

Ronan MM0IVR's portable  
SOTA kit



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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.

Club email  
cpsarc@gmail.com

## Editorial

I am writing this editorial with still a couple of weeks away from the deadline, to be honest I am trying to get on top of all my outstanding issues before the Benbecula IOTA trip which by the time you read this will be well and truly over and a part of history. I am also praying that the weather will have been kind to us as well on the trip.

Ok then what have we been doing this month? We had our normal July club night a week, then VHF FD. The radio activities were our Activity Week event which is really all about having a bit of fun, seeing who you can contact but more, so it is getting on the air as we are all radio amateurs. We took part in VHF Field Day from Barlocco Farm, Near Castle Douglas, Dumfriesshire – See report further in the newsletter .... Lastly this month was the IOTA contest from BENBECULA but by the time the newsletter is read it will once again be history. No doubt there will be many tales to tell.

To the future, well the major event is our Junk Night on the 11th August. I am again looking for raffle and food donations so if you can help, I really would appreciate it. Yvonne my wife cannot do the kitchen this year as really struggling medically but thanks to Kirsty MM3ZVY and Sarah 2M0PCW who have offered to do the kitchen this year. Your attendance would be so greatly

appreciated as this is our 28th Anniversary. Let us hope is once again a resounding success as it has been in previous years. I think there is going to be a token Lighthouses fun Weekend on the 19th and 20th August once again if anyone is interested but it will be at Hardens Hill, or it may change so keep an eye open to the CPSARC page for the latest information. Sadly, due to extremely high rental costs, Barns Ness lighthouse is no longer viable.

We are starting the winter training sessions of Foundation, Intermediate and the Advanced Training but at present there are no takers. There is an Intermediate exam on the 19th August and that is it. I do plan to run a Full Licence Course, but I have not decided on the dates yet. If you know of anyone interested in any of these courses, can you now start to get back in touch with me, so I can get them added to the Training Program?

That is it for this month. Remember I am looking for articles for the newsletter as well.

Enjoy club night and come along to Junk Night (really need your support here so please pass the word around as well) and Lighthouses Fun Weekend.

See you all then.

Bob GM4UYZ



## Anyone willing to take this on?

I was thinking about how we can enhance our newsletter further by adding in different monthly topics. As I start off point I was thinking of the following topics:

- HF Column
- VHF Column
- Data Column
- New developments in amateur radio
- Any other topics you can think off

Obviously, I wouldn't expect someone to write all topics but it to be spread out over a few different people. Basically could you write a monthly topic on any of the above subjects or another one of your own. Just remember that if you decide to do this it becomes a monthly commitment and not just a one off.

The reason I am asking is that I am getting to a stage I really do not know what to write each month and I feel I am getting stale.

I hope you can help or even come up with some other ideas. Remember the newsletter belongs to us all so your help would be greatly appreciated

Bob GM4UYZ

## Club Attire

The club has a design for Club T-shirts, Polo-shirts, Sweat-Shirts, Fleeces 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](mailto:patricia.bewsey@gmail.com)

Note: the shop at Fenton Barns is now closed

**REMINDER, REMINDER, REMINDER**

**28th ANNUAL  
MINI RALLY/JUNK NIGHT  
FRIDAY 11th AUGUST 2023**

**Bring along your own "junk" and sell it yourself.**

**Tables on a First Come, First Served Basis**

**Time:** 1800 till 2100

**Location:**

**Cockenzie & Port Seton Community Centre (Main Hall)**

**South Seton Park,**

**Port Seton**

**EH32 0EE**

**Disabled access available**

**Entry:** £2 ALL PERSONS

**Raffle @ 20:30, Food & Drink Available**

**If any one would like to donate any prizes for the raffle or food towards the catering it will be more than appreciated.**

# July 2023 Activity Day

**JULY 2023 Activity Day – between 8<sup>th</sup> to 14<sup>th</sup> July 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 SEVENTH 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 2023 have now changed:**

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

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

Look under Downloads for the Downloadable files then you are all ready for the 2023 Activity Days. The 2023 files are as follows.

**There will be new files for 2023 Activity Week, and these are.**

**2023 New Monthly Activity Week Rules V8.docx**

**2023-ACTIVITY-FULL-WEEK-LOGSHEET-V1.7.xlsx**

## **Apologies first:**

### **Pete MM0INE**

Nothing this time around - been busy with outdoor projects and had some antenna issues. All fixed now. Hope to get some radio time soon.

### **Jimi MM0JTX**

Nothing this time, sorry.

### **Rafe MM0RPX**

Sorry nothing from me due to heavy workload

### **Thomas M0THL**

Nothing this time, sorry.

### **Cephas MM0INS**

I tried to work some stations Bob, but conditions were against me. It's a nil return from MM0INS I'm afraid.

## **Reports:**

### **Bob GM4UYZ**

Had a go at the IARU and managed 80 CW QSO's. The rest was on Data mainly on 20M. Enjoyed my operating

### **Colwyn MM0YCJ**

Quiet week this month. We had some visitors staying so did not get much chance to get out and play radio. We did go out to Inchcolm Island where I thought I could take a radio, but the weather forecast was not encouraging so waterproof jackets were carried just in case.

So by the final day of the activity week, Friday 14<sup>th</sup> July I had the chance of a lift out to the Pentland Hills and was dropped off near Swanston Village. It was dry but

with 100% cloud cover above about 2000 metres. I had a pleasant walk through the historic village where Scottish Water were undertaking some maintenance works but was soon on the open hillside. It is a steep walk, but I soon left the path to walk across the scree below the north face of Caerketton Hill. There are four rocky buttresses with three intervening Cleughs (Left, central and right Cleugh) which is old Scots for a gorge or ravine! None of them are particularly gorgeous or ravenous but I have climbed them in recent winters where they provide a bit of exercise and excitement during Covid lockdowns. They make up Caerketton Craigs and I climbed the leftmost rocky ridge and was soon on the summit of the hill marked by an untidy pile of stones.

The cloud was well above the top and gave good views north over Fife and the city, east to Cockenzie and Port Seaton, and North Berwick Law beyond. To the south the Moorfoot hills were clear, but the westerly view showed approaching rain clouds. It is always good to be out stretching your legs in the hills. A skylark was loudly proclaiming his territory near the top and there was even a break in the cloud for some welcome if fleeting sunshine; but sadly it did not last.

After putting on a fleece and jacket I got out my Yeasu FT-4X and, using full power (5 watts) with a stubby antenna started calling all stations on 144MHz FM using my Scottish callsign (MM0YCJ/P) for a change! First  
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response was Mike (MM0JJQ) in Kirkcaldy just over 20Km north, but direct line of sight. A nice QSO and a good start.

There was a short hiatus with no response after wishing Mike 73. Then at 11:09 John (MM7JMR) came back from Boness almost 30km away but a good signal and quality. At 11:15 MM3PLM in Glenrothes was a strong signal 33km away, followed by Brian (GM4XQJ) in Falkirk. There was a mobile station GM7ZAK/M dropping into Dundee 67km north which was the longest distance of the day. Then at 11:22 an intermediate callsign, Alex (2M0VAS) in East Calder was the final QSO of my July activity week.

So, an inactive week but I was saved by a short walk in The Pentlands and a handheld radio. It was an excellent job I had charged the battery!

### **Derek MI0WST**

Recently moved to Northern Ireland. Have set up a new shack. Currently running 100w on an End Fed Zepp antenna. The reason I chose the Zepp was to operate more on 80m. Is 80m dead? I cannot hear any traffic or maybe it is just me. I may revert to a W3DZZ wire antenna. My thinking is more wire more signal. Loads of CW contacts this week. I follow the CWOps weekly schedule for increased traffic (you do not have to be a member).

My Winkeyer USB has been playing up this week. I run Windows 10 under VMware on a Mac which does not help (both operating systems tend to fight over the com ports), but it was working fine for years until now. One benefit of this issue is that I have had to learn to manually programme the keyer from the touch buttons. A skill worth learning. On a positive note, my WSPRlite 20m transmitter tapped VK5ARG. Not bad for 200mw on a piece of bell wire inside my garage (and no doubt a stonking antenna at their end). VK5ARG are an Amateur Radio Experimenters Group based in Adelaide. an interesting club who are worth a look <https://www.areg.org.au/>

### **Ronan MM0IVR**

I cannot believe this is the July activity week already! The bands on Saturday and Sunday were busy with the IARU contest. While I am not a contester by any means, I do appreciate the chance to evaluate out some toys while there are so many decent stations out there doing their contest thing. I started off Saturday afternoon running 20 watts SSB into the usual EFHW to see how I was getting out. It was not long till I had Brazil and Uruguay in the log, so I switched over to 15 watts CW

for a while to see how that went. Results were good with 15 watts too, so I dipped in and out a few times over the rest of the afternoon. I had an hour or so to kill round about 22:00 UTC that evening so I decided to try out a few of the little QRP radios to see how they handled the crowded bands.

The Yaesu FT817nd was first up and managed one SSB contact into England and one into the states on CW. I do not have a narrow CW filter for the 817 but have fitted the Sotabeams "laserbeam" filter. It sits in the audio path of the radio which is ok but not great when there are tightly packed CW stations. Messing with the IF shift helps a bit but it is a faff...The rest of the hour was spent changing between the tiny (tr)uSDX and the QCX-mini. Both radios managed decent contacts into the states, but the QCX handled the band conditions much better. I had a quick 15 minutes or so on the G90 at 00:45 before bed and things were still going strong on 15m and 20m into the States and Canada.

I did not have much time over the Monday, Tuesday and Wednesday but managed a few contacts, trying to get at least one in the log each day.

Thursday the 13th was a SOTA day. Despite a grim weather forecast, Dot and I headed over to climb An Caisteal, near Crianlarich (SOTA ref: GM/SS-007). It is not the biggest of munros but is a decent lump with a bit of very minor scrambling. I had planned to bring the 20m QCX-mini with a light weight 20m 1/4 wave vertical antenna. The radio, antenna, batteries, headphones, and key all fit into a tiny pouch 19cm x 11cm x 8cm with just the pole, guying kit and a short bit of coax to worry about.



Unfortunately, on arrival, the weather forecast turned out to be quite accurate. There was just a hint of moisture in the air... Given the conditions, I decided to ditch the HF kit and try to activate the hill on just 2m FM which should be possible given the location.

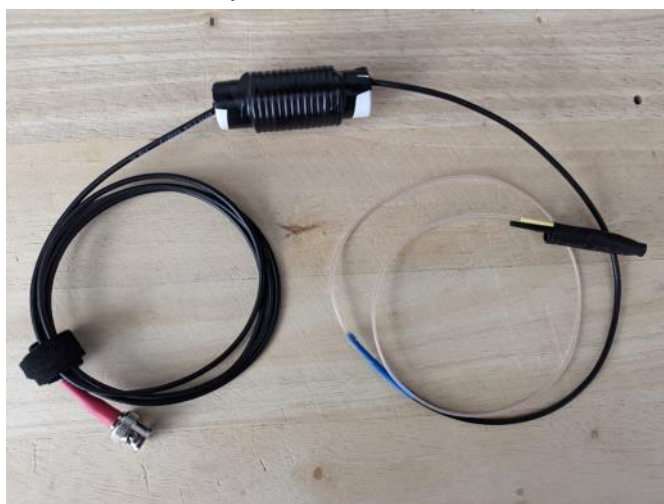
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I think An Caisteal translates as "Miserable Bog", or at least it should do. The going was very wet under foot for most of the way up with a selection of wind and heavy rain to keep our spirits up. The rain did clear every now and then and the views were spectacular when it did. Once at the top, however, we were well and truly in the cloud, so I quickly got to work on the important stuff: Cheese & Onion pasty and SOTA.



The antenna was a very lightweight 2m FlowerPot made from RG-174 which works very well. I have removed the top 5 sections or so of a 5m telescopic fibreglass pole and use these for this set-up. The mast goes through the middle of the antenna's choke with a pen lid holding the top of the antenna on to the mast. A bit of Velcro down below the choke holds everything in place. The whole thing weighs next to nothing. Here is a photo of the antenna (sorry if I have sent this before).



Radio-wise, I brought the Yaesu FT5D although any weatherproof 2m handy would have worked from this location. Since I had put an alert on the SOTAWATCH website earlier, it did not take long to get a response to

my CQ call. I even managed to get the time about right! First to reply was Steve (MM0XPZ) in Greenock. Within 12 minutes, I had 7 stations in the log. Nothing long-distance but all solid genuine 58 or 59+ contacts into the central belt. For some reason I had decided to log using VK Portalog on my phone. Despite singing its praises some time ago, I have only used it a couple of times and those were in good weather conditions. This time, it was difficult to operate the phone as it was getting drenched. It is definitely a fair-weather logging choice. I will stick to the usual "rite-in-the-rain" paper pad next time. Lesson learned.



That was it. for the week. Slavko is in the log on CW on the 14th with his 50th year special callsign S573DX. I also had some success with 2m APRS via the International Space Station repeater. I somehow managed an APRS "QSO" with CS7AWH in Portugal. These do not fit within the Activity Week rules though so they are not included in the log. For anyone interested, the website "<http://sotl.as>" is a fantastic resource for information on SOTA hills etc. The page for An Caisteall can be found here: "<https://sotl.as/summits/GM/SS-007>" The page shows which bands have been successfully used from the hilltop. In this case, there have been plenty of 2m contacts, so it was a safe bet to use that band.

Right, that is more than enough ranting.

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## Martyn MM0XXW

Stayed up a bit past my bedtime for this month's offering Bob and I'm glad I did!

A wee mixed bag but best came from 4W6RU and FH4VVK to give me 2 atno's so I was a happy bunny!

### Summary

CW is the winning mode this month with 271 QSO's next best was DATA with 129 QSO's. (27- FT4, 102 - FT8, 0 - RTTY) Out of the 424 QSO's where: CW = 241, SSB = 11, DATA = 129, FM = 13, AM = 0.

Best DX for the week for each Mode highlighted below:

### HF CW, DATA & SSB

CW	Sat	21	PX2A	9765	MM0IVR
	Sun	14	WJ9B	7302	M10WST
	Mo	14	LY2PX	1620	MM0IVR
	Tue	14	T77LA	1727	MM0IVR
	We	14	LZ1ZF	2627	M10WST
	Thu	14	9A1AA	1959	M10WST
	Fri	14	S573DX	1644	MM0IVR

Logged DATA QSO's were FT8 (134) & FT4 (51) & RTTY (0)

DATA	Sat	14	N9VD	6080	GM4UYZ	FT8
	Sun	0	0	0	0	0
	Mon	14	WB4CTX	6092	GM4UYZ	FT8
	Tue	14	W5XO	7478	GM4UYZ	FT8
	Wed	14	R3PLN	2544	GM4UYZ	FT8
	Thu	28	7Q7EMH	8314	GM4UYZ	FT8
	Fri	10	4W6RU	13168	MM0XXW	FT8

SSB	Sat	21	CX1AA	11277	MM0IVR
	Sun	7	M3DPQ/P	458	MM0IVR
	Mon	0	0	0	0
	Tue	14	9a/N4XTT	1711	MM0IVR
	Wed	0	0	0	0
	Thu	0	0	0	0
	Fri	0	0	0	0

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**VHF CW, FM & SSB – QSO's**

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

<b>FM</b>	<b>Sat</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>
	<b>Sun</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>
	<b>Mon</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>
	<b>Tue</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>
	<b>Wed</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>
	<b>Thu</b>	<b>144</b>	<b>GM4UQD</b>	<b>104</b>	<b>MM0IVR</b>
	<b>Fri</b>	<b>144</b>	<b>GM7ZAK/</b>	<b>67</b>	<b>MM0YCJ/P</b>

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)

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**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	14	5	WB4AAA	6789	MM0IVR	
	Sun	21	5	SN0HQ	1615	MM0IVR	
	Mon	14	5	LY2PX	1620	MM0IVR	
	Tue	14	5	T77LA	1727	MM0IVR	
	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	144	5	GM4UQD	104	MM0IVR	
	Fri	144	5	GM7ZAK/P	67	MM0YCJ/P	
SSB	Sat	7	5	GR2HQ	530	MM0IVR	
	Sun	7	5	M3DPQ/P	458	MM0IVR	
	Mon	0	0	0	0	0	
	Tue	14	10	9a/N4XTT	1711	MM0IVR	
	Wed	0	0	0	0	0	
	Thu	0	0	0	0	0	
	Fri	0	0	0	0	0	

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**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	21	15	PX2A	9767	MM0IVR	
	Sun	21	15	K0EJ	6378	MM0IVR	
	Mon	0	0	0	0	0	
	Tue	0	0	0	0	0	
	Wed	18	15	Z31NA	2404	MM0IVR	
	Thu	0	0	0	0	0	
	Fri	14	15	S573DX	1644	MM0IVR	
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	10	50	4W6RU	13168	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	21	20	CX2AA	11277	MM0IVR	
	Sun	7	20	GI0BPD/P	340	MM0IVR	
	Mon	0	0	0	0	0	
	Tue	7	20	G5TM/P	592	MM0IVR	
	Wed	0	0	0	0	0	
	Thu	0	0	0	0	0	
	Fri	0	0	0	0	0	

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**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	21	100	R8DGY	6860	MI0WST	
	Sun	14	100	WJ9B	7302	MI0WST	
	Mon	14	100	EA7CJN	1577	MI0WST	
	Tue	0	0	0	0	0	
	Wed	14	100	LZ1ZF	2627	MI0WST	
	Thu	14	100	9A1AA	1959	MI0WST	
	Fri	0	0	0	0	0	
DATA	Sat	14	60	N9VD	6080	GM4UYZ	FT8
	Sun	0	0	0	0	0	0
	Mon	14	60	WB4CTX	6092	GM4UYZ	FT8
	Tue	14	60	W5XO	7478	GM4UYZ	FT8
	Wed	14	60	R3PLN	2544	GM4UYZ	FT8
	Thu	28	60	7Q7EMH	8314	GM4UYZ	FT8
	Fri	21	60	JR7RHO	9105	GM4UYZ	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	

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**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	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	
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	0	0	0	0	0	
	Fri	0	0	0	0	0	

(Continued on page 13)

(Continued from page 12)

The turnout out this month was low with a total of Five people taking part. Thanks to everyone for your logs they are so much appreciated, and I hope you continue for the rest of 2023

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	181	0	168	7	0	6
Sun	64	0	62	0	0	2
Mon	32	0	6	26	0	0
Tue	21	0	1	17	0	3
Wed	32	0	21	11	0	0
Thu	45	0	12	26	7	0
Fri	49	0	1	42	6	0
	424					

The next Activity Day is any day starting on the week beginning the 12<sup>th</sup> and ending on the 18<sup>th</sup> August 2023 the SEVENTH for 2023. Remember to use NEW recording spreadsheet for your logs

**[2023-ACTIVITY-FULL-WEEK-LOGSHEET-V1.7.xlsx](#)**

### **Participants**

Summary of who did what:

Total of 424 QSO's where: CW = 241, SSB = 11, DATA = 129, FM = 13, AM = 0.

*Bob GM4UYZ DATA: 5 x 40M, 80 x 20M, 7 x 17M, 5 x 15M, 4 x 12M, 1 x 10M*

*CW: 7 x 40M, 65 x 20M, 8 x 15M*

*Derek M1OWST CW: 2 x 40M, 130 x 20M, 16 x 15M*

*Ronan MM0IVR CW: 3 x 40M, 20 x 20M, 1 x 17M, 16 x 15M, 3 x 10M*

*SSB: 4 x 40M, 2 x 20M, 3 x 15M, 2 x 10M*

*FM: 7 x 2M*

*Colwyn MM0YCP FM: 6 x 2M*

*Martyn MM0XXW DATA: 2 x 80M, 9 x 30M, 14 x 20M, 2 x 17M*

***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 all of 2023. The dates for 2023 are now set, see the events column for more information so would love to see more on as well so why not make it your 2023 target.

Bob GM4UYZ

# VHF Field Day

## VHF Field Day 1<sup>st</sup> and 2<sup>nd</sup> July 2023 – MM0CPS/P - IO85BT

The club managed to take part this year but went back to an old location Barlocco Farm, Nr Castle Douglas, Dumfriesshire. It is a fantastic site with views across the Solway firth to Cumbria and the Isle of Man. This year we decided to return to our old site at Castle Douglas in Dumfriesshire as the results from our local site at Hardens Hill near Duns in the Scottish Borders proved to be very disappointing.

As in all these events there is a massive amount of background work being done – organising transport, collating, and ensuring all the right equipment is sourced, accommodation, etc, etc. This all takes time but John MM0CCC did a fantastic job of coordinating all of this.

How did we end:

Contest : RSGB VHF Field DAY  
 Callsign : MM0CPS/P  
 Mode : MIXED  
 Category : Multi Operator - Multi Transmitter (MM)  
 Overlay : ---  
 Band(s) : All bands (AB)  
 Class : High Power (HP)  
 Zone/State/... :  
 Locator : IO84BT  
 Operating time : 11h48

BAND	QSO	DUP	LOC	POINTS	AVG PTS	AVG DIS
50	133	3	65	135212	1016.6	1040.8
70	62	0	15	21553	347.6	347.6
144	137	0	30	41690	304.3	304.3
432	0	0	0	0	0.0	0.0
<b>TOTAL</b>	<b>332</b>	<b>3</b>	<b>110</b>	<b>198455</b>	<b>597.8</b>	<b>607.4</b>

=====

**TOTAL SCORE : 198 455**

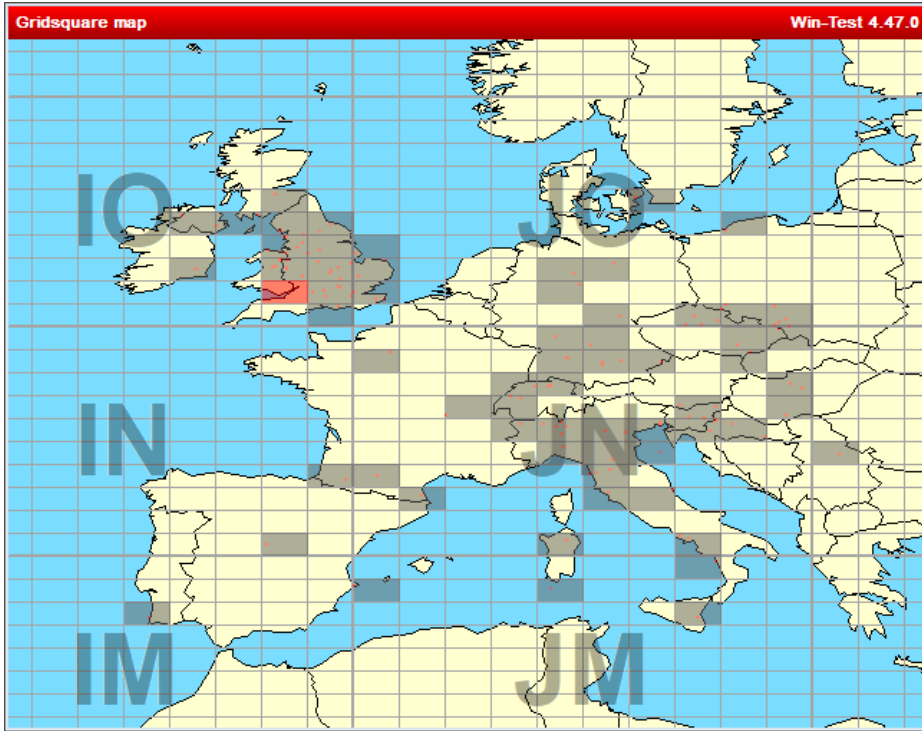
Dupes are not included in QSO counts neither avg calculations

Operators : GM00QV MM0CCC MM0DXC MMONBW M0RNR 2M0EGH 2M0IIN

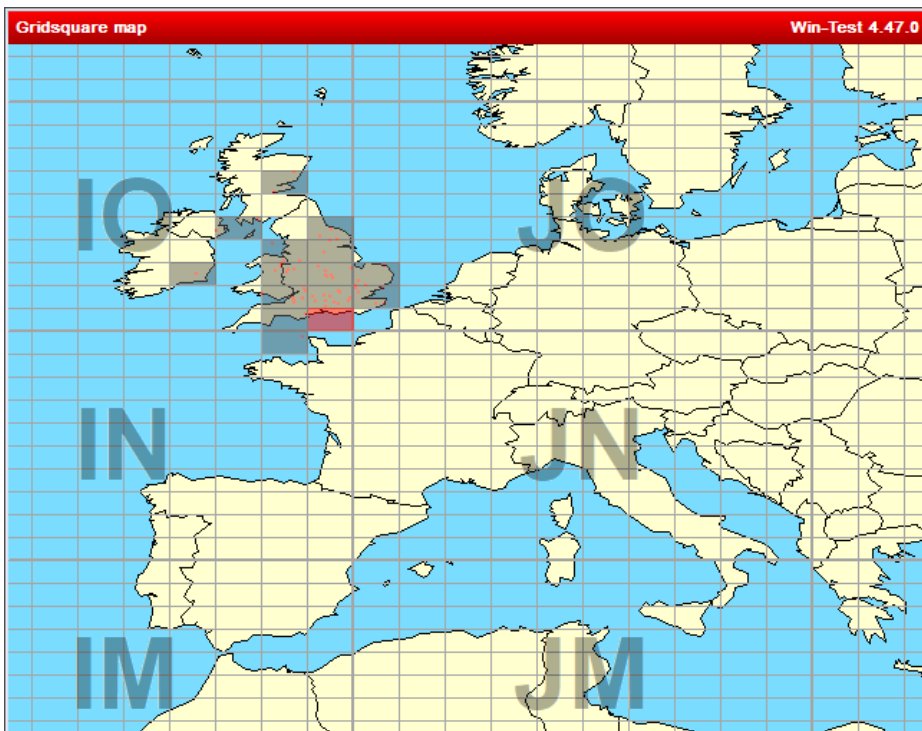
	6M Station	4M Station	2M Station	70cms Station
<b>Transceiver</b>	ICOM IC7300 + SPE1.3KFA	ICOM IC7300 + SPE1.3KFA	IC275H + DISCOVERY	No Station Running
<b>Power (W)</b>	400	160	400	
<b>Antenna</b>	5 Ele DK7ZB Yagi	7 Ele DK7ZB Yagi	11 Ele G4CQM Yagi's	
<b>Best DX</b>	IT9TMN	GU3TUX	F1MKG	
<b>Best DX Locator</b>	JM77LH	IN89VR	JN08KQ	
<b>Best DX Distance</b>	2413	577	756	

(Continued from page 14)

### 6M SQUARES WORKED

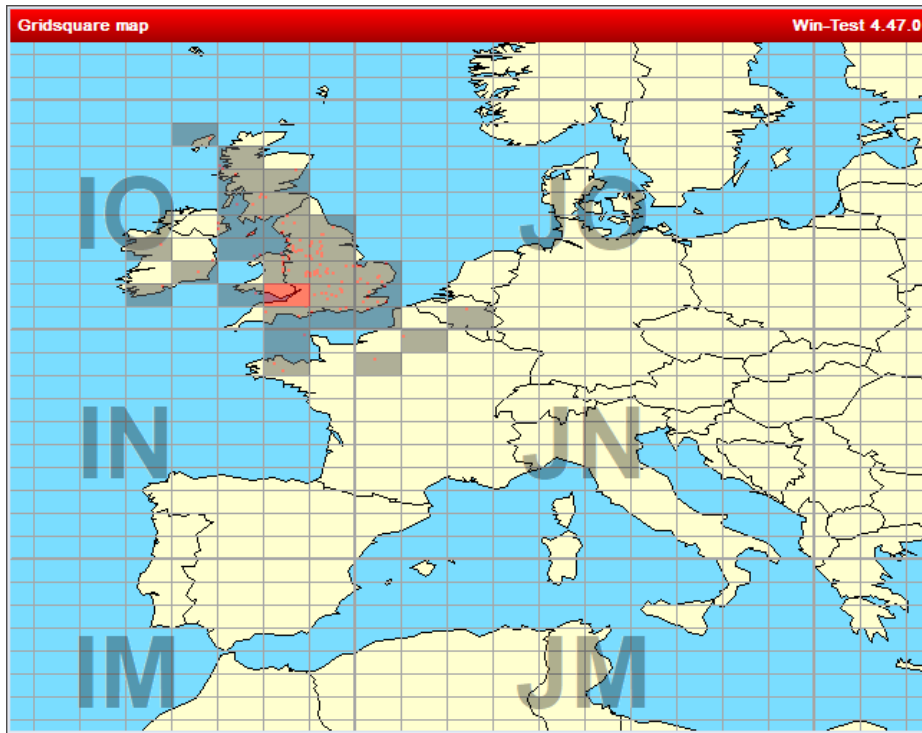


### 4M SQUARES WORKED



(Continued on page 16)

## 2M SQUARES WORKED



## 70cms SQUARES WORKED – NOT ACTIVE THIS YEAR

Overall it was a fantastic weekend to get out and about, a great laugh with great people what more can you say.

Bob GM4UYZ

## ORIGIN OF THE TERM "HAM"

Have you ever wondered why we Amateur Radio operators are called "Hams" almost worldwide?

The term "HAM" has been used since 1908 and was the callsign of one of the first Amateur Radio stations which was operated by some members of the Harvard Radio Club. They were Albert Hyman, Bob Almay and Peggy Murray.

First, they called their station "Hyman-Almay-Murray" but they were soon asked to change such a long name to a shorter code, and they changed it to "Hy-Al-Mu" using the first 2 letters of each name. Early 1909 there were some confusing situations as a Mexican ship had the name "Myalmo" and so they decided to use only the first letter of each name and called their station "HAM". During the first pioneer-days of non-regulated Amateur Radio, the operators picked their own frequencies and call-signs.

Later it happened that some amateur stations had better signals than the commercial stations and this sometimes resulted in interference.

The Congress in Washington, obviously pushed by the commercials, introduced a bill trying to strongly restrict the activities of amateur radio operators. A debate in Congress began and the small station "HAM" became a symbol for all small amateur radio stations as Albert Hyman spoke before the committee working on the bill in question. They wanted protection from the threats by the big commercial stations which did not want to tolerate the small ones.

In the end the bill landed in the waste-paper basket of the Congress and each speaker spoke about the "poor small 'HAM' station". That's how it all began, and you can look it up in the "Congressional Records".

(Translated by Hans VK4/HE9RFF-exHS1ALK from a German version by OE1 in Austria)



# 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**

## August 2023

<b>Batavia FT8 Contest</b>	<b>0000Z, Aug 5 to 2359Z, Aug 6</b>
<b>10-10 Int. Summer Contest, SSB</b>	<b>0001Z, Aug 5 to 2359Z, Aug 6</b>
<b>European HF Championship</b>	<b>1200Z-2359Z, Aug 5</b>
<b>RSGB 144MHZ Low Power Contest</b>	<b>1400Z-1800Z, Aug 5</b>
<b>RSGB 4<sup>th</sup> 144MHZ Backpackers</b>	<b>1400Z-1800Z, Aug 5</b>
<b>RSGB 432MHZ Low Power Contest</b>	<b>0800Z-1200Z, Aug 6</b>
<b>ARRL 222 MHz and Up Distance Contest</b>	<b>1800Z, Aug 5 to 1800Z, Aug 6</b>
<b>North American QSO Party, CW</b>	<b>1800Z, Aug 5 to 0559Z, Aug 6</b>
<b>SARL HF Phone Contest</b>	<b>1400Z-1700Z, Aug 6</b>
<b>ARS Spartan Sprint</b>	<b>0100Z-0300Z, Aug 8</b>
<b>EACW Meeting</b>	<b>1900Z-2000Z, Aug 10</b>
<b>WAE DX Contest, CW</b>	<b>0000Z, Aug 12 to 2359Z, Aug 13</b>
<b>SKCC Weekend Sprintathon</b>	<b>1200Z, Aug 12 to 2359Z, Aug 13</b>
<b>Maryland-DC QSO Party</b>	<b>1400Z, Aug 12 to 0400Z, Aug 13</b>
<b>4 States QRP Group Second Sunday Sprint</b>	<b>0000Z-0200Z, Aug 14</b>
<b>NTC QSO Party</b>	<b>1900Z-2000Z, Aug 17</b>
<b>SARTG WW RTTY Contest</b>	<b>0000Z, Aug 19 to 1600Z, Aug 20</b>
<b>ARRL 10 GHz and Up Contest</b>	<b>0600 local, Aug 19 to 2359 local, Aug 20</b>
<b>North American QSO Party, SSB</b>	<b>1800Z, Aug 19 to 0559Z, Aug 20</b>
<b>CVA DX Contest, CW</b>	<b>2100Z, Aug 19 to 2100Z, Aug 20</b>
<b>ARRL Rookie Roundup, RTTY</b>	<b>1800Z-2359Z, Aug 20</b>
<b>Run for the Bacon QRP Contest</b>	<b>2300Z, Aug 20 to 0100Z, Aug 21</b>
<b>SKCC Sprint</b>	<b>0000Z-0200Z, Aug 23</b>
<b>Hawaii QSO Party</b>	<b>0400Z, Aug 26 to 0400Z, Aug 28</b>
<b>ALARA Contest</b>	<b>0600Z, Aug 26 to 0559Z, Aug 27</b>
<b>World Wide Digi DX Contest</b>	<b>1200Z, Aug 26 to 1200Z, Aug 27</b>
<b>YO DX HF Contest</b>	<b>1200Z, Aug 26 to 1200Z, Aug 27</b>
<b>W/VE Islands QSO Party</b>	<b>1200Z, Aug 26 to 0300Z, Aug 27</b>
<b>Kansas QSO Party</b>	<b>1400Z, Aug 26 to 2000Z, Aug 27</b>
<b>Ohio QSO Party</b>	<b>1600Z, Aug 26 to 0400Z, Aug 27</b>
<b>CVA DX Contest, SSB</b>	<b>2100Z, Aug 26 to 2100Z, Aug 27</b>
<b>SARL HF CW Contest</b>	<b>1400Z-1700Z, Aug 27</b>
<b>NJQRP Skeeter Hunt</b>	<b>1700Z-2100Z, Aug 27</b>

# CLUB ATTENDEES since 1992

For many of you the jest I get on a club night "here he is again giving us a tick in the register", to the newcomers you may wonder why I do it, ok I am sad, but I know that.

Basically though it all started as I was just interested on who had come to a club night plus, I do keep a record of all what goes on within the club in files at the local library as part of the town's Local History.

Like all statistics lots of "things" can be read into them so I suppose you take out of them what you want. Regarding club members well you became one the minute you walked in the door on an official club night, easy is it not.

When I look back over my whole list of people who have come through the door, 326 in total since I started

keeping the "tick "sheet, it is interesting to note them all. Some people only came once, some come a few times and some have come each club night. Some of the old regulars have moved away and can't attend, some are totally constrained by a change in their working lives and sadly some are no longer with us. Yes, maybe I am sad, but I can just about remember each and everyone. My dream for a club night is for everyone who has been to turn up, now that would be a night.

Another dream is much on the same line but to hold a huge "convention" for the lack of a better word, with guest speakers, stalls, etc, etc, now this is just not a dream but a nigh on impossibility., any way there you go.

No. of Club Nights	No. of People who have attended		YEAR	No. of People Via the door
0 – 9	222		1992	33
10 – 19	29		1993	62
20 – 29	19		1994	53
30 – 39	5		1995	62
40 – 49	4		1996	61
50 – 59	9		1997	74
60 – 69	7		1998	63
70 – 79	4		1999	61
80 – 89	3		2000	53
90 – 99	3		2001	46
100 – 109	1		2002	45
110 – 119	4		2003	62
120 – 129	0		2004	53
130 – 139	2		2005	46
140 – 149	1		2006	50
150 – 159	0		2007	41
160 – 169	1		2008	28
170 – 179	1		2009	44
180 – 189	1		2010	42
190 – 199	0		2011	39
200 – 209	0		2012	49
210 - 219	0		2013	36
220 – 229	0		2014	39
230 – 239	0		2015	29
240 - 249	0		2016	35
250 - 259	0		2017	34
260 - 269	0		2018	38
270 - 279	1		2019	24
280 – 289	1		2020	31
290 – 299	1		2021	31
300 - 309	0		2022	27
310 - 319	0		2023	19 to July
320 - 329	0			
330 - 339	0			
340 -349	0			
350 - 359	1			
360 -369	0			

The table 1 above is all about the number of times that someone has attended a club night since November 1992. Since then up until the July 2023 club night it is a total of 363 club nights. You must remember that people have started coming to the club as recent as February past or as long as since I started making notes so in essence the table can look misconstrued. Still makes interesting reading though.

The other Table 2 is to show how many different people visited the club that year. Basically, everyone starts a fresh each year, so it just shows for example in 2003 62 different amateurs/SWL's came through the doors on a club night.

No matter what I just hope that the club will keep on going from year to year, that the old regulars will continue to support it, some of the people who came in the past will return and more so that we can keep on encouraging new blood to come along. Without any one there is no club, and it will die, hopefully it will never happen, so folks if you are reading this after downloading the newsletter of the web and you are close enough to attend a radio club night why not come along and collect your personal copy on the actual night. Club nights are the 1<sup>st</sup> Friday of each month except January where it is the 2<sup>nd</sup> Friday.

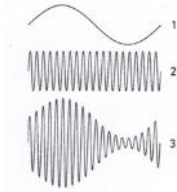
Look forward to seeing you all.

Bob GM4UYZ

# TEST YOUR KNOWLEDGE

1. Which waveform in the diagram shows the audio signal?

- a. Waveform 1.
- b. Waveform 2.
- c. Waveform 3.
- d. None of them

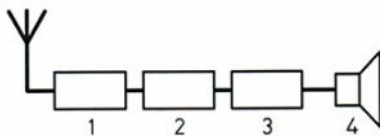


2. Which stage of the transmitter ensures the radio signal is of suitable power level to be transmitted?

- a. Modulator.
- b. RF power amplifier.
- c. Oscillator.
- d. Audio amplifier

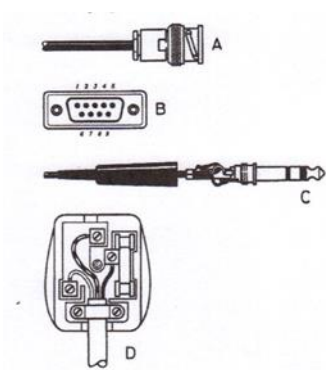
3. The most likely place to find a tuning control in the block diagram of a radio receiver shown, is in

- Block 1
- Block 2
- Block 3
- Block 4



4. Which plug, in the drawing, should be used to connect coaxial feeder to the transmitter output?

- A
- B
- C
- D



5. Which one of the following antennas has radials?

- a. Dipole.
- b. End fed.
- c. Ground plane.
- d. Yagi

6. A dummy load will

- a. radiate equally in all directions
- b. only radiate in one direction
- c. increase the e.r.p of an antenna
- d. not radiate very much at all

7. The reason radio waves get weaker further from the transmitting antenna is that

- a. the extra distance travelled absorbs energy from the wave
- b. they spread out over a larger area
- c. most of the signal has been picked up by other aerials
- d. the ionosphere reflects the signals away from the receiver

8. The main mode of propagation for long distance contacts (DX) on the h.f. bands is by

- a. ionospheric reflection
- b. ground wave
- c. meteor scatter
- d. direct wave

9. Electro Magnetic compatibility is

- a. having all your equipment made by the same company
- b. the avoidance of interference between various equipments
- c. the cause of television interference (TVI)
- d. the result of using too much power

10. Which mode of transmission is the WORST for causing EMC problems?

- a. SSB
- b. Data modes
- c. FM
- d. CW

# CLUBLOG TABLES

The Clublog table for 2023 is now under way.

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)

Brian M0RNR remains in the lead with 156 DXCC and Martyn MM0XXW is now second with 117.

John MM0JXI

Rank	Callsign	160	80	60	40	30	20	17	15	12	10	6	DXCC	Slots	Range
1	M0RNR	2	9	20	60	19	69	42	78	38	98	11	156	446	24 yrs
2	MM0XXW	0	27	5	35	53	69	36	82	47	44	18	117	416	17 yrs
3	MM0GPZ	0	14	0	33	19	35	11	21	21	22	0	115	176	18 yrs
4	MM0DXH	0	0	0	2	0	83	0	71	0	42	0	103	198	20 yrs
5	GM4UYZ	0	2	0	17	16	59	32	28	33	30	0	78	217	43 yrs
6	2M0EGH	0	0	0	28	26	36	0	3	0	14	0	51	107	6 yrs
7	GM2T	0	0	0	0	0	0	0	0	0	0	25	25	25	24 yrs
8	MM0CPS	0	0	0	0	0	0	0	0	0	0	20	20	20	25 yrs
9	MM0NBW	0	0	0	0	0	6	4	7	0	2	0	14	19	6 yrs
10	MM0XAB	0	0	0	0	0	0	0	0	0	1	0	1	1	9 yrs

# Club Events

4 August 2023	Club Night
11 August 2023	Junk Night / Mini Rally
12-18 August 2023	Activity Week
19/20 August 2023	Lighthouse Weekend (no activity from CPSARC)
1 September 2023	Club Night
9-15 September 2023	Activity Week
15 September 2023	2nd 144MHz DF Hunt
6 October 2023	Club Night
7-13 October 2023	Activity Week
28/29 October 2023	CQWW SSB Contest—GM2T from Barns Ness Lighthouse
3 November 2023	Club Night
14 November 2023	Construction Night
1 December 2023	Club Night
9 December 2023	Club Xmas Night Out
9-15 December 2023	Activity Week