



# RRRC NEWS

MONTHLY PUBLICATION OF THE ROCK RIVER RADIO CLUB



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JULY 2024

## JULY 2024 RRRC

### Meeting Minutes



#### THIS IS THE JULY MINI NEWSLETTER!

There was no July monthly meeting due to Field Day weekend. Next meeting will be held on August 6th at 7pm

**THERE STILL WILL BE A BREAKFAST GET TOGETHER THIS SATURDAY JULY 6TH AT THE VILLAGE GARDEN RESTAURANT IN JUNEAU AT 8AM**

Our 2024 RRRC Roster is attached up to date as of 6-6-24. If your name is not on it, please renew your membership :0)

Be sure to read Peter's article on Field Day and on what has happened to 10m.

Also check out Brad's article on his Near Death Experience in the Arizona desert.

**Does anyone have photos from Field Day? Please send them to ka9jde@gmail.com**

THE NEXT MONTHLY MEETING OF THE RRRC WILL BE HELD ONLINE TUESDAY, **AUGUST 6TH** AT 7:00 PM USING ZOOM MEETINGS, A LINK TO JOIN WILL BE EMAILED OUT TO YOU.



The AUGUST monthly RRRC breakfast get-together will be on Saturday, **AUGUST 10TH**, at the Village Garden Restaurant in Juneau. All are welcome, so join us at around 8:00 AM for a pleasant informal gathering.



**SUPPORT YOUR LOCAL CLUB!**

#### President

Peter Frey AD9DO 920-344-1378

#### Vice President

Ryan Klavekoske KB9OWD 920-356-8757

#### Secretary

Ray Teschke KD9QLE 920-210-9540

#### Treasurer

Dave DePover K9MKP 920-210-2209

#### Club Historian

Gary Pedersen KA9BAE 920-386-4666

#### 2024 Officers



#### Emergency Coordinator

Dale Marks WB9ADB 920-485-4234

#### Assistant Emergency Coordinator

Ryan Klavekoske KB9OWD 920-356-8757

#### Repeater Directors

Dale Marks WB9ADB 920-485-4234 (Trustee)

Dave DePover K9MKP 920-210-2209

Keith Lodahl, WJ9L 920-387-4675

Ray Teschke KD9QLE 920-210-9540

**Webmaster** Lucky Lasanske K9LUK 920-216-4268

FROM OUR PRESIDENT, PETER AD9DO

## WHAT HAPPENED TO 10 METERS?

28MHz can be some of the most fun anyone can have on amateur radio. Great distances can be covered with low power and compromised antennas. Recently 10 meters went from absolutely stunning in the late winter and early spring to dead sometime in April. With the zenith of the solar cycle right around the corner one would think 10 meters would be wide open for the taking. However, this hasn't been the case. Curiosity got the better of me, so I did some investigating.

Frequencies in the 28MHz range use the F layer for propagation. This uses the very top of our ionosphere for propagation. During the winter months our sun is lower in the sky and compresses the F-Layer. During the summer, the F-Layer expands, and the ionized particles spread out making it significantly harder to bounce signals. This is the primary reason propagation is more difficult this time of year. The pendulum will start to swing the other way starting in late July, early August.

All is not lost from now until then! Sporadic E is in great supply and can provide excellent opportunities for DX contacts. All it takes is dedication to check and luck to catch the right moment. For those that took advantage of our club antenna build this would be a great way to use and test it out.

I would be amiss to not bring up that 20 and 40 meters have been doing great and there's plenty of opportunity to make DX contacts while we wait for 10 meters to open back up. The summer also allows for great opportunities to use the VHF range with some surprising results.

Good luck and Good DX!

Peter AD9DO



## FIELD DAY '24

By Peter AD9DO

This year's field day was a memorable one placed squarely between great conversation and battering lightning storms. Cameron and I couldn't get there early due to car troubles and arrived with about ten minutes to spare before the official contest began. Luckily our POTA activations have given us the skills for a quick deployment, and we were ready to go just in time. Well, at least our set up was. Len was well ready, and Cameron spent the opening hour making contacts with his amazing set up while I prepared the grill. Due to the oncoming storms, the number of folks attending wasn't the largest but the people that were there are some of my favorites. Although a short amount of time between rain drops, it was great to see quite a few different stations set up. There were a substantial number of contacts being made right out of the gate and 20 meters was the hot choice.



As time drew nearer to eat, the storms crept in. Just as the delicious Brats and wieners came off the grill the sky decided to open. There wasn't any lightning with this batch luckily, but it did make dining a challenge. As we ate, we could see gray clouds in the distance making their way towards us and it was only a matter of time before they arrived. I quickly tore down my equipment and grill and stowed it away. Our trusted ARES members could see what bout was to transpire and hopped into action. The weather net for the evenings storms was put into action and the repeater was put into alert. We received a high amount of rain and lighting this evening and it was good to have these folks standing watch.

With all this said it was great to experience another RRRC Field Day and was happy to be there. Even with the inclement weather, no damper was found.

Here's to one in the books and looking forward future Field Days!

All the best,

Peter AD9DO



## HIKE FROM HELL (#2)

By Brad KA9JDE



*Brad KA9JDE on the summit of Turk's Cap in the Superstition Mountains of Arizona*

As many of you know I was out in Arizona hiking, scrambling and climbing summits the last 2 weeks. I was able to activate 11 summits in 11 days for the Summits On The Air (SOTA) program. Woohoo! The SOTA program has been around since 2002 and was started in Great Britain.

I have been doing SOTA for 3 years. In the SOTA world, I am called an Activator. Hams who complete activations with me are called Chasers. My goal is to reach Mountain Goat status, which requires 1,000 points. 4 contacts are required to

complete an activation. You can only activate a summit once per year. I must be completely portable and self-contained. I can't be in a vehicle. Summits earn you from 1-10 points. Here's an example. Turk's Cap takes about 5 hours to hike, carrying 25 pounds of gear on my back. It's primarily hiking, but some scrambling (crawling on hands and knees over rock) is involved. The trail is not for the meek. It earned me 2 points!

As of today, I have earned 527 SOTA points and am halfway to Mountain Goat status! Now back to the story...

On Sunday, June 23, I planned to activate Comet Peak (W7A/PN-105) about 20 minutes from our home in the east valley of Phoenix. This was a new summit for me and had only been activated 4 times. The forecast was for 102 F and humidity was around 12%. I know that sounds hot, but I have done many activations up to 105F without incident.



*Climbing up Comet Peak Yikes!  
A SOTA 2 pointer  
plus 3 point summer bonus!*



*Weather forecasting has improved,  
but is still not a perfect science*

Long story short: mistakes were made that day.

1. I used my Garmin satellite GPS to send Diane (in WI) a text where I was leaving the truck. I told her I was doing Stinger Peak (about 20 miles away), NOT Comet Peak. I sent it via satellite at 7 AM and Diane didn't get it until 3 PM AZ time. We don't know why it was delayed.
2. I started the hike at about 7:10 AM, whereas I should have started at 5 AM. That was a BIG deal, since the weather forecast was wrong. It got up to 107 F, not 102 F. Also, the monsoon moved in and the humidity was over 40% instead of the usual 10-15%. This caused 2 bad things to happen: I went into heat stroke and my insulin pump fell off due to sweating / humidity.

I always have redundancy plans when I solo hike. This time they all failed! For example, I had insulin supplies along in case my insulin pump failed. I also had a backup reserve of water. But with heat stroke I was delirious and confused and therefore could not make rational decisions to correct the situation.

3. The other things in my redundancy plan are:
  - a. Fully charged cell phone and backup battery
  - b. Garmin GPS unit to follow my tracks with backup for texting via satellite
  - c. SOS satellite button
  - d. HF, VHF and UHF ham radio gear

All of which failed because I was delirious due to heat stroke. The only thing I was able to do was follow my GPS track with the Garmin to get down. Being delirious, it took me 12 hours. I could only hike a short distance and rest. I was so exhausted that I fell asleep on the mountain multiple times. This was all I could do.

At 11:30 PM two off-duty firefighters were coming back from fishing and just happened to take the back roads to go home. They found my truck and knew something was wrong. They started searching and saw



*Firefighters Elliott and Stefanie  
who save my life!*





*The helipad in front of the Queen Valley Fire Department where I was med-flighted*

what they thought was a dead cow about 200 feet from my truck. It was me lying in the desert. Cows free-range in Arizona and they had seen a couple of dead cows in the previous days. I shined my flashlight at them, and they saw it was a person. Elliott and Stefanie saved my life!

When asked how old I was, I told them 37! When asked if anyone was with me, I told them two people. Do you know what a NDE is? Near Death Experience. While coming down the mountain in

heat stroke and DKA (diabetic keto acidosis), I saw faces in the clouds as clear as could be. I saw my deceased father's and brother's faces. Maybe that is why I told them I had two people with me?

I needed to be med-flighted to a hospital. A helicopter could not land in the remote area I was in. Elliott and Stefanie took me in their bad ass pickup truck to the rural fire station in Queen Valley AZ. I was med-flighted from the helipad next to the fire station.



*My new friend Elliott. We found my trekking pole in the back of his truck!*

At the ER, my blood glucose was over 700. Normal is 70-110. My kidneys were shut down and I was severely dehydrated. I was put on kidney dialysis and had 6 liters of fluids via IV. The nephrologist (kidney specialist) told me I would have been dead in 2 hours. I spent 24 hours in ICU. I was released 1 ½ days later with a full recovery. I am a very, very lucky man!

Will I ever hike again? Absolutely! I am going back to Arizona in 2 weeks to do more hiking! But we are making several upgrades to my Solo Hiking Protocol! Should I be worried that Diane is encouraging me to hike more? :0) My SOTA Elmer Brian W7JET came to see me several times and helped me through recovery. He and his XYL Eve W7EVE also helped checked on the dogs I was caring for while I was in the hospital.

What are some of the enhancements to my Solo Hiking Protocol?

1. Make a Microsoft Word template so I can easily post critical info on the truck's windshield. Name, phone, start of hike and return ETA. It would also have Diane's contact information and Brian W7JET's contact information in case I get into trouble.
2. More automated check in times. I now share my location via my iPhone 100% of the time with Diane. This only helps if I have cell coverage, but it is one piece of redundancy.
3. Use APRS on my Yaesu FT3DR HT. This will be automated, every 10-15 minutes while hiking. This only helps if there is APRS repeater coverage in the area, but is independent from cell coverage, again redundancy. Diane can look up my call sign on aprs.fi and see where I am. Another piece of redundancy.
4. Use automated updates via satellite with my Garmin 66i GPS tracker. In the past I have only used it for updates when I had no cell coverage. From now on, it will be automated every 10-15 minutes. It sends my exact location via map using the Iridium satellite system which is available in all the world. Again redundancy.
5. Insulin supplies in my front pocket with easy access.
6. Make certain Diane has a list of emergency and non-emergency phone numbers for Arizona County Sheriff's departments and city Police departments readily available. Also phone numbers for my SOTA mentors in Arizona: Brian W7JET, Charlie NJ7V, Pete WA7JTM, Dan KC7MSU and Robert N3BZ.
7. When possible, take another hiker with me as there is safety in numbers.

When the Pinal County Sheriff's deputy called Diane, she asked if I was okay. He said "yes". Diane said "Good, because I am going to kill him!". He asked her to wait until I got back to WI, as he already had too much paperwork from this case! Click on this link to watch a short video from when I was on top of Comet Peak while I was still coherent:

<https://vimeo.com/968878624/79edf56af7?share=copy>

THANKS FOR READING ALL ABOUT MY NDE ADVENTURE. IT IS AWESOME TO STILL BE AMONG THE LIVING! HUG EVERYONE IMPORTANT TO YOU!





# AA7HW<sup>VE</sup> Team

## Yes, you CAN take your License Exam Online using Zoom

from the comfort of your own home or office

Our team of Volunteer Examiners has administered nearly 2000 friendly, efficient online amateur radio license exams since May 2020

- We offer online exams most weekdays.
- We can often schedule exams at other times if our existing schedule does not meet your needs.
- New license or upgrades.
- Take multiple exams for the same low price.
- Friendly and efficient.
- You can generally have your license two days after passing your exam.
- Our Portland-based team is a 501(c)(3) non-profit organization.



<https://www.aa7hw.org>

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Local contact:  
Brad Gehrt, KA9JDE  
W5YI Volunteer Examiner  
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(920) 210-1620

## **RRRC Weekly Nets**

**Monday A.R.E.S. Net 7:30 PM**  
**RRRC 2-Meter Repeater 146.64 MHz**  
**Net Control Stations]**

**July 8, 2024      Jeff - KB9UNY**  
**July 15, 2024      Peter - KD9UVX /**  
**Cameron KD9VGV**  
**July 22, 2024      Ted - W9LUQ**  
**July 29, 2024      Ryan - KB9OWD**  
**August 5, 2024      Gary - KA9BAE**

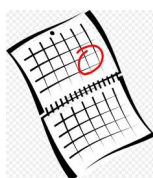
**Repeater Backup 147.585 MHz Simplex**

**160-Meter HF Net Wednesday 7:00 PM**  
**1.908 MHz Lower Side Band**  
**(1.920 MHz backup frequency)**

**70-Centimeter Net RRRC Knowles**  
**Repeater 442.975**  
**Thursdays at 7:30 PM**

**75-Meter HF Net Saturday 10:00 AM**  
**7.278 MHz Lower Side Band**  
**Alternate Frequency 3.947 MHz**

## **Calendar 2024**



## **RRRC Repeaters**

**2-Meter Located in Juneau, WI**  
**146.640 MHz Output**  
**146.040 MHz Input**  
**(Duplex, Standard Negative Offset)**  
**123.0 Hz PL Tone**

**70-Centimeter Located in Knowles, WI**  
**442.975 MHz Output**  
**447.975 MHz Input**  
**(Duplex, Standard Positive Offset)**  
**123.0 Hz PL Tone**  
**Standard FM and**  
**Yaesu System Fusion (C4FM) Capable**

## **Rock River Radio Club Mailing Addresses** **Club Dues / Bills / Club Business**

**R.R.R.C.**

**P.O. Box 26**

**Juneau, WI 53039-0026**

### **Newsletter Related Items:**

**Raymond Teschke**  
**617 Mohawk Cir.**  
**Horicon, WI 53032**  
**rkteschke@att.net**

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**Webmaster: Ray (Lucky) Lasanske K9LUK**  
**[k9luk@sbcglobal.net](mailto:k9luk@sbcglobal.net)**

**Annual Membership Dues**  
**Rock River Radio Club of Wisconsin**  
**PO Box 26, Juneau WI 53039-0026**



Last Name: \_\_\_\_\_

First Name(s): \_\_\_\_\_

Call(s): \_\_\_\_\_

Phone: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

Email: \_\_\_\_\_

ARRL:        YES        NO

State: \_\_\_\_\_ Zip: \_\_\_\_\_

Description	\$ Each	Quantity	Total
RRRC 2024 Membership - Family	\$25.00		
RRRC 2024 Membership - Individual Regular	\$20.00		
RRRC 2024 Membership - Individual Associate	\$10.00		
RRRC Badge	\$10.00		
A.R.E.S. Communication Trailer Fund Contribution			
GRAND TOTAL:			

Send to:                      Dave DePover  
                                    Attn: RRRC treasurer  
                                    W7657 Stone Rd.  
                                    Juneau, WI 53039