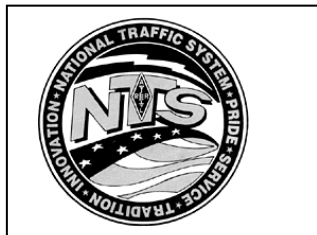


# UPPER PENINSULA NET NEWS SERVING THE WESTERN GREAT LAKES



HAM OF THE YEAR  
NS8S DAVID FLEMING  
MONTAGUE MI

HAM OF THE MONTH  
K8UHF JIM HEIN  
DIMONDALE MI

APRIL 2018

FROM THE EDITOR-----BILL, N8NJA [bkn8nja@att.net](mailto:bkn8nja@att.net)

April, the month of warm Spring breezes, the first flowers, and April showers. Well so far, the breezes are cold, (5 degrees the other morning), no flowers, and the showers are lake effect snow!!!!!!!!!!

I know some parts of Southern Michigan have had some real nice days, I am waiting my turn. Right now the bright spot of the month is that Dave, NS8S, and I will be traveling to the Chassell Swap on April 28. I hope some of the snow is melting so we can see some good water falls and get around some back roads after the swap. Dave has not spent much time in the West end of the U.P and I would like to give him a good mini-tour.

One good thing so far this month is that the propagation has been a lot better on 75 meters for in state contacts. We will see what the rest of Spring and Summer brings. I have not done much outside, just tired of cold and snow, about 5 inches yet here. Later this week we are supposed to loose some snow. It just will not stay above freezing at night!

Do Not forget the Cadillac Swap on May 5<sup>th</sup>. We will have a U.P. Net meeting at 10:00A.M. and announce the new Ham of the Year. Hope to see you there or Chassell or both!

UPPER PENINSULA NET WEBSITE [www. michupnet.com](http://www.michupnet.com)

## NET STATS

FEBUARY 2017 CHECKINS 900 TRAFFIC 34  
FEBUARY 2018 CHECKINS 1007 TRAFFIC 40  
HIGH CHECKINS 47 W8WR  
SUNDAY NOON KD8KCV 17

# April 2018

## BIRTHDAYS AND ANNIVERSARIES

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1  <i>PATTIS DAUGHTER OF WA8DHB</i>	2	3	4	5	6	7
8	9	10	11	12	13 <i>KA9YIU GLEN KC9LHB MIKE</i>	14
15	16	17  <i>WD8PRW DON</i>	18	19	20	21
22  <i>K8ZJU BEVERLY</i>	23 <i>GAIL XYL OF KD9TZ</i>	24  <i>WB8IEH &amp; AGNES</i>	25	26  <i>K8MXC BOB</i>	27	28  <i>WA8THK PERRY WA8DHB AILEEN NS8V PAUL</i>
29  <i>K8SKY SKYE</i>	30	<i>MAY 1 JUDY XYL OF W8THK K8MXC &amp; SANDY</i>	<i>MAY 7 W8THK JIM WA8UCS &amp; VAL- ERIE</i>			

## EXAMS

- 04/09/2018 | Adrian MI 49221-9999 Sponsor: Adrian ARC Location: Civil Air Patrol Bldg Time: 7:00 PM (Walk-ins allowed)
- 04/10/2018 | Howell MI 48855-8703 Sponsor: Livingston Amateur Radio Klub Location: Livingston County EMS Time: 7:00 PM (Walk-ins allowed)
- 04/14/2018 | Ann Arbor MI 48108-1516 Sponsor: ARROW Communications Assoc. Location: American Red Cross Building Time: 9:00 AM (Walk-ins allowed)
- 04/01/2018 | Charlotte MI 48813-9999 Sponsor: Eaton County Arc Location: Charlotte Church of Christ Time: 12:00 PM (Walk-ins allowed)
- 04/14/2018 | Port Huron MI 48060-4014 Sponsor: Eastern Michigan ARC Location: St Clair County Library Time: 10:00 AM (Walk-ins allowed)
- 04/14/2018 | Union MI 49130-9622 Sponsor: Michiana VE Location: Around the Corner Café Time: 9:00 AM (Walk-ins allowed)
- 04/21/2018 | Dearborn Heights MI 48127-3116 Sponsor: Location: Caroline Kennedy Library Time: 10:30 AM (Walk-ins allowed)
- 04/21/2018 | Flint MI 48507 Sponsor: The KT8Q & W8ACW VE Teams Location: Baker College of Flint-Tech Center Time: 9:30 AM (Walk-ins allowed)
- 04/21/2018 | Keweenaw MI 49908 Sponsor: CCRAA Location: Michigan/Ohio QSO Party Time: 10:00 AM (Walk-ins allowed)
- 04/26/2018 | Battle Creek MI 49017-4867 Sponsor: SMARS Location: Maple United Methodist Church Time: 7:00 PM (Walk-ins allowed)
- 04/26/2018 | Corunna MI 48817-1448 Sponsor: SARA Location: James Captain Center EOC Time: 6:30 PM (Walk-ins allowed)
- 04/28/2018 | Jackson MI 49201-2230 Sponsor: Cascades ARS Location: Jackson Carnegie Library Time: 10:15 AM (Walk-ins allowed)
- 04/28/2018 | South Lyon MI 48178 Sponsor: South Lyon Area ARC Location: Witch's Hat Depot Time: 9:00 AM (Walk-ins allowed)
- 04/29/2018 | Madison Heights MI 48071 Sponsor: General Motors ARC Location: UFCW 876 Union Hall Time: 11:00 AM (Walk-ins allowed)

- 05/05/2018 | Cadillac MI 49601-1824 Sponsor: Wexaukee ARC/Cadillac Hamfest Location: Cadillac Junior High School Time: 10:30 AM (No walk-ins)
- 05/05/2018 | Mount Clemens MI 48043-2217 Sponsor: SAROF Location: Mt. Clemens Salvation Army Corps (rear entrance) Time: 7:30 PM (Walk-ins allowed)
- 05/08/2018 | Gaylord MI 49735-9822 Sponsor: Top of Michigan ARC Location: Gaylord Regional Airport Time: 7:30 PM (Walk-ins allowed)
- 05/08/2018 | Howell MI 48855-8703 Sponsor: Livingston Amateur Radio Klub Location: Livingston County EMS Time: 7:00 PM (Walk-ins allowed)
- 05/12/2018 | Ann Arbor MI 48108-1516 Sponsor: ARROW Communications Assoc. Location: American Red Cross Building Time: 9:00 AM (Walk-ins allowed)
- 05/12/2018 | Lansing MI 48911-5322 Sponsor: Ingham County VE Group Location: Lansing Fire Station #44 (Community Room) Time: 11:00 PM (Walk-ins allowed)
- 05/12/2018 | Port Huron MI 48060-4014 Sponsor: Eastern Michigan ARC Location: St Clair County Library Time: 10:00 AM (Walk-ins allowed)
- 05/12/2018 | Traverse City MI 49686-3103 Sponsor: Cherryland ARC Location: Traverse City District Library Time: 1:00 PM (Walk-ins allowed)
- 05/12/2018 | Wyandotte MI 48192-9999 Location: First United Methodist Church Time: 9:00 AM (Walk-ins allowed)

## HAMFEST

04/28/2018 | CCRAA - KCRA - BCRA Hamfest Location: Chassell, MI  
 Type: ARRL Hamfest Sponsor: Copper Country RAA, Keweenaw County Repeater Assn., & Baraga County Repeater Assn. Website: <http://kcra-mi.net/>

04/29/2018 | 1st Annual GMARC Swap & Shop Location: Madison Heights, MI  
 Type: ARRL Hamfest Sponsor: General Motors Amateur Radio Club  
 Website: <http://www.gmarc.org/SwapInfo>

05/05/2018 | Cadillac Hamfest Location: Cadillac, MI  
 Type: ARRL Hamfest Sponsor: Wexaukee Amateur Radio Club  
 Website: <http://www.wexaukeearc.org>

06/02/2018 | Hudsonville IRA Hamfest Location: Hudsonville, MI Type: ARRL Hamfest Sponsor: Independent Repeater Association  
 Website: <http://w8ira.org/wp-content/uploads/2018/03/IRA-Hamfest-2018-Full-Sheet-03-13-18.pdf>

# Apparent First 2200-Meter Transatlantic Contact by US Radio Amateur Reported

FROM ARRL NEWS

04/05/2018

In late March, Paul Kelley, **N1BUG**, of Milo, Maine, completed what may have been the first transatlantic 2200-meter contact by a US radio amateur under Amateur Radio rules. Signals in this part of the spectrum and lower previously have spanned the Atlantic in one direction, and Canadian radio amateurs have reported transatlantic contacts on the band dating back several years.

"To the best of my knowledge this is the first transatlantic two-way QSO from the US on 2200 meters under Part 97 operation," said Kelley, who told ARRL that he gravitates toward the more challenging, "weak-signal" aspects of Amateur Radio and has been experimenting and DXing for 37 years now.

"2200 meters is my new passion, and I am having a lot of fun with it!" he said. I had been dreaming of — and working toward — a transatlantic QSO on 2200 meters for some time. Recently, I asked Chris Wilson, 2E0ILY, if he would be interested in trying to work me on DFCW60 mode. Chris and I have heard each other on *WSPR*, but he does not hear me well enough yet for a JT9 or other digital QSO. Chris agreed to try DFCW60 — dual-frequency CW, 60 second dit length."

This was not a quick contact. It took *four* nights to complete, using night-by-night sequencing. Kelley called that "the minimum possible time" for such a contact, which included an exchange of complete call signs, signal reports, and acknowledgements. Kelley said they used the TMOR reporting system, borrowed from the moonbounce world.

"The QSO was completed at 0020 UTC March 28 when I received 'R' from Chris," Kelley said.

He noted that the weather did not cooperate on his first night of transmitting, with snow squalls affecting antenna tuning. "Fortunately, I have a remotely controlled variometer at the antenna," he told ARRL. "Otherwise, I could not have kept the transmitter going — or alive — that night. For over 2 hours, I had to tweak it almost every key down — roughly every 90 seconds." Things calmed down to the point where he only had to adjust it every 10 to 15 minutes.

Kelley's 2200-meter station consists of a QRP Labs Ultimate 3S transmitter, a home-built single FET 200 W class E amplifier, and a 90-foot top-loaded vertical antenna. "This gives me no more than 0.5 W EIRP, probably less," he said.

For receiving, he uses a 30-foot "low-noise" vertical, homebrew band-pass filter, preamp, and a modified Softrock Lite II software-defined radio receiver kit, with the local oscillator modified for coverage on 2200, the front-end filter modified, and additional filter sections added.

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## WHAT IS THE RIGHT AGE TO GET MARRIED?.... FROM DAVE NS8S

Twenty-three is the best age because you know the person FOREVER by then.. -- **Camille, age 10**

## 3 . HOW CAN A STRANGER TELL IF TWO PEOPLE ARE MARRIED?

You might have to guess, based on whether they seem to be yelling at the same kids. -- **Derrick, age 8**

UP NET MEMBER PROFILE      EDITED BY AL, K8BLL.....

VICTOR GREGOWSKI, W8DWR  
WALES, MICHIGAN

VIC WAS BORN IN 1950 IN PORT HURON, MICHIGAN, AND ATTENDED SCHOOL THERE.

SINCE THEN, HE HAS BEEN EMPLOYED IN VARIOUS JOBS IN THE ELECTRICAL INDUSTRY. HE IS MARRIED AND HIS WIFE'S NAME IS JUDY.

VIC TOOK A COURSE TO PREPARE FOR THE NOVICE CLASS LICENSE EXAM AND RECEIVED HIS LICENSE IN NOVEMBER, 1976. HE NOW HOLDS AN EXTRA CLASS LICENSE.

OTHER INTERESTS AND HOBBIES INCLUDE ANTIQUE CARS, MUSIC, AND REPAIRING ELECTRONIC EQUIPMENT. VIC ALSO ENJOYS BOWLING.

THE W8DWR STATION EQUIPMENT FEATURES THREE SSB TRANSCEIVERS, A HALLCRAFTERS SR-150, A HEATHKIT SB-102 AND A KENWOOD TS440. ANTENNAS INCLUDE DOUBLE BAZOOKAS FOR 20, 40, 80 AND 160 METERS PLUS A FULLWAVE LOOP FOR 160 METERS.

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#### HOW DO YOU DECIDE WHO TO MARRY ???

( Ahh...from the mouths of babes...Kids **still** say the darndest things!!!)  
FROM DAVE NS8S

**1** . You got to find somebody who likes the same stuff. Like, if you like sports, she should like it that you like sports, and she should keep the chips and dip coming. -- **Alan, age 10**

-No person really decides before they grow up who they're going to marry. God decides it all the way before, and you get to find out later who you're stuck with. -- **Kristen, age 10**

**THIS IS IMPORTANT.....THIS IS NOT A JOKE IT IS FROM THE**

## **SILVERS SNEAKERS WEBSITE.....**

Many older adults are concerned about dementia, and for good reason: The condition affects about 9 percent of adults 65 and up, and your risk increases as you age.

Dementia is actually a term used to describe a group of symptoms that impact your memory, thinking, and social abilities enough to interfere with your daily functioning, according to the Mayo Clinic. However, experts stress that memory loss can be caused by many things—and having memory loss alone doesn't mean you have dementia.

### **What's Normal**

Some memory loss is normal as you get older, and it generally starts to happen sometime during your 40s, says Daniel Franc, M.D., a neurologist at Providence Saint John's Health Center in Santa Monica, California. "Raw memory power declines a little bit—that's normal," he says. That may include increasing issues with remembering people's names and particular details about things that happened in the past.

### **What's Not Normal**

The early warning signs of dementia are a little different, says neurologist Amit Sachdev, M.D., an assistant professor and director of neuromuscular medicine at Michigan State University. They generally include these three symptoms:

- Feeling lost in familiar places
- Changes in mood and demeanor
- Being forgetful to the extent that it impacts your daily life

That last point goes beyond forgetting where you left your keys—it can be regularly forgetting to pay bills or having difficulty remembering how to do things you do on a usual basis, Dr. Sachdev says. "It's often things that wouldn't normally slip your mind," Dr. Franc adds.

### **What You Should (and Shouldn't) Do**

It's important to know that these symptoms don't automatically mean you have dementia, Dr. Franc says. Some memory loss may be a sign of a reversible or treatable issue, such as a nutritional deficiency, hormonal abnormality, or pseudodementia, a syndrome that has dementia-like symptoms but is actually caused by depression, he says. Basically, you shouldn't panic and assume that it's dementia if you or a loved one has these symptoms.

What you should do is talk to your doctor. He or she can do an evaluation to figure out what's going on, or refer you to someone who can.

continued on back

## What Else Can Help

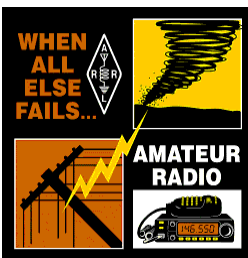
Research says that healthy habits, including exercise, may cut your risk of dementia. If you've been diagnosed with dementia or are a caregiver to someone with dementia, staying active can boost your physical and mental health, and give you opportunities to find social support.

And with SilverSneakers, your workouts could be free—whether you prefer group fitness classes or exercising on your own at the gym

\Editors Note.....this subject can be of real concern for some people. So do not panic when you can't find your car keys or even your car in the parking lot. If you know your in a parking lot, that might a concern.

But any way if you have concerns about this subject, by all means consult you doctor and take some test and find out if there is a problem.

Now if I could just get rid of my sore back and fingers so I could type the rest of this newsletter I would be happy



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