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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

Onto another month and another editorial, already this is the third of the year, my, oh my how time is rapidly flying by!! One thing that is noticeable is that the evenings are now beginning to "stretch out" and aiming away from what I call the winter doldrums. Thank goodness for that say's I. In some respects, I like the dark nights where one can get nice and cosy sitting watching the television but if I am perfectly honest, I do prefer the light nights as it allows one to get active instead of vegetating in front of the "box."

Ok then what have we been up to this month; first, the Morse classes are still going strong, and we are now sending to each other using Ham Radio Solutions an online website, must admit it gets round the fact that we are all over the UK. We still have NuMorse Professional (free now) as a backup for the training. I know there are other morse training programs out there but as said before these suits our basic needs. We are sending characters at 20WPM with a gap which sets the overall speed to just over 9.9WPM. The important aspect again is that everyone learns the sound of the characters at speed.

We will have had our second Activity Day.... nice to see a few taking part but it would be great to see more. The aim is to encourage at minimum of at least one day a month you will go on the air and

do some operating and hopefully make some QSO's but now as well you can be on for a few days or all week. Even if you go on and do not make any QSO's then at least you have tried. I must admit it really does force me to do some operating from home, something I have been promising myself to do for a long time.

We managed our normal second event of the year which was our Radio Check night run by John MM0JXI and this year Cambell MM0DXC which was an enormous success. Twelve people took part, including John and Cambell and this year all radios passed their tests, so it proves the event is worthwhile.

On the training front we are running a Full Licence course at present with the exam set for 18th March. Would like to wish the candidate all the best. The next course is an Intermediate starting at the beginning of May, and it will be face-to-face for the candidates. Then I will take a sabbatical till August 2023. A training program has been put together for 2023/2024 for all courses so if you know of anyone interested can they contact me direct.

Our second event of the year is our Construction Night on the 14th March @ 19:00 at the Royal British Legion (Lounge), Cockenzie. I have put a map

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*(Continued from page 1)*

and directions together which will be in this Newsletter plus it can be downloaded from the club's Website. Get yourself a "wee" kit and bring it along and build it on the evening. Look forward to seeing lots of you on the night, please....

To the future in April there is the GMDX Convention on the 15th April starting at 12:00 at the King Robert Hotel, Bannockburn. At the end of April a few of us are going to the Blackpool Rally on the 23rd April. We have already booked our hotel so if you wish to join us then get in touch and I will send you the details and you make your own reservation.

Lastly, if I have anything to say this month it is the old hobby horse of looking for newsletter input.

Thanks to those who have been contributing but we need more. Lots of people intimate that they will but never do. I do struggle from month to month to write

articles and this month has been particularly hard for me with other commitments getting in the way so I genuinely could do with some help, so this is a plea from the heart for articles. It would be fantastic to have a good pool of articles that John can select from.

Right, that is about it so enjoy club night and the newsletter.

Bob GM4UYZ

## CONSTRUCTION NIGHT

### **CONSTRUCTION NIGHT - Tues 14/03/2023 @ 19:00 Onwards**

Location: Royal British Legion

Hall: Hall (Lounge) closest to the Old Harbour

Cost: Usual £2/head for club funds (cash on the night or via Paypal)

**COVID RESTRICTIONS: As what are valid on that date i.e. Face Masks, etc.**

**Assuming there is no change to the COVID rules between now and then we will be holding our next Construction Night, the first of this year.**

As you can see from above, we are still at our new location thanks to the generosity of the Royal British Legion and the hall we will be using is enormous so plenty of room.

It is up to you what you bring along to build from something nice and easy to something difficult. I suggest that if you are buying a kit that you do it now due to availability and getting here on time for the evening (they can take ages to come).

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

Bring your own tools as well although I will bring along the clubs soldering materials – Bolts, Solder.

Look forward to seeing you all

Bob GM4UYZ

# Radio Check Night

21st February 2023

This was our first event other than Club Nights that we have had a chance to hold this year. This was held in the Royal British Legion, Cockenzie Lounge Bar.

First of all, I would like to thank John MM0JXI and Cambell MM0DXC for bringing along all the test gear for the Radio Check Night.

Twelve people turned up, so a great attendance but as always we would love to have seen more but great to see some folk who haven't been able to attend for a while.

Various radios were checked from VHF/UHF Handhelds to HF/VHF/UHF radios. All passed with flying colours

Great night all the same and thoroughly enjoyed by everyone.

Thanks again to John and Cambell for doing the testing it was appreciated by all



# February 2023 Activity Day

**February 2023 Activity Day – between 11<sup>th</sup> to 17<sup>th</sup> February 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 SECOND 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:**

### **Colwyn MM0YCJ**

I did not get out and radio during the activity week in February. Initially I was up at the CIC hut on the north face of Ben Nevis doing some winter climbing and after getting back home I was unable to summon the strength and motivation to go out and do a SOTA activation.



So it is a negative return for me this month. Hoping to do better next month.

However, I did win a new award (see the article on Pxx) The Andre Saunders GM3VLB SOTA Island Award.

"First place goes to CPSARC member Colwyn Jones MM0YCJ who activated 15 GM/SI summits in 2022 and visited 5 Scottish Islands". All of the QSOs were voice on 20m, 40m or 2m. On the 16, 17 and 18 June 2022 I was on the Isle of Arran and radioed from one peak each day; GM/SI-063 (A'Chruach), 17/06/2022 I did GM/SI-093 (Fionn Bhealach) and on 18/06/2022 it was GM/SI-027 (Mullach Buidhe). Being close to the Scottish central belt there were a good number of VHF contacts. On the 1<sup>st</sup> to 4<sup>th</sup> September 2022 we were over on the Isle of Mull to celebrate someone's final Munro and activated 5 peaks, GM/SI-017 (Beinn Talaidh), GM/SI-029 (Ben Buie), GM/SI-003 (Ben More) and GM/SI-034 (Beinn Fhada) on a filthy wet day and finally on Mull GM/SI-031 (Corra-bheinn).

The photo on the next page is the summit triangulation station on Corra-bheinn, temporarily hosting a 2-element YAGI with Ben More and Beinn Fhada behind on the 4<sup>th</sup> September.

In October we visited Islay and Jura radioing from GM/SI-185 (Beinn Tart a'Mhill) on Islay. On The Isle of Jura I radioed from, GM/SI-045 (Corra Bheinn) and next day from GM/SI-013 (Beinn an Oir) and GM/SI-018 (Beinn Shiantaidh), two of the Paps of Jura.

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I had already activated the third Pap GM/SI-022, Beinn a'Chaolais (733m) a year earlier when I had been sailing with MM0DHY on his yacht Meavaig.

On the 15<sup>th</sup> November, rather late in the year, my wife and I were on the Isle of Skye and radioed from GM/SI-028 (The Storr) and on the 16<sup>th</sup> November we had a splendid day radioing from GM/SI-010 (Garbh-bheinn) and GM/SI-021 (Marsco), when we saw two golden eagles as we approached the second summit.

A splendid day out so late in the year.

I am going along to the Lothians Radio Club on Wednesday night to be presented with my award <https://reflector.sota.org.uk/t/andre-saunders-gm3vlb-sota-award-results-2022/31309>

### **Jim MM0DXH**

Sorry but not for that period.

Had a good go with the ARRL DX CW yesterday with 56 US states and Canadian Provinces worked on 10, 15 and 20 metres. (311 QSOs and 130 multipliers in total with amazingly 51 states and provinces on 10m alone) Needed to blow dust of radio :-)) and enjoyed it

### **Thomas M0THL**

Sorry nothing for this month

### **Reports:**

#### **Bob GM4UYZ**

Managed to get on for the PACC Contest and managed 28 CW QSO' and it was really hard going. Enjoyed it all the same. The rest of the activity week I concentrated on DATA, primarily FT8 with FT4 thrown in. Good week really enjoyed it

#### **Jimi MM0JTX**

Attached my activity log for today. I did also try to find somebody on SSB, but they either talk so long I never hear a callsign or they call CQ DX outside Europe.

#### **Bob MM0LBF**

Bit of a mixed bag; been trying experimenting with different antenna this month i.e. G5RV and Long Wire.

#### **Tommy 2M0EGH**

Been a highly active week surprisingly -  
FT4 142 QSO's across 10m, 15m, 20m and 40m  
FT8 19 QSO's across 20M, 30M and 40M  
Total 161 QSO's

Highlight of the Week New DXCC's Japan, Brazil, Trinidad & Tobago, Israel, USA, Canada

#### **Pete MM0INE**

Just a couple of contacts for the week this time around. Been busy with other stuff and out and about walking quite a bit lately.

It's nice to have the shack inside the house. Still need to complete running the antenna feed neatly around the perimeter of the garden but did get delivery of a nice 100m roll of 300-ohm line so no excuses.

#### **Martyn MM0XXW**

With not one FT8 contact in sight, mind you the 400w from the KPA500 was a superb help!!!!

#### **Ronan MM0IVR**

It's a pretty poor log from me this month as I had little time for radio during the activity week. There was a SOTA expedition on the 16th in some very grim weather. Unfortunately that was stopped short after just two QSO's as Dot was feeling unwell and we had to get her off the hill. I can't believe how selfish she is!!! She knows fine well it's winter bonus points! Anyway, at least we made it up the hill in the first place - her first Munro since she had covid. Here's hoping March will be more fruitful.

#### **Gordon MM0GPZ**

A single contact only.

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## Cephas MM0INS

My log for this month. Found my 20M dipole can work on other frequencies, a bonus

### Summary

DATA is the winning mode this month with 416 QSO's (144 – FT4, 272 – FT8, 0 -PSK31), next best was CW with 39 QSO's. Out of the 483 QSO's where: CW = 39, SSB = 24, DATA = 416, FM = 4, AM = 0.

Best DX for the week for each Mode highlighted below:

### HF CW, DATA & SSB

CW	Sat	14	PA5N	763	GM4UYZ
	Sun	18	HA2PP	1741	MM0IVR
	Mo	0	0	0	0
	Tue	28	EA4HKF	1913	MM0LBF
	We	28	EA7AKV	2064	MM0LBF
	Thu	0	0	0	0
	Fri	14	K1LZ	4979	MM0LBF

Logged DATA QSO's were FT8 (272) & FT4 (144) & PSK31 (0)

SSB	Sat	5	M0ICR	452	MM0INE
	Sun	7	G6HH	600	MM0LBF
	Mo	0	0	0	0
	Tue	18	VY2FU	4203	MM0INE
	We	0	0	0	0
	Thu	28	VK6/	14737	MM0GPZ
	Fri	0	0	0	0

### VHF CW, FM & SSB – QSO's

FM	Sat	0	0	0	0
	Sun	0	0	0	0
	Mon	144	GM8MJV	5	MM0LBF
	Tue	0	0	0	0
	Wed	0	0	0	0
	Thu	144	MM0XPZ	80	MM0IVR
	Fri	0	0	0	0

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As much as the above is the best statistics for all the modes in 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 Full Licence)

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

**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	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	14	10	CT3MD	2736	2M0EGH	FT4
	Sun	10	10	VE1JBC	4510	2M0EGH	FT4
	Mon	14	10	JA4FKX	9162	2M0EGH	FT4
	Tue	7	10	VE9TG	4426	2M0EGH	FT4
	Wed	10	10	PU5CVB	10232	2M0EGH	FT4
	Thu	10	10	9Y4DG	7120	2M0EGH	FT4
	Fri	10	10	YO4NF	2596	2M0EGH	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	144	5	MM0XPZ	80	MM0IVR	
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	

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

MODE	DAY	BAND	Power	CALLSIGN	DISTANC E	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	18	15	HA2PP	1741	MM0IVR	
	Mon	0	0	0	0	0	
	Tue	28	25	EA4HKF	1913	MM0LBF	
	Wed	28	20	EA4HKF	1913	MM0LBF	
	Thu	0	0	0	0	0	
	Fri	14	50	K1LZ	4979	MM0LBF	
DATA	Sat	28	50	4X1UF	3911	GM4UYZ	FT8
	Sun	10	50	S5ØXX	1611	GM4UYZ	FT8
	Mon	14	50	NP4JF	6717	GM4UYZ	FT8
	Tue	28	50	PY1TG	9330	GM4UYZ	FT8
	Wed	24	50	K6EID	6508	GM4UYZ	FT8
	Thu	28	50	BG7SFE	9266	GM4UYZ	FT8
	Fri	28	25	VE2BR	4832	MM0INS	FT8
FM	Sat	0	0	0	0	0	
	Sun	0	0	0	0	0	
	Mon	144	45	GM8MJV	5	MM0LBF	
	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	7	30	G6HH	600	MM0LBF	
	Sun	0	0	0	0	0	
	Mon	0	0	0	0	0	
	Tue	28	30	IU0MZH	1948	MM0LBF	
	Wed	0	0	0	0	0	
	Thu	0	0	0	0	0	
	Fri	0	0	0	0	0	



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

MODE	DAY	BAND	Power	CALLSIGN	DISTANC E	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	100	PA5N	763	GM4UYZ	
	Sun	14	100	PI4VLB	802	GM4UYZ	
	Mon	0	0	0	0	0	
	Tue	0	0	0	0	0	
	Wed	14	100	F5JBR	1202	GM4UYZ	
	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	7	80	R6FT	3458	MM0LBF	FT8
	Thu	0	0	0	0	0	0
	Fri	7	80	IU8CEE	2062	MM0LBF	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	5	100	M0ICR	452	MM0INE	
	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	28	100	VK6/	14737	MM0GPZ	
	Fri	0	0	0	0	0	

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

MODE	DAY	BAND	Power	CALLSIGN	DISTANC E	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	18	400	VY2FU	4203	MM0INE	
	Wed	0	0	0	0	0	
	Thu	0	0	0	0	0	
	Fri	0	0	0	0	0	

The turnout out this month was a total of nine 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.

The next Activity Day is any day starting on the week beginning the 11<sup>th</sup> and ending on the 17<sup>th</sup> March 2023 the third 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 483 QSO's where: CW = 39, SSB = 24, DATA = 416, FM = 4, AM = 0

*Bob GM4UYZ* DATA: 10 x 40M, 18 x 30M, 65 x 20M, 8 z=x 17M, 1 x 15M, 44 x 12m, 29 x 10M  
 CW: 3 x 40M, 26 x 20M

*Jimi MM0JTX* DATA: 4 x 20M

*Tommy 2M0EGH* DATA: 3 x 40M, 26 x 20M, 123 x 20M, 1 x 15M

*Pete MM0INS* SSB: 1 x 60M, 1 x 17M

*Bob MM0LBF* DATA: 5 x 40M  
 CW: 2 x 60M, 2 x 20M, 4 x 10M  
 SSB: 1 x 40M, 1 x 10M  
 FM: 2 x 2M

*Martyn MM0XXW* SSB: 7 x 20M, 1 x 17M, 7 x 12M, 3 x 10M

*Ronan MM0IVR* CW: 2 x 20M  
 SSB: 1 x 20M  
 FM: 2 x 2M

*Gordon MM0GPZ* SSB: 1 x 20M

*Cephas MM0INS* DATA: 20 x 30M, 17 x 20M, 7 x 15M, 3 x 12M, 21 x 10M, 2 x 6M

**DATES FOR YOUR DIARY FOR ALL OFF 2023 ACTIVITY WEEKS**

**Note: Changes made for 2022 where you can take part every single day of the week, or multiple days or just a single day and this will continue into 2023.**

**There is a new recording spreadsheet which is downloadable from the club's website download section and comes into effect on the 1<sup>st</sup> January - 2023-ACTIVITY-FULL-WEEK-LOGSHEET-V1.7.xlsx**

<b>MONTH 2023</b>	<b>ACTIVITY WEEK</b>
<b>March</b>	<b>11th to 17th March 2023</b>
<b>April</b>	<b>8th to 14th April 2023</b>
<b>May</b>	<b>6th to 12th May 2023</b>
<b>June</b>	<b>10th to 16th June 2023</b>
<b>July</b>	<b>8th to 14th July 2023</b>
<b>August</b>	<b>12th to 18th August 2023</b>
<b>September</b>	<b>9th to 15th September 2023</b>
<b>October</b>	<b>7th to 13th October 2023</b>
<b>November</b>	<b>4th to 10th November 2023</b>
<b>December</b>	<b>9th to 15th December 2023</b>

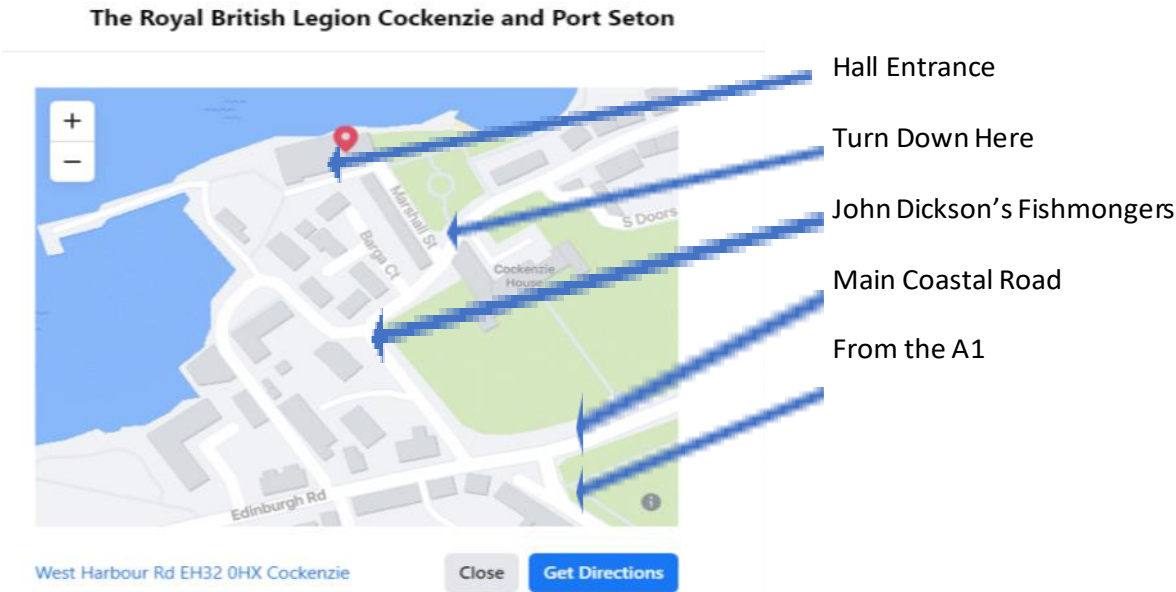
Thanks for taking part in the activity day week and I hope you will continue to do so for all of 2023. The dates for 2023 are now set, see the above table so would love to see more on as well so why not make it your 2023 target.

Bob GM4UYZ

# ROYAL BRITISH LEGION – COCKENZIE: HOW TO GET THERE

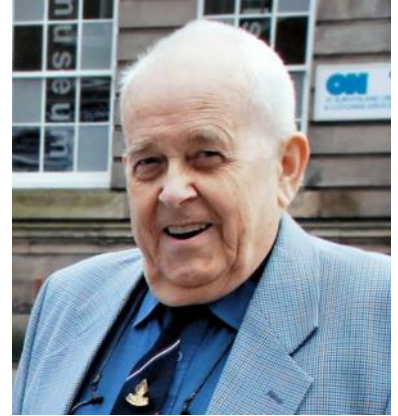
Location:

The Royal British Legion  
West Harbour Road,  
Cockenzie,  
Prestonpans,  
East Lothian  
EH32 0HX  
Tel: 01875 810103  
Email: [cprbl1921@hotmail.co.uk](mailto:cprbl1921@hotmail.co.uk)  
Website: [Cockenzie & Port Seton - Royal British Legion Scotland - Home \(candprbl.com\)](http://Cockenzie & Port Seton - Royal British Legion Scotland - Home (candprbl.com))  
Streetmap link: [Streetmap.co.uk - Map of EH32 0HX](http://Streetmap.co.uk - Map of EH32 0HX)



# Scottish Islands Quaich

André Saunders GM3VLB (right) was a keen island activator. On his death he left a legacy to the Lothians Radio Society which was to be used to promote radio activity from Scottish Islands.



The award has now run for its 1st year and the winners are now available.



First place goes to Colwyn Jones MM0YCJ who activated 15 GM/SI summits in 2022.

Second place goes to Matthew M5EVT who activated 8 GM/SI summits in 2022

A total of 29 different people were active from GM/SI in 2022 and special mention goes to Rob, VE3RXH as the activator who was activator farthest from home.

Both Colwyn and Matthew will receive a commemorative Quaich and engraved plinth to keep.

The award is running again in 2023 from January 1st to December 31st.



Photo: Alan Masson

# 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**

## March 2023

<b>UKEICC 80M SSB</b>	<b>2000Z-2100Z, Mar 1</b>
<b>Novice Rig Roundup</b>	<b>0000Z, Mar 4 to 2359Z, Mar 12</b>
<b>ARRL Inter. DX Contest, SSB</b>	<b>0000Z, Mar 4 to 2359Z, Mar 5</b>
<b>Wake-Up! QRP Sprint</b>	<b>0600Z-0800Z, Mar 4</b>
<b>RSGB 144MHZ &amp; 432MHz Contest</b>	<b>1400Z, Mar 4 to 1400Z, Mar 5</b>
<b>Open Ukraine RTTY Championship</b>	<b>1800Z, Mar 4 to 1359Z, Mar 5</b>
<b>SARL Hamnet 40m Simulated Emerg Contest</b>	<b>1200Z-1400Z, Mar 5</b>
<b>RSGB 80M CC DATA</b>	<b>2000Z-2100Z, Mar 6</b>
<b>ARS Spartan Sprint</b>	<b>0200Z-0400Z, Mar 7</b>
<b>AGCW YL-CW Party</b>	<b>1900Z-2100Z, Mar 7</b>
<b>EACW Meeting</b>	<b>1900Z-2000Z, Mar 9</b>
<b>YB DX RTTY Contest</b>	<b>0000Z-2359Z, Mar 11</b>
<b>RSGB Commonwealth (BERU) Contest</b>	<b>1000Z, Mar 11 to 1000Z, Mar 12</b>
<b>SKCC Weekend Sprintathon</b>	<b>1200Z, Mar 11 to 2359Z, Mar 12</b>
<b>EA PSK63 Contest</b>	<b>1200Z, Mar 11 to 1200Z, Mar 12</b>
<b>AGCW QRP Contest</b>	<b>1400Z-2000Z, Mar 11</b>
<b>Stew Perry Topband Challenge</b>	<b>1500Z, Mar 11 to 1500Z, Mar 12</b>
<b>Oklahoma QSO Party</b>	<b>1500Z, Mar 11 to 2100Z, Mar 12</b>
<b>Idaho QSO Party</b>	<b>1900Z, Mar 11 to 1900Z, Mar 12</b>
<b>North American Sprint, RTTY</b>	<b>0000Z-0359Z, Mar 12</b>
<b>Wisconsin QSO Party</b>	<b>1800Z, Mar 12 to 0100Z, Mar 13</b>
<b>4 States QRP Group Second Sunday Sprint</b>	<b>0000Z-0200Z, Mar 13</b>
<b>RSGB 80M CC CW</b>	<b>2000Z-2100Z, Mar 15</b>
<b>NTC QSO Party</b>	<b>1900Z-2000Z, Mar 16</b>
<b>BARTG HF RTTY Contest</b>	<b>0200Z, Mar 18 to 0159Z, Mar 20</b>
<b>Russian DX Contest</b>	<b>1200Z, Mar 18 to 1200Z, Mar 19</b>
<b>AGCW VHF/UHF Contest</b>	<b>1400Z-1800Z, Mar 18</b>
<b>Run for the Bacon QRP Contest</b>	<b>2300Z, Mar 19 to 0100Z, Mar 20</b>
<b>Bucharest Digital Contest</b>	<b>1800Z-2059Z, Mar 20</b>
<b>SKCC Sprint</b>	<b>0000Z-0200Z, Mar 22</b>
<b>RSGB 80M CC SSB</b>	<b>2000Z-2100Z, Mar 23</b>
<b>FOC QSO Party</b>	<b>0000Z-2359Z, Mar 25</b>
<b>CQ WW WPX Contest, SSB</b>	<b>0000Z, Mar 25 to 2359Z, Mar 26</b>
<b>RSGB FT4 Contest</b>	<b>1900Z-2030Z, Mar 27</b>
<b>UKEICC 80M CW</b>	<b>2000Z-2100Z, Mar 29</b>

VHF - UHF	January to December Monthly VHF/UHF Contests 2023
144MHz FMAC	1900-1955 (Local) Every 1st Tuesday
144MHz MGMAC	2000-2230 (Local) Every 5th Tuesday
144MHz UKAC	2000-2230 (Local) Every 1st Tuesday
144MHz FT8 AC	1900-2100 (Local) Every 1 <sup>st</sup> Wednesday
432MHz FMAC	1900-1955 (Local) Every 2nd Tuesday
432MHz UKAC	2000-2230 (Local) Every 2nd Tuesday
50MHz MGMAC	2000-2230 (Local) Every 5th Tuesday
50MHz UKAC	2000-2230 (Local) Every 2nd Thursday
70MHz UKAC	2000-2230 (Local) Every 3rd Thursday
1.3GHz UKAC	2000-2230 (Local) Every 3rd Tuesday
SHF UKAC	1930-2230 (Local) Every 4th Tuesday (Jan-Nov Only)

Activity Week in 2023 now runs over every single day of the week.  
Pick your option – Single Day, Multiple Days or All Week

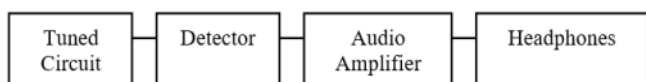
MONTH 2023		Major Contest during this Week (See Monthly Contest Calendar for All contests during this period) <i>Note: Times below of the contest are what are applicable for the Activity Day</i>
March	11th to 17th March	RSGB Commonwealth (BERU) Contest
April	8th to 14th April	Will fill out nearer the time when all 2023 contests are available
May	6th to 12th May	Will fill out nearer the time when all 2023 contests are available
June	10th to 16th June	Will fill out nearer the time when all 2023 contests are available
July	8th to 14th July	Will fill out nearer the time when all 2023 contests are available
August	12th to 18th August	Will fill out nearer the time when all 2023 contests are available
September	9th to 15th September	Will fill out nearer the time when all 2023 contests are available
October	7th to 13th October	Will fill out nearer the time when all 2023 contests are available
November	4th to 10th November	Will fill out nearer the time when all 2023 contests are available
December	9th to 15th December	Will fill out nearer the time when all 2023 contests are available

# TEST YOUR KNOWLEDGE

1. **Harmonic radiation from a transmitter may be reduced by**

- Adjusting the receiver's audio gain control setting
- Fitting a low pass filter in the antenna feeder to the transmitter
- Placing a high pass filter in the mains lead
- The state of the sunspot cycle

2. **The drawing shows a block diagram of a TRF (Straight) receiver. Which one of the blocks selects the radio signal?**



- Tuned circuit
- Detector
- Audio amplifier
- Headphones

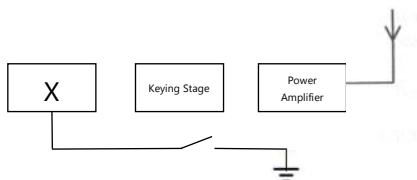
3. **A radio receiver is set to receive a signal of 14.1 MHz and the local oscillator is set to a frequency of 13.6 MHz. What will the intermediate frequency be?**

- 500kHz
- 13.6MHz
- 14.1MHz
- 27.8MHz

4. **The demodulator for a FM receiver**

- Requires a beat frequency oscillator
- Requires a narrow band pass filter
- Could be a frequency discriminator
- Could be an envelope detector

5. **The block diagram shows a Morse Code transmitter. Which one of the following does block X represent?**



- AF Oscillator
- RF Oscillator
- Demodulator
- Modulator

6. **A carrier wave on 28400 KHz is amplitude modulated. The upper sideband is 28402KHz the lower sideband is**

- 28396KHz
- 28398KHz
- 28404KHz
- 28406KHz

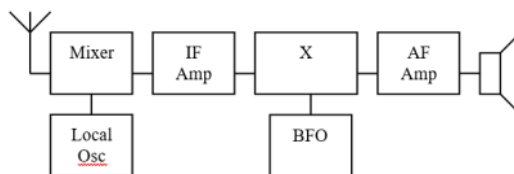
7. **A station in the 23cm band is being interfered with by an amateur transmitter on the 70cm band. This could be due to the**

- Receiver audio gain control setting
- Transmitter using narrow band FM
- Presence of a harmonic in the transmitter output
- State of the sun spot cycle

8. **To minimise the radiation of harmonics, which one of the following filters might be fitted between the transmitter output and antenna?**

- High pass
- Key click
- Braid breaker
- Low pass

9. **The drawing shows a block diagram of a simple Superhetrodyne receiver. What is the block marked X?**



- Detector
- Audio amplifier
- Tuned RF amplifier
- Loudspeaker

10. **The intermediate frequency of a superhet receiver is the**

- The sum of the RF and the local oscillator frequencies
- Difference between the RF and the local oscillator frequencies
- Sum or the difference between the AF and the local oscillator frequencies
- Sum or the difference between the RF and the local oscillator frequencies



# CLUBLOG TABLES

The Clublog table for 2023 has now started and we have a few entries already, some of you have been busy!

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)

John MM0JXI

Rank	Callsign	Name	160	80	60	40	30	20	17	15	12	10	6	DXCC	Slots	Range
1	MM0GPZ	Gordon	0	14	0	33	19	35	11	21	21	22	0	115	176	18 yrs
2	M0RNR	Brian	0	0	15	49	1	18	8	28	27	62	0	99	208	24 yrs
3	MM0XXW	Martyn	0	19	5	27	28	25	19	20	26	28	0	64	197	17 yrs
4	GM4UYZ	Bob	0	2	0	14	12	24	6	16	20	30	0	58	124	43 yrs
5	2M0EGH	Tommy	0	0	0	22	25	34	0	3	0	12	0	48	96	6 yrs
6	MM0DXH	Jim	0	0	0	0	0	4	0	2	0	2	0	4	8	20 yrs
7	MM0XAB	Ali	0	0	0	0	0	0	0	0	0	1	0	1	1	9 yrs

## NEW CLUB EMAIL ADDRESS

Due to our web hosts now charging to host our email address John MM0JXI has got a new one.

So, if you have [mail@cpsarc.com](mailto:mail@cpsarc.com) in your email address book then delete it as no longer working.

The new email address to be added to your address book is [cpsarc@gmail.com](mailto:cpsarc@gmail.com)

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

# Club Events

3 March 2023	Club Night
11-17 March 2023	Activity Week
14 March 2023	Construction Night
7 April 2023	Club Night
8-14 April 2023	Activity Week
23 April 2023	Blackpool Rally
5 May 2023	Club Night
6-12 May 2023	Activity Week
10 May 2023	Proposed Club SOTA Activation - possible location is North Berwick Law
19 May 2023	1st 144MHz DF Hunt
2 June 2023	Club Night
10-16 June 2023	Activity Week
17/18 June 2023	Museums on the Air Weekend (National Mining Museum TBC)
1/2 July 2023	VHF Field Day
7 July 2023	Club Night
8-14 July 2023	Activity Week
29/30 July 2023	RSGB IOTA Contest
4 August 2023	Club Night
11 August 2023	Junk Night / Mini Rally
12-18 August 2023	Activity Week
19/20 August 2023	Lighthouse Weekend (Barns Ness GB2LBN)
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
3 November 2023	Club Night
14 November 2023	Construction Night