16975	MMOGPZ	0	0	0	0
February	CW	14	K1LZ	4979	MMOLBF	0	0	0	0
March	CW	18	PJ2/KSP1	7401	MMOIVR	0	0	0	0
April	CW	14	W4CI	6697	MMOIVR	0	0	0	0
May	CW	14	Z3120GD	2377	MMOLBF	0	0	0	0
June	CW	14	PP1KV	8771	M10WST	0	0	0	0
July	CW	21	PK2A	9765	MMOIVR	0	0	0	0
August	CW	14	V33A	16889	MMODXH	0	0	0	0
September	CW	28	VU2TMP	8252	MMOIVR	0	0	0	0
October	CW	28	CX1SI	11067	MMOIVR	0	0	0	0
November	CW	28	K6ARK	8303	MMOIVR	0	0	0	0
December	CW	28	ZL3CW	17989	MMODXH	0	0	0	0

MONTH	MODE	BEST DX HF 1.8 > 30MHz				BEST DX VHF UPWARDS 50MHz >1000MHz			
		BAND	CALLSIGN	DISTANCE	OPERATOR	BAND	CALLSIGN	DISTANCE	OPERATOR
January	SSB	14	V85A	11298	MMOGPZ	0	0	0	0
February	SSB	28	VK6/GOVJG	14737	MMOGPZ	0	0	0	0
March	SSB	28	LT7F	11154	MMOLBF	0	0	0	0
April	SSB	21	W5PS	7251	MMOINE	0	0	0	0
May	SSB	14	I4PNF	1630	MMOXKW	0	0	0	0
June	SSB	14	PJ2ND	7400	MMOIVR	0	0	0	0
July	SSB	21	CX1AA	11277	MMOIVR	0	0	0	0
August	SSB	21	SV2HIQ	1914	EA/MORNR	0	0	0	0
September	SSB	21	VK1MA	15383	MMOVCJ/P	0	0	0	0
October	SSB	18	VK3EY	16804	MMOINE	0	0	0	0
November	SSB	28	K7DXK	7346	MMOINE	0	0	0	0
December	SSB	14	VEZTC	4926	MMOINE	0	0	0	0

MONTH	MODE	BEST DX HF 1.8 > 30MHz				BEST DX VHF UPWARDS 50MHz >1000MHz			
		BAND	CALLSIGN	DISTANCE	OPERATOR	BAND	CALLSIGN	DISTANCE	OPERATOR
January	FM	0	0	0	0	144	2E0CJ	73	MMOJHL
February	FM	0	0	0	0	144	MM0XPZ	80	MMOIVR
March	FM	0	0	0	0	0	0	0	0
April	FM	0	0	0	0	0	0	0	0
May	FM	0	0	0	0	144	MM7MOX/P	8	MMOIVR
June	FM	0	0	0	0	432	E13CYB	167	E1/MOVCJ/P
July	FM	0	0	0	0	144	GMAUQD	104	MMOIVR
August	FM	0	0	0	0	144	GMEJRX/P	286	MMOVCJ/P
September	FM	0	0	0	0	0	0	0	0
October	FM	0	0	0	0	0	0	0	0
November	FM	0	0	0	0	0	0	0	0
December	FM	0	0	0	0	144	GM0HBK	171	MMOVCJ/P

MONTH	MODE	BEST DX HF 1.8 > 30MHz				BEST DX VHF UPWARDS 50MHz >1000MHz			
		BAND	CALLSIGN	DISTANCE	OPERATOR	BAND	CALLSIGN	DISTANCE	OPERATOR
January	DATA	21	ZL2BX	18388	MMOGPZ	FT8	0	0	0
February	DATA	10	PUSCVB	10232	2MOEGH	FT4	50	GMAUYE	63
March	DATA	14	YB1TDL	11819	MMOXKW	FT8	0	0	0
April	DATA	18	ZL3RK	18687	MORNR	FT8	0	0	0
May	DATA	21	5W15A	15234	MMOXKW	FT4	0	0	0
June	DATA	24	PY2EBD	9650	MMOXKW	FT8	0	0	0
July	DATA	10	4W6RU	13168	MMOXKW	FT8	0	0	0
August	DATA	21	5W15A	15181	MMODXH	FT8	0	0	0
September	DATA	14	ZL2AVZ	18379	GMAUYZ	FT4	0	0	0
October	DATA	21	ZL2BX	18361	2MOEGH	FT8	0	0	0
November	DATA	21	YG3BLY	12215	MMOXKW	FT8	0	0	0
December	DATA	10	VK6YE	14789	MMOXKW	FT8	0	0	0



Best DX Overall on the different Bands – Different Modes

Band	Ant	Power (W)	Mode	Data Mode	Station Worked	Your Locator	Their Locator	Distance (Kms)	Time	Operator	Month
1.8			SSB		NO-QSO'a						
1.8			DATA		NO-QSO'a						
1.8			CW		NO QSO's						
3.5	Vertical	100	SSB		W2VP	IO85KT	EM82bq	6503	9:15:00	MM0KTC	January
3.5	Inverted "L"	60	DATA		LY1CX	IO85MX	KO25nm	1746	18:32:00	GM4UYZ	January
3.5	Inverted "L"	100	CW		G3SVL	IO85MX	JO00fu	613	16:47:00	GM4UYZ	January
5	Wire	100	SSB		G1OJJ	IO85rl	IO70vm	562	9:27:00	MM0INE	February
5	Wire	100	DATA	FT8	9A5CW	IO85jx	JN65xf	1693	6:09:00	MM0XXW	October
5			CW		NO QSO's						
7	Wire	400	SSB		JK1BOS	IO85rl	QM06ga	9254	7:59:00	MM0INE	January
7	Wire	100	DATA	FT8	JE1PNX	IO85jx	QM06dh	9187	7:59:00	MM0XXW	December
7	Wire	15	CW		FM5BH	IO85lw	FK94MP	6692	23:28:00	MM0IVR	November
10	Wire	400	DATA	FT8	VK6AL	IO75WS	OF78	14646	17:27:00	MM0GPZ	November
10	Wire	400	CW		J28MD	IO75WS	LK11hs	6328	21:15:00	MM0GPZ	November
14	Yagi	100	SSB		VK7RG	IO75WS	QE37mf	17502	23:55:00	MM0GPZ	July
14	Vertical	75	DATA	FT4	VK5SA	IO85jx	PF95hc	16302	7:10:00	MM0XXW	April
14	Wire	15	CW		VK2GR	IO85LW	QF54eq	16965	6:20:00	MM0IVR	May
18	Yagi	400	SSB		XV1X	IO85KT	OK33xv	9992	14:12:00	MM0KTC	March
18	Yagi	100	DATA	FT8	VK2SDX	JO78LH	QF57TF	15721	11:45:00	SA5K	February
18	Wire	15	CW		V31GX	IO85lw	EK68ba	8038	16:47:00	MM0IVR	March
21	OB9/5	400	SSB		FH/OK1M	IO75WS	LH27	8852	18:23:00	MM0GPZ	September
21	Yagi	50	DATA	FT8	YB6RMT	io85jw	PI06to	12411	15:04:00	MM0DXH	May
21	Yagi	400	CW		P29LL	io85jw	QI30nm	14239	9:53:00	MM0DXH	May
24	Yagi	400	SSB		ZT1T	IO85KT	JF96we	10202	9:55:00	MM0KTC	March
24	Vertical	60	DATA	FT8	VP8LP	IO94GU	GD18	12890	13:52:00	M0RNR	December
24	OB9/5	400	CW		FY5KE	IO75WS	GJ35qd	7067	16:20:00	MM0GPZ	September
28	Vertical	200	SSB		LU1DX	IO85jx	FF94nn	11530	12:03:00	MM0XXW	March
28	Yagi	60	DATA	FT8	VK6AS	IO94GU	OF77WW	14584	14:43:00	M0RNR	December
28	Wire	100	CW		PP5RT	IO85LV	GG52ft	10231	18:30:00	GM0WDD	October
50			SSB		NO-QSO's						
50	Yagi	400	DATA	FT8	I6NO	IO75WS	JN63lu	1795	9:56:00	MM0GPZ	July
50	Wire	5	CW		OM5TZ	IO85LW	JN97bw	1692	17:31:00	MM0IVR	June
70			SSB		NO QSO's						
70			DATA		NO QSO's						
70			CW		NO QSO's						
144			SSB		NO QSO's						
144			DATA		NO QSO's						
144			CW		NO QSO's						
144	Yagi	5	FM		2E0XUP	IO84jl	IO91vl	389	12:00:00	MM0YCI/P	December
432			DATA		NO QSO's						
432			FM		NO QSO's						
2300			SSB		NO QSO's						
3400			SSB		NO QSO's						

Hope you find the above of some interest. Why not try and aim to beat the distances on the different Bands and Modes in 2020 there is a challenge.

Bob GM4UYZ

## Year 2023

CLUB EXPENDITURE Up to 21/12/2023		Total	OUTGOINGS	INCOMING	BALANCE
		OUT/IN YEAR	£1,126.65	£10,288.23	£9,161.58
Date	Action	Cheque No:	Outgoings	Incomings	
07/12/2022	Keith MM0KTC Club Fees via Paypal (£14) BFTR to bank 03/01/2023	<i>Paypal</i>		£14.00	£14.00
07/12/2022	Keith MM0KTC Club Fees via Paypal (£10) Brest of 2023 Fees	<i>CASH (house)</i>		£10.00	£24.00
07/12/2022	Bob GM4UYZ Club Fees 2023	<i>CASH (house)</i>		£24.00	£48.00
01/01/2023	Transfer from Year 2022			£7,732.54	£7,780.54
01/01/2023	Tom Hood GM4LRU Club Fees 2023 via Paypal (24) BFTR 2/1/2023	<i>Paypal</i>		£24.00	£7,804.54
01/01/2023	Tony 2M0TFP Club Fees 2023 via Paypal (25) BFTR 2/1/2023	<i>Paypal</i>		£25.00	£7,829.54
02/01/2023	Tommy 2M0EGH Club Fees 2023 (24) Direct to Bank	<i>Direct to Bank</i>		£24.00	£7,853.54
03/01/2023	Brian GM0EHL Club Fees 2023 (£24 Direct to Bank)	<i>Direct to Bank</i>		£50.00	£7,903.54
03/01/2023	Geoff GM0LOD Club Fees 2023 (£25 Direct to Bank)	<i>Direct to Bank</i>		£25.00	£7,928.54
03/01/2023	Sheila Wilkins SWL Fees 2023 (£24 Direct to Bank)	<i>Direct to Bank</i>		£24.00	£7,952.54
06/01/2023	John MM0JXI Club Fees 2023 via Paypal (24) BFTR 7/1/2023	<i>Paypal</i>		£24.00	£7,976.54
06/01/2023	Cephas MM0INS Club Fees 2023 via Paypal (24) BFTR 7/1/2023	<i>Paypal</i>		£24.00	£8,000.54
06/01/2023	Issy 2M0ISY Club Fees 2023 via Paypal (24) BFTR 7/1/2023	<i>Paypal</i>		£24.00	£8,024.54
06/01/2023	Cambell MM0DXC Club Fees 2023 Cash	<i>CASH (house)</i>		£24.00	£8,048.54
06/01/2023	John MM0CCC Part Club Fees 2023 Cash	<i>CASH (house)</i>		£10.00	£8,058.54
06/01/2023	Gary MM0FZV Club Fees 2023 Cash	<i>CASH (house)</i>		£24.00	£8,082.54
06/01/2023	James MM0LQF Club Fees Cash	<i>CASH (house)</i>		£25.00	£8,107.54
06/01/2023	Craig MM0NBW Club Fees Cash	<i>CASH (house)</i>		£24.00	£8,131.54
06/01/2023	Paul MM7PGG Club Fees Cash	<i>CASH (house)</i>		£25.00	£8,156.54
06/01/2023	Michael MM7DGK Club Fees Cash	<i>CASH (house)</i>		£25.00	£8,181.54
07/01/2023	Nick MM0JSQ Club Fees 2023 (£24 Direct to Bank)	<i>Direct to Bank</i>		£24.00	£8,205.54
12/01/2023	RSGB Affiliation Subscription	<i>00428</i>	£56.00		£8,149.54
15/01/2023	GM2T/MM0CPS QSL Cards purchase (1 x 1000)	<i>CASH (house)</i>	£68.00		£8,081.54
16/01/2023	Ronan MM0IVR Club Fees 2023 via Paypal (24) BFTR 16/1/2023	<i>Paypal</i>		£24.00	£8,105.54
24/01/2023	Post QSL Cards + 27 Stamps for Envelopes	<i>CASH (house)</i>	£31.70		£8,073.84
24/01/2023	Postage of Envelopes to QSL Manager	<i>CASH (house)</i>	£1.65		£8,072.19
03/02/2023	Club Night	<i>CASH (house)</i>		£12.00	£8,084.19
11/02/2023	Chris MM7BPF Club Fees Cash	<i>CASH (house)</i>		£24.00	£8,108.19
18/02/2023	Andrew MM0JQN Club Fees 2023 Via Paypal (paypal took £1 Fee) BFTR 19/2/23==2023	<i>Paypal</i>		£23.00	£8,131.19
21/02/2023	Money Raised Radio Check Night (Includes Bank Transfers)	<i>CASH (house)</i>		£30.00	£8,161.19
22/02/2023	Money had been put in wrong account	<i>Direct to Bank</i>		£10.00	£8,171.19
03/03/2023	Club Night	<i>CASH (house)</i>		£10.00	£8,181.19
14/03/2023	Construction Night	<i>CASH (house)</i>		£17.00	£8,198.19
30/03/2023	Royal Bank Account -- Interest			£16.63	£8,214.82
07/04/2023	Club Night	<i>CASH (house)</i>		£2.00	£8,216.82
27/04/2023	Martyn MM0XXW Club Fees 2023 via Paypal (24) BFTR 28/4/2023	<i>Paypal</i>		£30.00	£8,246.82
02/05/2023	Derek MM0WST Club Fees 2023 via Paypal (24) BFTR 3/5/2023	<i>Paypal</i>		£30.00	£8,276.82
05/05/2023	Club Night			£12.00	£8,288.82
12/05/2023	DF Night	<i>CASH (house)</i>		£13.59	£8,302.41
02/06/2023	Club Night			£7.00	£8,309.41
29/06/2023	Royal Bank Account -- Interest			£20.51	£8,329.92
04/07/2023	Geoff MM5AHO IOTA Money	<i>Direct to Bank</i>		£250.00	£8,579.92
04/07/2023	Geoffs Money transferred to John MM0JXI IOTA Account	<i>CASH (house)</i>	£250.00		£8,329.92

Date	Action	Cheque No:	Outgoings	Incomings	
06/07/2023	Postage of Envelopes to GM2T QSL Manager + 27 Stamps for Envelopes	<i>CASH (house)</i>	£33.80		£8,296.12
07/07/2023	Club Night	<i>CASH (house)</i>		£4.00	£8,300.12
07/07/2023	Domain Names/Hosting Services	<i>CASH (house)</i>	£35.85		£8,264.27
13/07/2023	Alek GM3GKJ 2023 Club Fees	<i>Paypal</i>		£25.00	£8,289.27
18/07/2023	Rafe MMORPX 2023 Club Fees	<i>Paypal</i>		£24.00	£8,313.27
27/07/2023	Money borrowed from Borrowing for IOTA Trip	<i>CASH (house)</i>	£49.65		£8,263.62
02/08/2023	Ellis GM4GZW 2023 Club Fees	<i>Paypal</i>		£48.00	£8,311.62
04/08/2023	Club Night	<i>CASH (house)</i>		£8.00	£8,319.62
12/08/2023	British Heart Foundation - Money Raised Junk Night	<i>CASH (house)</i>		£440.26	£8,759.88
12/08/2023	Money Raised Junk Night	<i>CASH (house)</i>		£517.00	£9,276.88
12/08/2023	Returned money from Junk Night Expenses	<i>CASH (house)</i>		£20.91	£9,297.79
12/08/2023	Junk Night	<i>CASH (house)</i>		£242.45	£9,540.24
16/08/2023	British Heart Foundation - Dollar Bills	<i>CASH (house)</i>		£30.70	£9,570.94
01/09/2023	Club Night	<i>CASH (house)</i>		£4.00	£9,574.94
08/09/2023	DF Night	<i>CASH (house)</i>		£8.00	£9,582.94
10/09/2023	Construction Night	<i>CASH (house)</i>		£8.00	£9,590.94
11/09/2023	Storage Fees Towers 3 x £200	<i>CASH (house)</i>	£600.00		£8,990.94
28/09/2023	Royal Bank Account -- Interest			£28.09	£9,019.03
03/11/2023	Club Night	<i>CASH (house)</i>		£22.00	£9,041.03
14/11/2023	Construction Night	<i>CASH (house)</i>		£10.00	£9,051.03
26/11/2023	Tom Hood GM4LRU Club Fees 2024 via Paypal (24) BFTR 2/6/11/2023	<i>Paypal</i>		£24.00	£9,075.03
28/11/2023	Alec 2M0ECK Club Fees 2024 via Paypal (24) BFTR 28/11/2023	<i>Paypal</i>		£24.00	£9,099.03
01/12/2023	Club Night	<i>CASH (house)</i>		£32.00	£9,131.03
09/12/2023	Excess Money from Christmas Night Out	<i>CASH (house)</i>		£6.55	£9,137.58
18/12/2023	Bob GM4UYZ Club Fees 2024	<i>CASH (house)</i>		£24.00	£9,161.58

# December 2023 Activity Days

**DECEMBER 2023 Activity Day – between 9<sup>th</sup> to 15<sup>th</sup> December 2023 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 TWELFTH and last of 2023 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 2024 have now changed:**

**These can be downloaded using the following link:**

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

**FILES for 2024**

Look under Downloads for files then you are all ready for the 2024 Activity Days.

The 2024 files are as follows.

**There will be new files for 2024 Activity Week, and these are.**

**2024 New Monthly Activity Week Rules V9.docx**

**2024-ACTIVITY-FULL-WEEK-LOGSHEET-V1.8.xlsx**

**Apologies first:**

**Thomas M0THL**

Sorry no log this time

**Cephas MM0INS**

Still haven't fixed my aerial after the storm so no log from me this month

**Paul 2M0PGO**

No log from me this month as kit all put away so the Christmas tree could go up. Must get myself a shack!!!

**Tommy 2M0EGH**

Sorry no activity logs from me this month.

**Craig MM0NBW**

Sorry, nothing again. Hopefully 2024 will be a busier year radio wise!

**Reports:**

**Bob GM4UYZ**

Tried the ARRL 10M Contest and what a struggle. Plenty signals all loud but my 199W not getting back to them. Really disappointed so reverted to DATA QSO's for the rest of the week

**Derek MI0WST**

Not much activity this time. 20m was dead last night. A few stations on 40m for CWops. Most of the contest traffic was 80m but they couldn't hear me. Best Xmas wishes to the club and strong sigs for 2024.

**Jim MM0DXH**

"December activity week coincided with the 48-hour ARRL 10m CW contest, a contest that I had never

entered until this year. I was lucky that 10m was open over the weekend and managed 100 QSOs on the Saturday and a further 150 on the Sunday. The band was open only in the daylight hours, but I managed to exchange QSOs with the furthest contact of ZL3CW in New Zealand, which is a 17,989 kms haul. Other decent QSOs were Cayman Islands, China, West Coast USA, Mexico, Trinidad & Tobago, British Virgin Islands and French Guyana. Main purpose of the contest was to work as many Canadian provinces and Mexican & USA states and I did manage 47 of those plus 24 different countries. Thanks, Bob, for all you do for CPSARC and here's to a good new year for all. 73 Jim, MM0DXH/GM2Y"

**Ronan MM0IVR**

I've attached this month's Activity Week log. There's only 11 in there this time with a few of those being from the ARRL 10m contest at the weekend. There's even a QSO with the SANTA station in Finland.... I'm off to EA8 land for a few days over the holidays. The plan is to bring the little QMX multi-band radio and some sort of wire antenna. We're travelling extremely light, and space is at a premium so that may or may not happen. It would be my first time operating abroad so fingers crossed.

Well, that's it for 2023. I can't believe that I've been licensed for five years already! Radio-wise, it's been a decent year. I've been lucky enough to be able to

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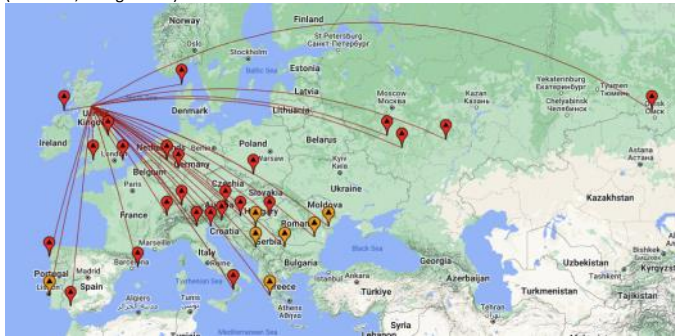
submit a log each month, although May was a close call with just one QSO during Activity Week. The plan for the year ahead is to operate solely at QRP levels which, as far as I'm concerned, is the most fun part of the hobby.

I wish you, your family, and all at the club, a very Merry Christmas and a happy and healthy New Year.

### Jimi MMOJTX

My log for this month. The map below shows where I contacted and on what band.

(red=40m, orange=20m)



### Martyn MM0XXW

Final one of the year Bob so managed to string a few stations together to make up for missing November!

Merry Xmas to you and Yvonne, Liz and I are off to Mildenhall to enjoy the holidays with friends and family so looking forward to that. Hope 2024's a good one for everybody and as it's my 'retirement' year I will be making a point of getting out to see you guys more often!

### Pete MM0INE

Got a handful for this activity week, one on 20m and the rest on 60m. Mostly listening while doing stuff in the shack.

Conditions have been mixed when I was on. Some good DX to be had on 20m with VK and ZL heard but unfortunately not worked. Also, JH1 on 40m late evening.

### Bob MM0LBF

Apology for tardy return this month; but it is a return .....

### Colwyn MM0YCJ

I managed to get on the radio three times during the December activity week, all on SOTA summits.

The first was on Saturday 9th December where we drove up Glen Roy, just off the A86 to the north of Fort William. The approach follows the west bank of the river Roy, and the glen is famous for a geological pattern of three loch terraces known as the Parallel Roads of Glen Roy. The terraces formed along the

shorelines of an ancient ice-dammed loch, after the last main ice age. From a distance they resemble man-made roads contouring the side of the glen, hence the name. Much of Glen Roy is a national nature reserve and the 16km long glen is a twisting, slow, peaceful, and usually lonely drive.

The planned summit was SOTA reference GM/CS-067 (Carn Dearg, Grid Ref: NN 345887, QTH Locator: IO76px) some 834 metres high. It is one of the hills known as Corbett's named after John Rooke Corbett who first listed all the Scottish peaks between 2500 feet and 3000 feet. Eight people had flogged up to the summit before me with a radio, the most recent 9 years earlier. It was dry but cloudy when we set off and the rain stayed away for the whole day. It took almost 2 hours to reach the summit and the only wildlife we saw taking advantage of the nature reserve were some Ravens, which may already have been nesting for next year!

I started broadcasting just before midday and made a total of only 10 QSOs; two on VHF out on the west coast; Morar and the Isle of Skye. I then used my Elecraft KX2 in SSB mode with a 20-metre inverted-V dipole I also made my furthest QSO of the activity week in Greece at 2702Km on 14MHz with SV2OXS, and a 10metres QSO with F4WBN in Southwest France. The KX2 gives 10 watts output but I was using a separate 3P LiPo battery (maximum voltage 11.1 volts), so the full 10 watts output is somewhat hopeful! Something I can perhaps explore with the experts at the next CPSARC radio test night? (We've seen it before using battery packs Colwyn, the RF power drops off dramatically with battery voltage)

The weather had not improved as I had been broadcasting and we did not dally on the breezy summit. We had intended to walk along the horseshoe ridge of the hill back to the car but a direct line straight back to the valley floor proved to be too much of a temptation. Nevertheless we had a pleasant day out and we later found that the dry weather had not been present in the east of the country.

Sunday 10th December we had a short, pleasant walk about the village of Newtonmore and that night I had parked up in Strath Nairn, close to the Dunmaglass Lodge gatehouse ready for an attempt on Monday 11th December of another Corbett called Carn na Saobhaidhe (Height 811m, Grid Ref: NH 598144, QTH Locator: IO77ue). I was rudely awakened at 06:00 hours and after a rudimentary breakfast set off with a head torch and mountain bike at 06:40 hours with cloud down at the start. The road is tarmacked for the first 2.5 kilometres then follows the rough, wide flat track

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servicing the Dunmaglass wind farm. The track twists and branches, it is unsightly (the sun had risen by now) but provides a good surface for a swift mountain bike approach; although I do admit I pushed it up some – or all – of the steeper slopes. The track then follows an old land rover track that meanders all the way to the summit. I left the bike about a kilometre from the top because of snow drifts across the track. From the end of the tarmac it is 10km to the summit which has two communication masts nearby on the western slopes, neither of which was my mobile phone network!



My log shows the first QSO at 10:12 hours so it took 3 hours to reach the top and set up the antennae, and I did spend half an hour exploring the buildings at the two comms towers looking for some shelter. Again, the first QSO was a VHF contact Kevin (GM6JOS) 42km away in Inverness. The next 5 QSOs were on 14MHz SSB, the furthest being 2225km, EA7GV, Jose in Spain. Moving to 7MHz I made a further 16 SSB QSOs from operators in UK, Irish and near European countries. I was the 4th successful radio SOTA activator to make the trip the most recent being 8 years ago.

The weather had brightened but was still windy so after about an hour, I packed and set off back to the bike and had a fine downhill run back to the van. There were three small diggers doing peat restoration work on the way back and I stopped to have a quick chat with the workers. As I descended, I also met another walker who was on the way up and had also cycled in about an hour behind me.

Tuesday 12th the weather forecast was not great, so I went Christmas shopping and that night I parked up near Loch Tarff on the B862 above Fort Augustus. Again there is a wind farm nearby so on Wednesday 13th December I was on the mountain bike

again to try to reach Carn a'Chuilinn (817m, Grid Ref: NH 416034, QTH Locator: IO77qc). It was cloudy again as I set off, but it did seem very calm, although I was sheltered in a roadside forestry plantation.

The Stronelairg windfarm access is excellent for the first 3.5km, then my route follows a more standard land rover track, but it had obviously been upgraded. I soon left the bike again at the side of the land rover track and directly attacked the western flank of the peak. As I ascended the frosty hillside, the sky brightened and by the time I popped out of the cloud there was watery sunshine warming me. I set up the 2 element VHF Yagi (Yaesu FT-4X) and a 40-metre half wave inverted V dipole on a 5-metre telescopic fishing pole (Elecraft KX2). It was a beautiful, calm day although it was by no means warm.



I made one VHF contact on 145MHz, GM4OAS (Gordon in Morar) and moving to 14MHz SSB a total of 11 QSOs, the furthest being 1807km with callsign S57S. I also bagged 5 QSOs on 15 metres and finally 24 QSOs on 7MHz. The weather just kept getting better. The cloud cleared and the watery sun shone as it rose in a lazy southern arc. The views over Ben Nevis and beyond were improving, but the cloud in the glens remained giving a lovely winter contrast to the fine views.

After working the pile-up in what seemed like a contest  
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scenario I packed and reluctantly left the bright summit. I was the 5th person to radio from the summit with the most recent one being 8 years ago. It was a short downhill walk back to where I had stashed my mountain bike and a very fast, exciting freewheeling descent back onto the windfarm access road and past the Glendoe hydroelectric scheme. I had been able to see part of the

Glendoe reservoir from the summit of the radio hill, although the cloud inversion prevented a view of the entire scheme.

I was able to enjoy a late lunch back at the van before racking the bike and setting off to get back to Edinburgh. Leaving the sunny side of the Great Glen in super weather, by the time I got back to the home QTH in Edinburgh, it was, of course, raining!

**Summary**

CW is the winning mode this month with 278 QSO's next best was DATA with 191 QSO's (64- FT4, 127 - FT8, 0 - PSK31, 0 - PSK63, 0 - RTTY). Out of the 550 QSO's where: CW = 278, SSB = 77, DATA =191, FM = 4, AM = 0. Best DX for the week for each Mode highlighted below:

**HF CW, DATA & SSB**

<b>CW</b>	Sat	28	K6LL	8231
	Sun	28	ZL3CW	17989
	Mon	7	EA2RCF	1455
	Tue	0	0	0
	Wed	14	UZ5DM	2428
	Thu	7	E70Y	2024
	Fri	0	0	0

Logged DATA QSO's were FT8 (115) & FT4 (68) & RTTY (0)

<b>DATA</b>	Sat	14	RA8AF	3858	GM4UYZ	FT8
	Sun	7	R3PLN	2561	MM0JTX	FT8
	Mo	14	KS4OT	6387	GM4UYZ	FT4
	Tue	14	RI0SP	3402	GM4UYZ	FT4
	We	14	YC9AAJ	12504	GM4UYZ	FT4
	Thu	14	N8CWU	5893	GM4UYZ	FT4
	Fri	10	VK6YNE	14789	MM0XXW	FT8

<b>SSB</b>	Sat	14	SV2OXS	2702	MM0YCJ/P
	Sun	0	0	0	0
	Mo	14	EA7GV	2225	MM0YCJ/P
	Tue	0	0	0	0
	We	14	SE7S	1807	MM0YCJ/P
	Thu	14	VE2HTC	4926	MM0INE
	Fri	5	DK5DR	962	MM0INE

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### **VHF CW, FM & SSB – QSO's**

<b>DAT A</b>	Sat	0	0	0	0	0
	Sun	0	0	0	0	0
	Mon	0	0	0	0	0
	Tue	0	0	0	0	0
	Wed	0	0	0	0	0
	Thu	0	0	0	0	0
	Fri	0	0	0	0	0

<b>FM</b>	Sat	144	GM0HBK	171	MM0YCJ/P
	Sun	0	0	0	0
	Mon	144	GM6JOS	42	MM0YCJ/P
	Tue	0	0	0	0
	Wed	144	GM4OAS	72	MM0YCJ/P
	Thu	144	GM0HBK	171	MM0YCJ/P
	Fri	0	0	0	0

As much as the above are the best statistics for all the modes in many ways it favours those who can run full power. To that end I have decided to break it down to four different power levels.

Power Level 1 to 10W (Caters for Foundation Holders and QRP Operators)

Power Level 11 to 50W (Caters for Data Modes and Intermediate Licence Holders)

Power Level 51 to 100W (Caters for those who have a Full Licence)

Power Level 101 to 400W (Caters for those who have a Full Licence and have Higher Power capabilities)

(Continued on page 21)



(Continued from page 20)

**Power Level 1 to 10W (Caters for Foundation Holders and QRP Operators)**

MODE	DAY	BAND	Power	CALLSIGN	DISTANCE	OPERATOR	DATA MODE
AM	Sat	0	0	0	0	0	
	Sun	0	0	0	0	0	
	Mon	0	0	0	0	0	
	Tue	0	0	0	0	0	
	Wed	0	0	0	0	0	
	Thu	0	0	0	0	0	
	Fri	0	0	0	0	0	
CW	Sat	28	5	TA3D	2872	MM0IVR	
	Sun	0	0	0	0	0	
	Mon	0	0	0	0	0	
	Tue	0	0	0	0	0	
	Wed	14	5	UZ5DM	2428	MM0IVR	
	Thu	7	5	E70M	2024	MM0IVR	
	Fri	0	0	0	0	0	
DATA	Sat	0	0	0	0	0	0
	Sun	0	0	0	0	0	0
	Mon	0	0	0	0	0	0
	Tue	0	0	0	0	0	0
	Wed	0	0	0	0	0	0
	Thu	0	0	0	0	0	0
	Fri	0	0	0	0	0	0
FM	Sat	144	5	GM0HBK	171	MM0Y CJ/P	
	Sun	0	0	0	0	0	
	Mon	144	5	GM6JOS	42	MM0Y CJ/P	
	Tue	0	0	0	0	0	
	Wed	144	5	GM4OAS	72	MM0Y CJ/P	
	Thu	0	0	0	0	0	
	Fri	0	0	0	0	0	
SSB	Sat	14	10	SV2OXS	2702	MM0Y CJ/P	
	Sun	0	0	0	0	0	
	Mon	14	10	EA7GV	2225	MM0Y CJ/P	
	Tue	0	0	0	0	0	
	Wed	14	10	S57S	1807	MM0Y CJ/P	
	Thu	0	0	0	0	0	
	Fri	0	0	0	0	0	

(Continued on page 22)

(Continued from page 21)

**Power Level 11 to 50W (Caters for Data Modes and Intermediate Licence Holders)**

MODE	DAY	BAND	Power	CALLSIGN	DISTANCE	OPERATOR	DATA MODE
AM	Sat	0	0	0	0	0	
	Sun	0	0	0	0	0	
	Mon	0	0	0	0	0	
	Tue	0	0	0	0	0	
	Wed	0	0	0	0	0	
	Thu	0	0	0	0	0	
	Fri	0	0	0	0	0	
CW	Sat	0	0	0	0	0	
	Sun	0	0	0	0	0	
	Mon	7	15	EA2RCF	1455	MM0IVR	
	Tue	0	0	0	0	0	
	Wed	14	15	GM4UYZ	7	MM0IVR	
	Thu	0	0	0	0	0	
	Fri	0	0	0	0	0	
DATA	Sat	14	50	RA8AF	3858	GM4UYZ	FT8
	Sun	7	40	R3PLN	2561	MM0JTX	FT8
	Mon	14	50	KS4OT	6387	GM4UYZ	FT4
	Tue	14	50	RI0SP	3402	GM4UYZ	FT4
	Wed	14	50	YC9AAJ	12504	GM4UYZ	FT4
	Thu	14	50	N8CWU	5895	GM4UYZ	FT4
	Fri	10	50	VK6YNE	14789	MM0XXW	FT8
FM	Sat	0	0	0	0	0	
	Sun	0	0	0	0	0	
	Mon	0	0	0	0	0	
	Tue	0	0	0	0	0	
	Wed	0	0	0	0	0	
	Thu	0	0	0	0	0	
	Fri	0	0	0	0	0	
SSB	Sat	0	0	0	0	0	
	Sun	0	0	0	0	0	
	Mon	0	0	0	0	0	
	Tue	0	0	0	0	0	
	Wed	0	0	0	0	0	
	Thu	0	0	0	0	0	
	Fri	0	0	0	0	0	

(Continued on page 23)

(Continued from page 22)

**Power Level 51 to 100W (Caters for those who have Full Licence)**

MODE	DAY	BAND	Power	CALLSIGN	DISTANCE	OPERATOR	DATA MODE
AM	Sat	0	0	0	0	0	
	Sun	0	0	0	0	0	
	Mon	0	0	0	0	0	
	Tue	0	0	0	0	0	
	Wed	0	0	0	0	0	
	Thu	0	0	0	0	0	
	Fri	0	0	0	0	0	
CW	Sat	28	80	N2ZX	6763	MM0LBF	
	Sun	28	100	K0FX	7114	GM4UYZ	
	Mon	0	0	0	0	0	
	Tue	0	0	0	0	0	
	Wed	7	100	EA2KV	1469	MI0WST	
	Thu	0	0	0	0	0	
	Fri	0	0	0	0	0	
DATA	Sat	28	80	ES2AJ	1690	MM0LBF	FT8
	Sun	0	0	0	0	0	0
	Mon	0	0	0	0	0	0
	Tue	0	0	0	0	0	0
	Wed	0	0	0	0	0	0
	Thu	0	0	0	0	0	0
	Fri	0	0	0	0	0	0
FM	Sat	0	0	0	0	0	
	Sun	0	0	0	0	0	
	Mon	0	0	0	0	0	
	Tue	0	0	0	0	0	
	Wed	0	0	0	0	0	
	Thu	0	0	0	0	0	
	Fri	0	0	0	0	0	
SSB	Sat	0	0	0	0	0	
	Sun	0	0	0	0	0	
	Mon	0	0	0	0	0	
	Tue	0	0	0	0	0	
	Wed	0	0	0	0	0	
	Thu	0	0	0	0	0	
	Fri	5	100	DK5DR	962	MM0INE	

(Continued on page 24)

(Continued from page 23)

**Power Level 101 to 400W (Caters for those who have a Full Licence and have Higher Power capabilities)**

MODE	DAY	BAND	Power	CALLSIGN	DISTANCE	OPERATOR	DATA MODE
AM	Sat	0	0	0	0	0	
	Sun	0	0	0	0	0	
	Mon	0	0	0	0	0	
	Tue	0	0	0	0	0	
	Wed	0	0	0	0	0	
	Thu	0	0	0	0	0	
	Fri	0	0	0	0	0	
CW	Sat	28	400	K6LL	8231	MM0DXH	
	Sun	28	400	ZL3CW	17989	MM0DXH	
	Mon	0	0	0	0	0	
	Tue	0	0	0	0	0	
	Wed	0	0	0	0	0	
	Thu	0	0	0	0	0	
	Fri	0	0	0	0	0	
DATA	Sat	0	0	0	0	0	0
	Sun	0	0	0	0	0	0
	Mon	0	0	0	0	0	0
	Tue	0	0	0	0	0	0
	Wed	0	0	0	0	0	0
	Thu	0	0	0	0	0	0
	Fri	0	0	0	0	0	0
FM	Sat	0	0	0	0	0	
	Sun	0	0	0	0	0	
	Mon	0	0	0	0	0	
	Tue	0	0	0	0	0	
	Wed	0	0	0	0	0	
	Thu	0	0	0	0	0	
	Fri	0	0	0	0	0	
SSB	Sat	0	6	0	0	0	
	Sun	0	0	0	0	0	
	Mon	0	0	0	0	0	
	Tue	0	0	0	0	0	
	Wed	0	0	0	0	0	
	Thu	14	400	VE2HTC	4926	MM0INE	
	Fri	0	0	0	0	0	

(Continued on page 25)



(Continued from page 24)

The turnout out this month was reasonable with a total of nine people taking part. Thanks to everyone for your logs they are so much appreciated, and I hope you continue for 2024 and into the future  
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 Week	Total QSO's	MODE				
		AM	CW	DATA	FM	SSB
Sat	157	0	108	37	2	10
Sun	162	0	160	2	0	0
Mon	52	0	1	29	1	21
Tue	25	0	0	25	0	0
Wed	75	0	8	25	1	41
Thu	7	0	1	5	0	1
Fri	72	0	0	68	0	4
	550					

The next Activity Day is any day starting on the week beginning the 6<sup>th</sup> and ending on the 12<sup>th</sup> January 2024 the FIRST for 2024.

**This will change for the 2024 Activity Weeks, [2024-ACTIVITY-FULL-WEEK-LOGSHEET-V1.8.xlsx](#)**

### **Participants**

Summary of who did what:

Out of the 550 QSO's where: CW = 278, SSB = 77, DATA =191, FM = 4, AM = 0.

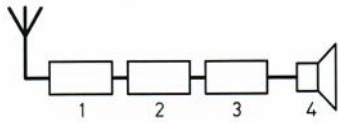
- Bob GM4UYZ* CW: 1 x 20M, 10 x 10M  
DATA: 2 x 80M, 15 x 40M, 11 x 30M, 80 x 20M, 9 x 17M, 1 x 10M
- Derek MI0WST* CW: 1 x 80M, 3 x 40M
- Jim MM0DXH* CW: 250 x 10M
- Jimi MM0JTX* DATA: 26 x 40M, 7 x 20M
- Martyn MM0XXW* DATA: 12 x 80M, 3 x 30M, 8 x 20M, 2 x 17M, 5 x 15M, 2 x 12M, 3 x 10M
- Pete MM0INE* SSB: 4 x 60M, 1 x 20M
- Ronan MM0IVR* CW: 2 x 40M, 3 x 20M, 4 x 10M  
SSB: 1 x 20M, 1 x 10M
- Bob MM0LBF* CW: 4 x 10M  
DATA: 4 x 10M
- Colwyn MM0YCJ/P* SSB: 41 x 40M, 23 x 20M, 5 x 15M, 1 x 10M  
FM: 4 x 2M

**If you wish to see where all your contacts were within the world upload your ADI file to <http://analyzer.adventureradio.de/> where there are various options that can be looked at e.g. Band, Mode, etc  
A nice piece of software – Thanks to Jimi MM0JTX for the heads up on this.**

Thanks for taking part in the activity day week and I hope you will continue to do so for 2024. The dates for 2024 are now set, see the above table so would love to see more on as well so why not make it your 2024 target.  
Bob GM4UYZ

# TEST YOUR KNOWLEDGE

1. In the block diagram of a radio receiver shown, what is the function of the box marked "3"



- Tuning and RF amplification
- Detection
- Audio Amplifier
- Loudspeaker

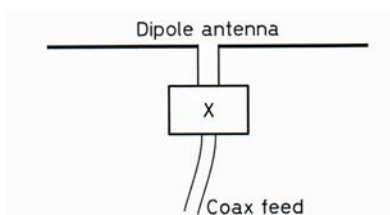
2. The braid of a coaxial cable is connected to the body of the plug used to make the connection to the transmitter in order to

- Provide a strong fixing
- Prevent the loose ends of the braid touching the inner conductor
- Continue the screening effect of the braid through the plug
- Make a waterproof joint

3. Which one of the following antennas has radials

- Dipole
- End Fed
- Ground Plane
- Yagi

4. What item should be used at the position marked "X" in the drawing?



- A low pass filter
- An SWR meter
- A Dummy Load
- A balun

5. The unit of resistance is the

- Ohm
- Volt
- Henry
- Milliamp

6. A current of 10mA flows through a resistor 1000R. What voltage is dropped across the resistor?

- 1V
- 10V
- 100V
- 1000V

7. A 1MHz carrier is frequency modulated by a 1KHz audio signal amplitude 100mV and is causing a peak deviation of 2.5KHz. The occupied bandwidth of the transmission is approximately

- 2KHz
- 3.5KHz
- 5KHz
- 7KHz

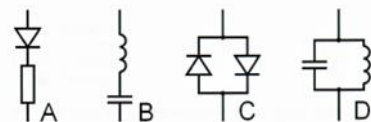
8. Which mode of transmission will result in the greatest average power requirement from the final amplifier? Assume the PEP is the same in all cases

- J3E
- A1A
- F3E
- J2F

9. Keying the oscillator stage of a CW transmitter is undesirable because

- "chirp" may be caused in the transmitted signal
- Sparking at the key contacts may cause local interference
- The oscillator is unlikely to start in the short time the key is depressed
- The lead to the key will continue to radiate even in "key up" condition

10. Which of the following circuits below should be connected between a transmitter output and earth in order to reduce the transmission of one particular harmonic?



- Circuit A
- Circuit B
- Circuit C
- Circuit D

# 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**

## January 2024

<b>AGB New Year Snowball Contest</b>	<b>0000Z-0100Z, Jan 1</b>
<b>SARTG New Year RTTY Contest</b>	<b>0800Z-1100Z, Jan 1</b>
<b>AGCW Happy New Year Contest</b>	<b>0900Z-1200Z, Jan 1</b>
<b>AGCW VHF/UHF Contest</b>	<b>1400Z-1800Z, Jan 1</b>
<b>ARS Spartan Sprint</b>	<b>0200Z-0400Z, Jan 2</b>
<b>UKEICC 80M SSB</b>	<b>2000Z-2100Z, Jan 3</b>
<b>PODXS 070 Club PSKFest</b>	<b>0000Z-2359Z, Jan 6</b>
<b>Marconi Club ARI Loano QSO Party Day</b>	<b>0700Z-2100Z, Jan 6</b>
<b>RSGB AFS 80M &amp; 40M CW</b>	<b>1300Z-1700Z, Jan 6</b>
<b>WW PMC Contest</b>	<b>1200Z, Jan 6 to 1200Z, Jan 7</b>
<b>ARRL Kids Day</b>	<b>1800Z-2359Z, Jan 6</b>
<b>ARRL RTTY Roundup</b>	<b>1800Z, Jan 6 to 2359Z, Jan 7</b>
<b>EUCW 160m Contest</b>	<b>2000Z, Jan 6 to 0700Z, Jan 7</b>
<b>4 States QRP Group Second Sunday Sprint</b>	<b>0100Z-0300Z, Jan 8</b>
<b>EACW Meeting</b>	<b>1900Z-2000Z, Jan 11</b>
<b>YB DX Contest</b>	<b>0000Z-2359Z, Jan 13</b>
<b>SKCC Weekend Sprintathon</b>	<b>1200Z, Jan 13 to 2359Z, Jan 14</b>
<b>UBA PSK63 Prefix Contest</b>	<b>1200Z, Jan 13 to 1200Z, Jan 14</b>
<b>North American QSO Party, CW</b>	<b>1800Z, Jan 13 to 0559Z, Jan 14</b>
<b>NRAU-Baltic Contest, SSB</b>	<b>0630Z-0830Z, Jan 14</b>
<b>DARC 10-Meter Contest</b>	<b>0900Z-1059Z, Jan 14</b>
<b>NRAU-Baltic Contest, CW</b>	<b>0900Z-1100Z, Jan 14</b>
<b>RSGB AFS 80M &amp; 40M DATAMODES</b>	<b>1300Z-1700Z, Jan 14</b>
<b>NTC QSO Party</b>	<b>1900Z-2000Z, Jan 18</b>
<b>Hungarian DX Contest</b>	<b>1200Z, Jan 20 to 1159Z, Jan 21</b>
<b>PRO Digi Contest</b>	<b>1200Z, Jan 20 to 1159Z, Jan 21</b>
<b>RSGB AFS 80M &amp; 40M SSB</b>	<b>1300Z-1700Z, Jan 20</b>
<b>North American QSO Party, SSB</b>	<b>1800Z, Jan 20 to 0559Z, Jan 21</b>
<b>ARRL January VHF Contest</b>	<b>1900Z, Jan 20 to 0359Z, Jan 22</b>
<b>Run for the Bacon QRP Contest</b>	<b>2300Z, Jan 21 to 0100Z, Jan 22</b>
<b>SKCC Sprint</b>	<b>0000Z-0200Z, Jan 24</b>
<b>CQ 160-Meter Contest, CW</b>	<b>2200Z, Jan 26 to 2200Z, Jan 28</b>
<b>REF Contest, CW</b>	<b>0600Z, Jan 27 to 1800Z, Jan 28</b>
<b>BARTG RTTY Sprint</b>	<b>1200Z, Jan 27 to 1200Z, Jan 28</b>
<b>UBA DX Contest, SSB</b>	<b>1300Z, Jan 27 to 1300Z, Jan 28</b>
<b>Winter Field Day</b>	<b>1900Z, Jan 27 to 1900Z, Jan 28</b>
<b>UKEICC 80M CW</b>	<b>2000Z-2100Z, Jan 31</b>

# CLUBLOG TABLES

The Clublog table for 2023 is now complete

Gordon MM0GPZ finishes the year in the lead with 228 Countries, Brian M0RNR is second with 179

Well done everyone.

John MM0JXI

The 2024 table has now started and I'll start publishing the results in February

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

Rank	Callsign		160	80	60	40	30	20	17	15	12	10	6	DXCC	Slots	Range
1	MM0GPZ	Gordon	56	101	0	118	43	157	29	172	45	173	1	228	895	18 yrs
2	M0RNR	Brian	5	15	21	64	24	90	48	97	56	128	11	179	559	25 yrs
3	MM0DXH	Jim	0	0	0	2	0	106	0	102	0	115	0	153	325	20 yrs
4	GM2T		47	67	0	80	0	104	0	108	0	111	25	141	542	24 yrs
5	MM0XXW	Martyn	0	33	5	43	64	74	46	84	49	55	18	124	471	18 yrs
6	GM4UYZ	Bob	0	3	0	20	17	71	41	34	36	38	1	90	261	43 yrs
7	2M0EGH	Tommy	0	0	0	28	28	45	6	29	42	31	0	78	209	6 yrs
8	2M0BEC	Martin	0	0	0	16	0	34	0	23	0	15	0	45	88	17 yrs
9	MM0NBW	Craig	0	0	0	0	0	7	4	7	0	2	0	15	20	6 yrs
10	MM0XAB	Ali	0	0	0	0	0	1	0	0	7	7	0	15	15	9 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



# Club Events

5 January 2024	Club Night
6-12 January 2024	Activity Week
2 February 2024	Club Night
10-16 February 2024	Activity Week
13 February 2024	Radio Check Night at Cockenzie Royal British Legion
1 March 2024	Club Night
9-15 March 2024	Activity Week
12 March 2024	Construction Night
5 April 2024	Club Night
13-19 April 2024	Activity Week
21 April 2024	Blackpool Rally
3 May 2024	Club Night
11-17 May 2024	Activity Week
10 May 2024	144MHz DF Hunt
14 May 2024	Club SOTA Activation—North Berwick Law
1 June 2024	Port Seton Gala Day
7 June 2024	Club Night
8-14 June 2024	Activity Week
15/16 June 2024	Museums on the Air weekend (possibly Prestongrange Mining Museum)
28 June 2024	Club Night (early due to VHF Field Day)
6/7 July 2024	VHF Field Day—Dumfries Barloco Farm
13-19 July 2024	Activity Week
27/28 July 2024	RSGB IOTA Contest

Answers from January 2023 newsletter "Test Your Knowledge":  
1c, 2c, 3c, 4d, 5a, 6b, 7d, 8d, 9a, 10b