



The DX HUNTER

OCTOBER 2006

TVDXA CLUB INFO

MEETINGS: 2nd THURSDAY OF EACH MONTH
NEXT MEETING: 11/9/06 - 6:30PM @ WALLY's
TVDXA WEBSITE: TVDXA.com
DX Packet Cluster: 144.990 @ 1200 Baud
DX Tele-net: k4jw.no-ip (41414)
Chat Frequencies: 145.500/446.600
Editor E-mail: howard.thickman@erlanger.org

CLUB NEWS

It's all over but the story telling as the **Island Hoppers** Dx-pedition to Emerald Isle, NC will be reported on at the next club meeting and in the next newsletter. This newsletter went to press before the trip ended, but you can be assured we had a **GREAT TIME!**

MEETING NOTES:

It was discussed and decided that we should publish the newsletter in a PDF format to make it more user friendly for everyone. I will start the new format with this newsletter.

I would like some feed-back on the Newsletter as it is an on-going project for the club:

What do you like and don't like?

What other items would you like to see in the newsletter?

What can I do to make it more fun or informative for you and the club?

Please call, e-mail or talk to me and let me know your thoughts, either good or bad.

If you have articles or information of interest and would like it published in the NEWSLETTER, send or e-mail them to me. Pictures are also needed.

This is YOUR Newsletter.

TVDXA PERSONALITY

JIM WEST – W4TGT

Jim is a long time member of TVDXA. He was first licensed in 1951 while still in high school and is now an Extra Class. Jim's DX total includes the **Honor Roll** with a DXCC count of **329**.

He participates in club events, Field Day and can be counted on for helping other club members. He works mainly CW but owns a mic for SSB. He enjoys hamfests and you can hear the penny scream when he makes a good purchase.

Jim was raised in Clarksville and Cookville. He spent his entire working career with TVA and earned his Masters in Electrical Engineering from UT Knoxville.

He and his wife, Betty, have been married since 1954 and have two sons and four grandkids. Jim and Betty are very active members of their church.



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OCTOBER 2006

CONTESTING NEWS

OCTOBER 2006

<u>DATE</u>	<u>WEEKDAY - TIME UTC</u>	<u>CONTEST NAME - MODE</u>
30- 1	Sat 1200 - Sun 1200	TOEC WW GRID Contest - CW
1	Sun 0600 - 1000	ON Contest 6 m - CW/Phone
1	Sun 0700 - 1900	RSGB 21/28 MHz Contest - CW/SSB
3	Tue 0100 - 0300	ARS Spartan Sprint - CW
3	Tue 0700 - 0959	German Telegraphy Contest - CW
4- 6	Wed 1400 - Fri 0200	YL Anniversary Party (YL-AP) - CW
5	Thu 1700 - 2100	10 meter NAC - CW/SSB/FM/Digi
5	Thu 1700 - 2000	SARL 80 m QSO Party - SSB
7	Sat 0000 - 2400	The PSK31 Rumble - PSK
7- 8	Sat 0800 - Sun 0800	OCEANIA DX Contest - Phone
7- 8	Sat 1600 - Sun 2200	California QSO Party (CQP) - CW/Phone
7	Sat 1600 - 1959	EU Sprint Autumn - SSB
8	Sun 0600 - 1000	ON Contest 80 m - SSB
10	Tue 0001 - 2359	10-10 International Day Sprint - All
11-13	Wed 1400 - Fri 0200	YL Anniversary Party (YL-AP) - SSB
14	Sat 0000 - 2359	Bill Windle QSO Party - CW
14	Sat 0000 - 0759	The Makrothen Contest (1) - RTTY
14-15	Sat 0800 - Sun 0800	OCEANIA DX Contest - CW
14	Sat 1600 - 1959	EU Sprint Autumn - CW
14-15	Sat 1600 - Sun 0500	Pennsylvania QSO Party (1) - CW/SSB
14	Sat 1600 - 2359	The Makrothen Contest (2) - RTTY
14	Sat 1700 - 2100	FISTS Fall Sprint - CW
15	Sun 0000 - 0200	Asia-Pacific Sprint Contest - CW
15	Sun 0000 - 0400	North American Sprint Contest - RTTY
15	Sun 0700 - 1900	RSGB 21/28 MHz Contest - CW
15	Sat 0800 - 1559	The Makrothen Contest (3) - RTTY
15	Sun 1300 - 2200	Pennsylvania QSO Party (2) - CW/SSB
15	Sun 1400 - 1500	SSA Månadstest nr 10 - SSB
15	Sun 1515 - 1615	SSA Månadstest nr 10 - CW
15-16	Sun 1700 - Mon 0100	Illinois QSO Party - CW/SSB
21-22	Sat 0000 - Sun 2400	JARTS WW RTTY Contest - RTTY
21	Sat 1000 - 2200	CIS DX Contest - CW/SSB/RTTY
21-22	Sat 1200 - Sun 2400	QRP ARCI Fall QSO Party - CW
21-22	Sat 1500 - Sun 1459	Worked All Germany Contest - CW/SSB
28-29	Sat 0000 - Sun 2400	CQ WW DX Contest - SSB
28-29	Sat 0000 - Sun 2359	CQ WW SWL Challenge - SSB
28-29	Sat 0001 - Sun 2359	10-10 Intern. Fall QSO Party - CW/DIGI
29	Sun 0000 - 2400	Coast-coast FISTS Clubs QSO Party - CW



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OCTOBER 2006

ANNOUNCED DX OPERATIONS

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<u>DATES</u>	<u>LOCATION/CALL</u>	<u>QSL VIA</u>	<u>INFO</u>
2006 2006 Oct01 Oct27	Madagascar 5R8	DJ7RJ	By DJ7RJ fm AF-057; 160-10m; CW SSB
2006 2006 Oct02 Oct10	Papua New Guinea P2	G3KHZ Direct	By G3KHZ SM6CVX G0LMX fm Kiriwina Is (OC-115); CW SSB; perhaps 6m
2006 2006 Oct03 Oct07	Mozambique C91BWW	CT1BWW	By CT1BWW fm Maputo; 160-6m; CW SSB RTTY SSTV PSK31 FM
2006 2006 Oct05 Oct17	Mayotte TX6A	REF Buro	By F6AML fm AF-027; 80-10m; CW SSB; focus on NA + Japan; direct QSL OK w/ 1 IRC or 1 USD for EU and 2 USD elsewhere
2006 2006 Oct06 Oct10	Palau T80W	JM1LJS	By JM1LJS fm OC-009; callsign may be T88LJ; QSL OK via JARL Buro or direct
2006 2006 Oct07 Oct12	Canary Islands EA8	DK3TNA	By DK3TNA as EA8/DK3TNA fm Tenerife (AF-004, S-012); 80-15m; SSB; 100w; vertical
2006 2006 Oct07 Oct14	Mozambique C98BWW	CT1BWW	By CT1BWW fm Bazaruto Is (AF-072); 160-6m; CW SSB RTTY SSTV PSK31 FM
2006 2006 Oct11 Oct14	Papua New Guinea P2	SM6CVX Direct	By G3KHZ SM6CVX G0LMX fm Daru Is (OC-153); CW SSB; perhaps 6m
2006 2006 Oct07 Oct21	Belize V31LL	W00Z	By W00Z; 80-10m; CW SSB, perhaps RTTY
2006 2006 Oct17 Nov03	Revilla Gigedo XF4DL	See Info	By DL + XE team; NA QSL via N6AWD, others via DL9NDS
2006 2006 Oct21 Nov19	French Polynesia FO	F5JFU	By F5JFU as FO/F5JFU fm Tahiti (OC-042), Moorea (OC-046), Bora-Bora (OC-067); 20 15 10m, perhaps 40m; SSB CW, perhaps RTTY; holiday style operation; QSL OK via REF Buro or direct
2006 2006 Oct23 Nov02	Malta 9H3JC	DL5AUA	By DL5AUA fm Gozo (EU-023, Giordan Lighthouse ARLHS MLT 003); all bands; CW SSB; 100w; wires
2006 2006 Oct25 Nov01	Grenada J37	See Info	By AC8G (J37K), VE3EBN (J37T), WA1S (J38AA), K2DO, N2GA; QSL as announced
2006 2006 Oct26 Nov02	Montserrat VP2MSR	G3USR	By G3USR; mainly 40 20m; SSB; holiday style operation; QSL OK via Buro or direct: Gordon Rolland, The Lodge, 3B Reeves Lane, Wing, OAKHAM, Rutland, LE15 8SD, England, U.K.
2006 2006 Oct30 Nov20	Cocos (Keeling) VK9C	W0YG Direct	By N0KV W0YG



The DX HUNTER

OCTOBER 2006

A Sleep Strategy for DX Contesting Part #5

By K5ZD

This article originally appeared in the National Contest Journal.

More Tips

There are a number of other techniques that you may wish to use as part of your sleep strategy. One suggested by W2SC is to try taking very short 10 minute naps when you feel sleepy. This appears to offer some rest yet does not allow you to fall so far asleep that you can not wake up easily.

Notice that I did not mention the use of caffeine in my strategy. I am not a coffee drinker so I can't speculate on its effects. As I get older I am finding it much more difficult to fight through the need for sleep. As a result, I have occasionally taken a caffeine pill (such as No-Doze) to help stay awake. I take 100 mg of caffeine at the lowest point of each night. Caffeine can upset your stomach so it is a good idea to eat something at the same time.

I have had some success with combining caffeine with the short nap technique. I take the caffeine and then sleep for 10 minutes. The effect of the caffeine and the nap seem to compliment each other as a way of getting some rest and yet waking up with a clear head.

I think it goes without saying that drugs and alcohol should not be used during the contest. Alcohol is a depressant and will cause you to fall asleep (not to mention interfering with the mental energy you need to win).

One area of contest physiology that I have not studied is the effects of diet. I find that I eat and drink very little during the course of the contest. Working stations is like potato chips for me -- I can't stop! Several times during the contest I will suddenly realize I am starving, and yet I keep wanting to work just one more station before taking a break. And one more. And another!

Not drinking very much has the benefit of reducing the number of trips to the bathroom. However, this must be balanced against the danger of dehydration. I have lost as much as 5 pounds during the course of one contest! If you have discovered a successful contest diet, share it with me!

After the Contest

One thing I have always been amazed by is the adrenaline generated by the excitement of the end of the contest. The pressure of the last two hours is trying to push the score on the computer screen over the next milestone. Should I call CQ or tune? Or a combination of both. When it's over, I am tired and almost incoherent (just listen to the single ops on 3830 for proof). Afterwards, I can't fall asleep for several hours. If only we could bottle that feeling!

Expect any contest effort of more than 44 hours to require several days of recovery. I usually sleep for 12 to 15 hours after the contest. And I still feel sleepy until about Wednesday!

I hope the ideas presented here are of help to you in your next serious DX contest effort. As long as DX contests are 48 hours, the serious single operator entrants must deal with the effects of sleep deprivation. Good preparation, serious commitment, and a well-tuned sleep strategy may be just the edge you need to beat your competition.



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OCTOBER 2006

DX Stories by Paul M. Dunphy, VE1DX

DX Is A Changing Season

by Hugh Cassidy, WA6AUD

Originally published in the WCDXB issue 11 April 1978

(with minor modifications by VE1DX in December, 1996)

One of the Local QRPers was up the hill last week and for awhile we sat around and talked about the good things of Spring . . . such as working Clipperton on a number of bands. "Clipperton should not be on anyone's 'most needed list' for a long time," the QRPer said, "maybe twenty or thirty years or so." We had to think about this a bit and, as usual, we got into an endless argument. So we took the question up the hill to the Old Timer who was feeling good now that the longer days and warmer weather was here. He listened to our arguments and finally held up a hand. "Take these", he said, tossing a couple of copies of the West Coast DX Bulletin at us, "and tell me what names or calls you recognize." Those copies were dated back in the 1970's and after a bit we both had to admit that we recognized very little.

For sure, only the name was familiar of whom we had not heard much lately. The QRPer claimed to recognize one 1X3 call who he insisted had since upgraded to a 1X2 call, but the rest eluded him. "DX always is a changing season," the Old Timer said, "and nothing stands still. The DX and DXers of today will be mostly forgotten in five years or so and many will be clamoring for Clipperton." The QRPer thought this over for a bit but was not convinced. "Why do we chase DX if it is not going to mean anything?" he asked. "I thought that if I can make it to the Honor Roll they would remember me forever." This had the Old Timer shaking his head. "You chase posterity and it will elude you. All the marble monuments in the cemeteries should prove that to you. Chase DX for enjoyment and the pleasures of friendship and that will be yours forever."

Later the QRPer told us: "Sometimes I don't understand the Old Timer and what he says. Do you?" We had to admit that often we felt we were on the periphery of understanding when it came to the Old Timer but that did not bother us for there was much in this world we did not understand. But DX we did, for that was a joy! Still, we had to admit that even true blue DXers sometimes have trouble understanding the Old Timer, but more so in understanding the QRPers. That's why DXers have furrowed brows . . .



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OCTOBER 2006

TVDXA CLUB BBQ RECIPE THE BALD BBQ'er



CAJUN CRAB & CORN SOUP – by KE4MBP

1	STICK BUTTER
1/2-1	ONION CHOPPED
1	CLOVE GARLIC MINCED
2 TBS	FLOUR - ALL PURPOSE
1 1/2 CUP	CLAM JUICE
2 CUP	CHICKEN BROTH
1 (10 OZ)	FROZEN WHITE CORN
1 TES	SALT
1/2 TES	PEPPER
1/4 TES	THYME
2 CUP	HEAVY CREAM
2-4	GREEN ONION CHOPPED
1/4 + TES	CAYANNE PEPPER
1 LBS	LUMP CRAB MEAT
(CRAB BOIL - TO TASTE, IF YOU WANT)	

DIRECTIONS:

MELT BUTTER. SAUTE ONIONS & GARLIC UNTIL TENDER. WHISK IN FLOUR AND COOK 2 MIN. STIR IN CLAM JUICE & CHICKEN BROTH. BRING TO A BOIL. ADD CORN, SALT, PEPPER, THYME, CAYANNE PEPPER. SIMMER FOR 15 MIN. ADD CREAM, CRAB MEAT & GREEN ONIONS. HEAT CRAB THROUGH. **"DO NOT RE-BOIL"**

Send me your favorite BBQ Recipe(s) or side dish and have them published in the Newsletter.
Let everyone enjoy an afternoon family BBQ of good eats.

K1AR CONTESTING HINT

I've heard from so many people about sending speeds in CW contests that I thought it was worthy of mention in this month's contest tip. If you're an experienced CW contester, try taking the time to occasionally slow down. There may be a number of more casual participants who are waiting in the wings to call you. The key is they need to be able to copy your call sign. You may be doubly surprised to snag a rare multiplier once in a while too!