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Western & Northern Suburbs Amateur Radio Club Melbourne, Australia



www.wansarc.org.au



146.450 MHz FM

VK3AWS

28.470 MHz USB

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Issue 12

December

2013

No Meeting at Ern Rose, It's Christmas Dinner Friday 6th December

St. Georges restaurant, run by NMIT,
PLUS a magnificent door and raffle prize

The dinner is booked for 7.00PM,

Restaurant is Fully Licensed. No BYO.

Location is Building K, Enter via St Georges Rd main entrance, then go left, ample parking.



January 2014 Family Day

Rotunda 6, Bundoora Park,

Sunday 19th January

More details in January issue of WANSARC News

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Around the Shack

LAST MONTHS MEETING

As promised the special draw for those bidding and buying at last months auction was held. Frank VK3ZO was drawn BUT as he was NOT there, he missed out!!!

The next draw was Greg VK3CN, winning, courtesy of the MasterChef Kitchen, a \$100 Good Food Restaurant voucher. →

The monthly door prize was won by Carlo, VK3FGXL, who faced a 'double jeopardy' decision of selecting from three envelopes, each containing a different prize, that were of quite different monetary value.

Carlo ended up winning a DAB+ receiver. → The prize draw adjudicator, Don VK3HDX told Carlo, that he had "*Chosen poorly...!*", which makes us all wonder exactly what is the grand prize for the year, which will now be deferred to the NMIT Christmas Dinner.



After the general meeting Don VK3HDX gave a presentation of Open HPSDR Project (High Performance Software Defined Radio). This was a real insight to the future of amateur radio.



Don explains the amazing capability of HPSDR ↑ Only using about 6% of the computers processing power, its possible to "watch" via a waterfall display, in real time, from the AM broadcast band right up to 6 meters.

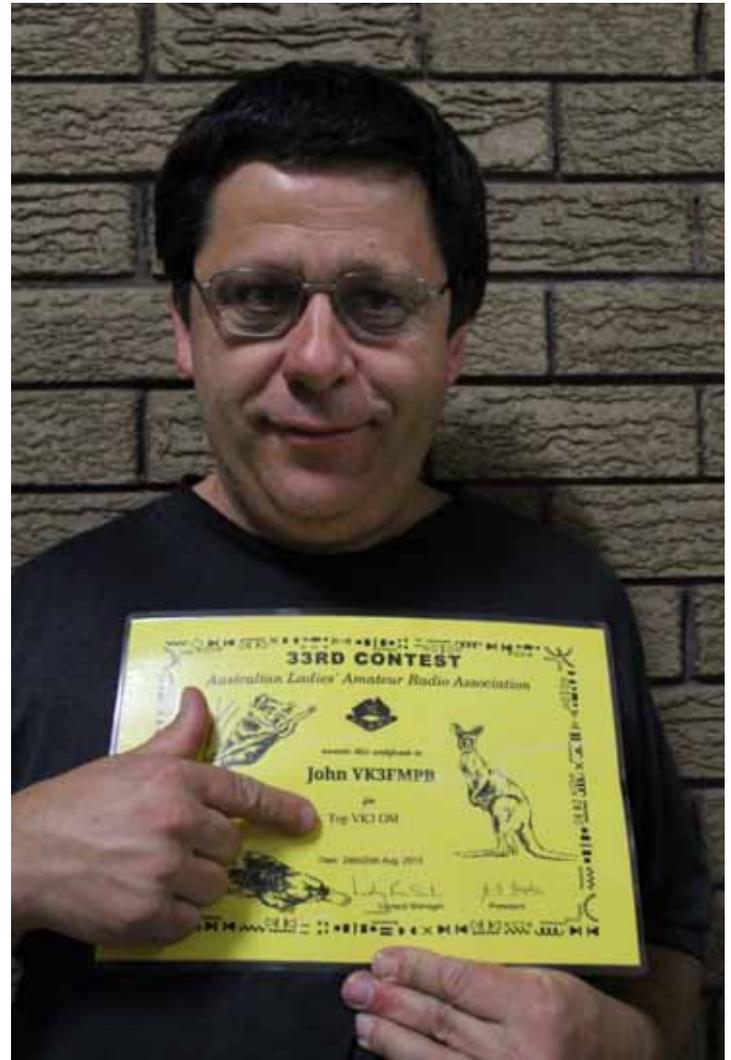


A complete 100 watt SDR Transceiver, HF to 6 meters. ↑ Even with a wire inverted 'V' right under the EHT powerlines outside in the car park, virtually no interference was heard due to the superior noise processing power of the SDR software within the computer. No computer or noise from the switch mode supply under the table either - this is a real DX'ers tool...

See the Open HPSDR website for more at <http://openhpsdr.org/>
The other link to SDR boards & radios is www.apache-labs.com

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JOHNNO WINS "TOP OM" IN ALARA CONTEST



In the recent 33rd annual ALARA contest, Johnno took out the award for Top "Old Man" operator. Full details about the ALARA awards at <http://www.alara.org.au/contests/>



WANSARC NET
TUESDAY NIGHT 8.00 PM
146.450 MHz FM
NET CONTROL STATION
VK3AWS

Join the Net, Keep up to date with news from club and members

Summer VHF UHF Field Day
JANUARY 11 & 12

See <http://www.wia.org.au/members/contests/vhfuhf/>

HACK ME

A journalist who challenged a team of hackers to find out as much information about him as possible has described their findings as "chilling" after they were able to access all of his bank accounts and crack all of his passwords. Adam Penenberg, a US investigative journalist and editor of technology website PandoDaily, questioned whether anyone was protected from prying online eyes following his experiment with an "ethical hacking team" this year.

Fourteen years ago, Penenberg wrote an article for Forbes magazine in which he paid a private investigator to delve into his personal life. Within a week, the private investigator was able to uncover astonishing details, including Penenberg's date of birth, social security number, mother's maiden name, home address, bank details and stock holdings.

In the new digital era, and in the wake of the snooping scandal surrounding fugitive NSA contractor Edward Snowden, Penenberg decided to repeat the experiment using a team of hackers from SpiderLabs, the advanced research and ethical hacking team at Trustwave. The hacking team was given only Penenberg's name, and was asked to perform a personal "penetration test" on him. The only rules were that they could not break the law, and not involve Penenberg's children in the investigation. And their results far surpassed those of the private investigator. "What I learned is that virtually all of us are vulnerable to electronic eavesdropping and are easy hack targets," Penenberg wrote on PandoDaily following the experiment.

"Most of us have adopted the credo 'security by obscurity', but all it takes is a person or persons with enough patience and know-how to pierce anyone's privacy – and, if they choose, to wreak havoc on your finances and destroy your reputation."

On August 20, SpiderLabs' three-member team flew to New York and staked out Penenberg's home.

They also sent an email containing a malware link to Penenberg's wife Charlotte, who owned a pilates studio nearby.

When Charlotte clicked on the link, the hacking team had complete access to her laptop whenever she was on the internet.

On the laptop were the family's social security numbers, income details, copies of credit card and banking statements, as well as a password the family's home router.

"More frightening, they discovered her password and log in to our Chase online banking account," wrote Penenberg.

"They could, if they wanted to, have wiped us out financially."

On the computer, they also discovered passwords for several online accounts, including Penenberg's Amazon account.

While that might seem a minor security issue, the password Penenberg used formed the basis for all of his online passwords.

"Because I can't possibly remember every single one to every site I use not only do I reuse passwords, I also have come up with an informal formula to create them," Penenberg wrote.

One of SpiderLabs' team members was an expert in computer forensics, and soon cracked all of Penenberg's passwords.

The hacking team broke into his Twitter and Facebook accounts, leaving cryptic messages, and ordered 100 plastic spiders from Amazon to let Penenberg know they had infiltrated his account.

They also cracked his iCloud password, and activated the Find My iPhone app, before putting both his iPhone and laptop devices into "stolen mode".

The first Penenberg learned that his devices had been breached was when, while teaching a class at New York University, his laptop and phone both shut down.

"As for me, since we concluded this exercise I've changed my passwords and log ins but I don't delude myself into thinking I'm protected from prying eyes — the government's or anyone else's, if they belong to someone with the right combination of skills, resources and determination," Penenberg wrote in his article.

"And if I'm not safe, are you?"

~Internet

REVERSE MICROWAVE OVENS

The modern marvel in most kitchens is the microwave that can heat up or cook food items. Now researchers have reversed the process to cool down a drink in less than a minute.

Called the V-Text it chills drinks and wine bottles from room temperature to four degrees, and may make redundant tall refrigerators and shelves that run 24-7 filled with items for sale.

The technology developed with the help of research funding from the European Union has a cooling vortex which spins the drink round.

Supermarket trials in the Netherlands are beginning and eventually it's hoped to be available for domestic use. The day of the beer or wine fridge may be over. Other applications for the innovative technology are emerging. ~ARV

DIGITAL TV TRANSMIT GOES DONGLE

In what promises to open up DVB-T further is a newly released dongle that is a great step towards more transmitters on the mode.

While USB dongles have been available to receive only digital TV for sometime, the latest also gives a transmit signal suitable for radio amateur and wider applications, albeit at about 1 Mw power.

The UT-100C available in England transmits across 50-950 MHz and 1200-1350 MHz and is to be tried out soon in Australia.

Apart from amateur television, marketers expect it to find uses as a signal generator, closed TV set-ups, surveillance, and research and development. ~ARV

TV SWITCH-OFF TO CATCH SOME

When Australia's final analogue TV transmitters now serving Melbourne, Geelong and surrounds are closed on December 10, at least 5 per cent of people will get caught with no television.

The old transmissions are to disappear in favour of new TV with its multitude of channels.

The former analogue frequencies are up for sale in the so-called digital dividend.

Being found frequently in Melbourne-Geelong are those who use to watch Community Television Broadcaster Channel 31, but are unaware it earlier shut-down and moved to 44 digital.

The experience elsewhere in Australia found at 5-10 per cent of people still watched analogue TV, but get caught by the switch-over which requires a desk-top device or a new receiver. ~ARV



WHAT WILL BE AMATEUR RADIO IN THE FUTURE?

Are you happy with the way things are now, without giving deep thought how, over the years, Amateur Radio has truly evolved?

First we had wireless experimenters dabbling in the scientific oddity of spark-gap telegraphy, then came valves, amplitude modulation, radio broadcasting and short waves opening up the world, satellites and more.

A lot has happened, not to mention television, the Internet and the use of a plethora of digital modes and weak signal working.

Do visionaries that look to the next 5, 10 or 20 years still exist?

A declining number of newcomers can pose a real threat to Amateur Radio, and it could happen in Australia.

An unknowing community has rarely heard of Amateur Radio, or thinks we're old fashioned, bypassed by computer and information technology, and does not provide new challenges.

Think about how best you can promote Amateur Radio - sure we need to reflect on the past, but we also need to emphasise the now and the future. The WIA through its clubs and individuals has the PR4AmateurRadio Expo in April. Details about it can be read on wia.org.au and visiting the What's On section. ~WIA

A FORAY INTO THE DO-IT-YOURSELF WORLD

On display at last month's Eurisko exhibition in Melbourne was the hands-on aspect of Amateur Radio. The well-presented WIA stand was designed to showcase Amateur Radio to a select audience and hopefully link up with those who can see an application for their interests.

The paying visitors attracted to the Eurisko exhibition were mainly of a younger age group interested in making, crafting and do-it-yourself activities. There were many stands including those with basic soldering, 3D printing, chemistry, computers, electronics, robotics, rocketry, and self-help learning groups. A few also held workshops during the two-day event.

Fitting right in was the WIA stand that had working displays of Amateur Television, homebrew equipment design and construction, a video display of various aspects of Amateur Radio plus information on how to become a radio amateur. New to them was Amateur Radio's ability to handle telemetry for experiments, and that some of us are already into balloon launches and other practical experimentation.

Spending a lot of time at the WIA stand was Dr Zoz Brooks (pictured) a special guest at the exhibition from Fab Lab Adelaide and co-host of the internationally telecast Discovery Channel's Time Warp show, devoted to high speed imaging of natural and scientific phenomena.

The Adelaide-based engineer, artist, robot expert, hacker and teacher spent well over an hour with those from the WIA to learn all he could about Amateur Radio and like many visitors thought about what modern Amateur Radio offers their interests and how to become a radio amateur.

The WIA hopes that collaboration with other do-it-yourself interest groups can be achieved.

Tapping into a near-perfect audience, with targeted messages delivered by individuals with a high degree of interpersonal skills, the stand effectively showed off what Amateur Radio has to offer. Participation in the Eurisko Melbourne exhibition is in line with a recent WIA email survey of radio clubs on the broad topic of how best to promote modern Amateur Radio. ~WIA

AND I BEQUEATH MY EMAILS TO ...

People are including instructions in their wills about how to handle their email inboxes and social media profiles after they die, a lawyer says.

Slater and Gordon succession lawyer Rod Cunich said the firm introduced provisions for handling clients' digital property in its automated and standard wills, after a number with "valuable digital assets" had asked whether it provided estate planning services for social media profiles and online property, including photos and emails.

Mr Cunich, head of the firm's estate planning and wealth management division, said that historically people had passed on their photo albums to the next generation. But they were increasingly storing personal information online only.

"People are creating online or digital assets all the time but they don't consider or manage them as assets," he said.

"A lot of our photographs are now taken on our smart phones, immediately uploaded to Facebook or Flickr or other online service providers. There's no [physical] copy of them kept anywhere. Often it's not even stored on a hard drive of a computer. When a person passes away, what happens to all those photographs?"



Some clients wanted to include instructions about their social media profiles, he said.

Many US social networking websites and email providers included options for deceased users' profiles in their terms and conditions. For example, Facebook pages could be closed or put in a "memorial" state – keeping them online with only previously confirmed friends able to access or post on it – if an executor or parent with proof of their authority requested it.

Others wanted to specify who was entitled to their computers. "Information stored on the hard drive of your computer, smart phone or tablet, can be anything, [for example] a draft book that you're writing," Mr Cunich said.

People with online businesses and those who automatically saved their passwords for shopping websites and email accounts on their home computers for convenience could leave these open to abuse after they died and before their executor took control of their estates, he said.

"Whoever gets control of the computer, provided they've got the passwords, can access all that information and either delete it or pass it on to people who might have an interest in it," he said.

"So one of the things you would need to authorise an executor to do is to remove all that personal data from those accounts."

While concerns about what to do with online identities after death were nascent in Australia, Mr Cunich said that they were growing in the US, where seven of its states had passed laws around transferring digital property.

This follows the Victorian Law Reform Commission's report on the state's succession laws. Last month, it recommended that the range of the next of kin who can potentially inherit from a person who dies without a will be limited to prevent unmeritorious claims eating into the estate.

Mr Cunich said that succession laws would later need to cater similarly for digital property.

"If there's money to be had, greed will follow it," he said. "Whether it's friends or family, as more valuable virtual property is created and forms part of someone's overall wealth, there will be people looking to get their fingers around it."

Terms and Conditions

Facebook: Facebook will agree to close the account with proof of an executor's authority, or of parents' identity in the case of a deceased minor. Such people could also ask the profile to be put in a "memorial" state so it stays live with only confirmed friends able to access or post on it.

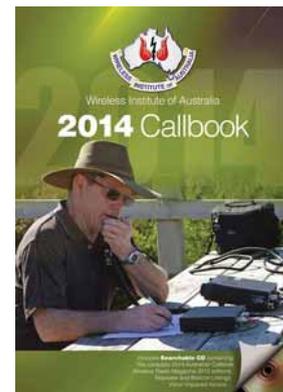
Twitter: Won't close account but will turn off the "follow me" option on deceased peoples' profiles if an authorised person requests this.

Hotmail: Will grant access to executors with a death certificate and proof of their authority.

Yahoo: Any emails on Yahoo accounts belong to the company and are protected by privacy laws. "If someone dies, the only way to get access to the emails is to sue them and you may or may not be successful."

~Internet

The 2014 Callbook is now available from the Amateur Radio Victoria bookshop. It includes a searchable CD containing the complete 2014 Callbook, VK radio amateur call signs, printable great circle maps, and ACMA information. It costs \$40 for delivery within Australia. shop.amateurradio.com.au



KEITH ROGET ACTIVATION WEEKEND

The Keith Roget activation weekend is a weekend where as many of the people participating in the Keith Roget National parks award will just get up and get out into a National Park for the weekend.

I decided to get into the Grampians N.P. seeing as I haven't activated that one yet.

Having activated a park means that you have either talked out of that park or talked to a station inside that particular park.

This weekend, the 15-17/11/13 we had about 50 or so activations planned with some parks being activated by different people on numerous occasions and other people activating numerous parks across the weekend.

For a full list go to yahoo, look at the Keith Roget group.

I chose to go to the Grampians National Park just past Ballarat and settled on a place just near the northern tip of the Grampians not far from Mount Zero.

I found myself a great spot on the previous week's visit with plenty space and 400m elevation.

One thing about finding great spots that you should always write the location down and keep it handy.

Do you reckon I could find it again? Not a chance so I settled for 2 spots just near the western hwy and tried my luck.

I contacted a few stations, including VK3VCL Wayne, removed the Tara Bulga N.P. from my list and went to the hotel for a good night's sleep.

Did I say good? There was a tree with a branch resting on the roof of my room. The wind made a symphony of noise and scratching which prevented any sleep on my behalf. After trying for about 3 or 4 hours I decided enough was enough.

I got up and left for home. That was about 2 or 3am by that stage So with no sleep in about 18 hours I got into my car and headed home. I felt alright I swear I did.

About half an hour or so down the highway I got pulled up by the local police and a very pretty young lady stuck her head in my passenger's door and gave me the age old greeting, Have you been drinking tonight sir? No, I replied. Blow into this was the next thing I heard. Luckily I hadn't and blew .00.

So I was free to go and did so.

That sort of thing can really wake you up and it did.

I realised that I was pretty tired so I paid special attention to the road all the way home. I made it safely thankfully. arriving at 0400 I jumped into bed and slept a little while.

I had that nagging feeling of a job not quite finished so I then got up and headed up to King Lake and bumped into VK3AMB Bernard. You just never guess how busy the car park is on a weekend. The car park was so crowded that parking your car meant having to wait for someone to leave.

A few people came up and asked us what we were doing. That gave me the chance to hand out some old AR mags that the WIA had given me for that purpose and have a bit of a chat. I also managed to activate the Cobbobonee NP in Warrnambool from King Lake so that's another park removed from the list.

My next trip will be up to Swan Hill to activate a few of the parks up there.

The little Desert, Murray Sunset, Wyperfield, Hattah Kulkynne are all on my list next.

Cheers ~ Johnno VK3FMPB

ROSEBUD HAMFEST 2013 REPORT



Mick, VK3CH missed the 2012 Rosebud Hamfest, but this year a chance to clear more junk was done, along with a few socks...

Despite the pictures, yes, some ham gear was actually for sale!

Mick took \$480 over the three hours, not bad for "old junk..."

Half the stuff sold was nearly going into the rubbish bin anyway.

As always, if its bargain priced, it will 'walk'...



As always, due to attending the tables, missing the lectures was a shame, they sounded interesting. Half a dozen WANSARC members were seen, but no time to round them up for a photo.

Crowd numbers seemed good, the food was reasonable and quite cheap.

This was seen on a T-shirt, a true classic. ↓



There were door prizes, quite a few, as seen here. The weather looked nasty on the drive down but ended up good.

The new freeway made travel easy too.

A pleasant venue, lots of table space.

\$10 table hire also one of the cheapest.

The local repeater, VK3RSP

(Mt Martha) 146.675 heard all the way

from home to the venue, not bad for

mobile. If more radio junk is found,

then we will be back next year...

~Mick VK3CH



What is amateur radio? (A layman's answer)

Radio is normally about listening. Listening to songs top 40, classical or whatever your style may be. Other radio stations concentrate mainly to talking to people. Melbourne's 3AW and Sydney's 2UE are examples of radio that you listen to and have some chance of interacting with the staff and listeners. However, each time it costs you a phone call and the chance of being embarrassed by the host. When you do ring up a talk station you are usually restricted to one topic (Whatever the current topic they are talking about is). The topic DU JOUR as it were.

You will only get about 30 seconds or less on prime time to put your point across and there is very little chance of much interaction with the host. They want to move on as quickly as possible to get as many calls in as they can.

You get little chance to make relationships with people who host the shows on talk radio. However some people who are regular callers do strike up a relationship with the host and other listeners. This is built up however, over a long time, often years of ringing in, usually very late nights and hefty phone bills in some cases.

Amateur radio is different to commercial radio in that we can yap all day on any number of topics. (not always limited to radio topics), and we don't have to pay 30c each time either. There is an initial outlay for your gear however, but when you extrapolate that out over 10, 20 or even 30 years of talking, some people may make it 40, 50 or even 60 years of yapping and learning. Then the initial outlay becomes small.

This does raise a point of interest however. You make your initial outlay for equipment. The very basics include a radio, antenna, coaxial cable to feed your antenna and a power supply if home base. Then, as with most people we want to improve our stations. Improve our signals, add more functionality to our stations.

Then you add things just like when you buy a car and add accessories. Another radio for the car/portable work in the field, maybe a portable/handheld radio. New antenna, masts, more coax, tables chairs, BBQs, the list is endless. You can add tents for wet weather, warmer clothes, ropes slingshots, more wire for HF antenna, tools, poles and more and more 'stuff'. The serious hams even got to the extreme of buying cars and vans with fitted out with masts for the purpose of going into the field.

We make friends of other radio operators and even meet and congregate with them in clubs, Hamfest's, field days, competitions, events, as well as eating snags, pizza and the like.

Amateur radio is mainly about learning. Learning new methods to talk to people locally, around your state, country and even the world. It is also about learning and advancing your licence. Keeping your grey matter active also. Gaining new privileges and keeping active, often in your later years. Try to get that out of commercial radio

Lastly amateur radio is a microcosm of society in which it operates. That is, it contains the good the bad and the ugly of society at all times. You could be talking to a business man, a politician, a cop, a murderer, scout, girl guide, SES volunteer a student or a priest and you wouldn't know it. Better be careful what you say in case you have sinned or blasphemed, broken a law, inadvertently ordered a box of girl scout cookies or even broken a simple ham radio convention. 10-4!

~Johnno VK3FMPB

Alzheimer's and Dementia

What is Alzheimer's disease and how can I live with it successfully. Causes, symptoms, treatments, sequelae.

Alzheimer's disease is the cause of the symptoms present in Dementia. The term dementia is used to highlight a group of symptoms that will cause a person to be unable to partake in normal ADL (activities of daily living/life)

Dementia affects memory, thinking, language, judgement, behaviour and the sufferers ability to perform many usual tasks
it is still a poorly understood condition.

Mainly manifesting in the over 65 age group. It will be present in about 10% of adults in that group. No-one is immune from the possibility of developing symptoms. Early onset or younger onset dementia is a term used to describe the onset of symptoms in people less than 65 year of age.

It is not a normal consequence of ageing. It is, however, a fatal and slow brain disease. Dementia is caused by the death of brain cells, this can happen through Alzheimer's disease or stroke which decrease blood flow to the brain

Other causes can include AIDS, high fever, dehydration, hydrocephalus, systemic lupus erythematosus, Lyme disease, long-term drug or alcohol abuse, vitamin deficiencies/poor nutrition, hypothyroidism or hypercalcemia, multiple sclerosis, brain tumour, or diseases such as Pick's, Parkinson's, Creutzfeldt-Jakob, or Huntington's. Dementia can also result from a head injury that causes haemorrhaging in the brain or from a reaction to a medication.

Scientists believe that for most people, Alzheimer's disease, which is in fact a form of Dementia, <http://www.fightdementia.org.au/understanding-dementia/alzheimers-disease.aspx> results from a combination of genetic, lifestyle and environmental factors that affect the brain over time. <http://www.mayoclinic.com/health/alzheimers-disease/DS00161/DSECTION=causes>

- 1) Alzheimer's Disease damages the brain, this results in impaired thinking, memory and behaviour.
- 2) The biggest risk factor for developing Alzheimer's Disease is age. 1 in 4 people over the age of 85 have dementia.
- 3) Sporadic Alzheimer's Disease can affect anyone of any age.
- 4) Familial Alzheimer's Disease is a very rare condition with onset happening at less than 65 years of age.

Alzheimer's disease is characterized by symptoms such as memory impairment, (forgetting important dates, forgetting important appointments, (but recalling them later on), forgetting names needing to ask the same info over and over again. The short term memory is usually the first affected by Alzheimer's Disease. As the disease progresses to deeper structures of the brain long term memories are also lost.

Later Alzheimer's Disease is characterized by disturbances in reasoning, planning (May be characterised by an inability to formulate and follow plans, trouble in keeping track of monthly bills. Also taking longer to do similar tasks). The brain of the Alzheimer's disease patient will typically have shrinking of the outer layer of the brain or cortex. This shrinking is caused by the death of brain cells.

Other symptoms of the Alzheimer's disease patient include language, perception, to having difficulty with spoken communications (a monumental tragedy for hams), suffering from disorientation and the inability to properly interpret spatial relationships. (Judging Distances, reading, some may look in a mirror and not recognise the person staring back at them).

Being struck down with dementia is extremely frustrating for the sufferer. They may lash out at others due to the difficulties caused by Dementia. These difficulties may cause the patient to misinterpret the actions of others around them. This may lead to people with Alzheimer's withdrawing from social activities and later developing depression. (health central.com)

~Johnno VK3FMPB

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Should happiness be the most important goal in life?

One of the most thought provoking books I have read this year is Hugh Mackay's *The Good Life* in which he attempts to define what makes a life worth living? He proposes that our society today is hooked on the idea that happiness is a natural entitlement, which has been called the Utopia complex. He believes that our children are victims of this Utopia complex. We, as adults, can cope with disappointments but Mackay questions whether children brought up on a constant diet of support and guidance from parents anxious to remove any obstacle, as many are today, can?

He suggests that this will make their arrival into adulthood a huge shock!

Children who have been cosseted and fed a rich diet of boosting praise will struggle with the demands of independence. Children who are over-protected, over-praised and over-indulged become self-absorbed and will eventually discover in their adult lives that they are not the centre of the universe – something that they will most likely find shocking and painful!

Those who have always had problems solved for them don't learn and don't know how to solve problems, which is also thought to be a contributing factor to the marked increase in the incidence of mental illness amongst young people.

Amidst our striving for excellence, perfection and self-esteem, it is easy to overlook the fundamental fact about human beings – we are by nature social beings - and the process of socialisation or learning how to live harmoniously in social groups, is actually designed to restrain self-interest and curb excessive competitiveness. Few of us would disagree with Mackay when he proposes that self-discipline, rather than self-esteem is a more useful character trait. This is confirmed by research data which tells us that self-discipline, not self-esteem is actually more reliable, even than IQ, in predicting 'all round school performance'.

Some in today's society even believe that happiness is our natural default position. Yet I am sure we all remember the times when we have learnt the most. Our most important and character forming lessons come from challenging experiences, such as sadness, failure, disappointment and loss. If we are happy all the time, we will never learn these valuable lessons – how to cope with failure, frustration, disappointment and even unfairness.

So what does Mackay define as the good life? It is a life lived for others. We are all inescapably part of each other and our human destiny is to accept and nurture our connectedness. We are each part of a larger whole. It should be more a case of 'who needs me' rather than 'who am I'? He does not mean this in a servile or subservient way but in a spirit of equality with the people we meet, wherever we meet them. Hence a good life or a valuable life, is a loving life but it is not the same as a happy, fun-filled life and it won't even feel good all the time.

From our Christian teachings we learn that the most powerful force for good in the world is love, characterised by kindness, care, compassion, generosity, tolerance, encouragement, and support. Love given or received is about our engagement with others.

Thus the good life is one that is valuable in its impact on others, it is a life devoted to the common good.

At its best, the good life is based on altruism, precisely the opposite of selfishness, and involves doing things that benefit others without any thought of a reciprocal benefit to ourselves.

Beside a life that contributes to others' wellbeing, our own worries about personal contentment and prosperity fade into insignificance. True, many who live the good life will experience moments of overflowing happiness, some enjoy prosperity, contentment, deep satisfaction in personal relationships or even fame but some will not.

The whole idea of the good life evaporates if we focus on ourselves and what we are getting out of it.

Most people recognise that the secret of a civilised society is about people treating each other respectfully, courteously, fairly and kindly. In other words, treating others as we would wish to be treated, the Golden Rule, which is at the heart of Christianity and almost all religious traditions.

In a perfect world, this might be sufficient yet it falls down without a reference to justice and the law.

Hence a modified Golden Rule would say: Treat everyone in the way you would like them to treat you, provided that it is just, fair and reasonable in the circumstances. The context is vital but it is still important to exhibit kindness and respect. Every single one of us wants to be taken seriously. Every person wants to be acknowledged, respected, appreciated, understood, valued and accepted with our unique role recognised and our voice heard.

In conclusion, the good life does not imply a sensational or a spectacular life, it's simply one lived for the benefit of others, a life of service to the common good.

Like everything else worthwhile in life, goodness needs to be nurtured and developed.

Thinking about the good life is not sufficient, it needs practice.

~Taken in parts, from a speech heard by Mick VK3CH

2013 SPRING VHF/UHF FIELD DAY – REPORTS FROM VK3ZO ‘IN THE FIELD’

Again, as I woke to a similar BOM radar sweep as per this year’s John Moyle Contest, dark clouds and rain were threatening from afar. But from years of experience in the mountains I knew that the climate at 83 m ASL (my house) isn’t necessary the same as at 308m ASL. My main goal was to try out the 23cm grid pack on a new rotatable tow bar jig as part of participating in the field day. So I loaded the car with the trusty ICOM IC-910H 2/70/23 box, my trusty Triband 2/70/23 Diamond mobile vertical and the ‘piece de resistance’ the 23cm grid pack, come what the weather.

The Monash was abysmal and threatened to U turn me, but I persisted. I dropped in at the Coffee Bean cafe at Neerim South, filled up the thermos with coffee and a treated myself to a delightful passionfruit and blackberry muffin and headed to a fav spot at Neerim North (QF22XA), on the way to Noojee. God bless the weather gods because it was slightly overcast with sunny breaks. The day just got better and better. I arrived around 10.30 had some smoko and set up the antenna complex. I have been working on an easier mechanical pivot method to raise the mast assembly singly by hand from the towbar. As per the images you see basically mostly 75mm x 75mm x 6mm gal angle that the whole jig is fabricated from. Use of this gauge material makes it quite stable from twisting, if anything next version will have at least 8mm angle off the tow bar to reduce further twist. The jig all collapses and fits in the car. It takes approx 30 mins to unpack and be up and on air, As per the images the jig allows pivoting of the assembly with the U Bolted pipe of which the 5m swimming pool cleaner pole slides in snugly allowing me to turn it. The swimming pole is a light extruded two section with a hand screw lock available from Bunning’s for about \$38.00. This whole assembly I can raise myself. It does require a screw lock pin arrangement to prevent the antenna swinging in the wind, but working on this. With heavier gauge aluminium that is telescopic, a higher top load would be obtainable. May need to work on a ‘hydraulic jack’ raising mechanism similar to commercial antennas, of late!



Results? I operated for about 5 hours into two time blocks from 12.00 Noon to about 5.00PM. Stations worked on 23cm were VK3ER/P (5x9+ both ways), near Trentham, about 159KM, VK3UHF/P Geelong, VK3WRE Traralgon and VK3VFO Morwell. 2 and 70 were no problem with other stations including Mark VK3PI and VK3OP at their home QTH.

There was significant activity on higher bands well past 10 GHz from listening to the portable stations which there were many.

2.4 GHz with the aid of Transverters may be on the cards. We’ll see what Santa brings!

Overall a great successful day of testing and fun, with great operators.

If anyone wants further advice or for further brainstorming, drop me an email or call.

Cheers and best 73s’

Frank VK3ZO

.....looking forward to Summer VHF/UHF Field day 11/12 Jan 2014.
...with a possible portable location at 800m ASL!

A Matter of Degrees

The graduate who has a Science degree asks,
"Why does it work?"

The graduate who has an Engineering degree asks,
"How does it work?"

The graduate who has an Accounting degree asks,
"How much will it cost?"

The graduate with an Arts degree asks,
"Do you want fries with that?"

WANSARC VK3AWS

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WANSARC CLUB PROFILE

History

The Western and Northern Suburbs Amateur Radio Club (**WANSARC**) was first formed in 1969 and since then has served the needs and interests of amateur radio operators, short wave listeners and those interested in hobby radio and electronics. The club is not gender specific, having both female and male members. Members come from all walks of life with a mix of experience, young and mature, novice and technical. The most important aspect of the club is the willingness of all members to share their knowledge for the benefit of others. Members mainly reside in the west and north of Melbourne; however membership is encouraged from all interested. **WANSARC** is an affiliated club of **The Wireless Institute of Australia**.

Meetings

Meetings held at the **Ern Rose Memorial Pavilion, SEAVER GROVE, RESERVOIR** (Melway Map 18 D5) on the **1st Friday of each month** (excluding January) commencing at **7.30pm local time**. Talk in on **146.450MHz FM**—call club station **VK3AWS**.

Benefits

Free technology and related presentations, sponsored construction activities, discounted (and sometimes free) equipment, network of likeminded radio and electronics enthusiasts, excellent club facilities and environment plus an informative monthly newsletter for members to post articles, news, classifieds for all radio, test equipment, etc, featuring Amateur Radio news from WANSARC, ARV, WIA, ACMA, Melbourne Clubs, VK and Worldwide.

Club Nets

146.450MHz FM each Tuesday evening commencing **8.00pm local time**. Net Control Station - **VK3AWS**

Website: www.wansarc.org.au

Postal: **WANSARC PO Box 336 RESERVOIR 3073**

A proud tradition of supporting hobby radio and electronics enthusiasts since 1969

All editors' comments and other opinions in submitted articles may not always represent the opinions of the committee or the members of **WANSARC**, but are published in the spirit in which they were submitted; in any case anything stated is to promote interest and active discussion on club activities and the promotion of Amateur Radio in general. Contributions to **WANSARC** are always welcome from any part of the world. Email attachments of Word™, Plain Text, Excel™, PDF™ and JPG are all acceptable. You can either post material to the Post Office Box address at the top of this page, or email your submission to the editor direct at vk3ch@wia.org.au. Email attachments not to exceed 5 Mb in file size. Attachments of (or thought to be) executable code or virulently affected emails will not be opened. Other persons or radio clubs may edit or copy out such as they like from the magazine but a reference to **WANSARC** is appreciated, except copyrighted (©) material or as otherwise indicated. Other articles that are credited to outside sources should be asked for their permission if they are used. While we strive to be accurate, no responsibility taken for errors, omissions, or other perceived deficiencies, in respect of information contained in technical or other articles. Any dates, times and locations given for upcoming events should always be checked with a reliable source closer to the event – coming up on the **WANSARC Tuesday evening NET** on **146.450 MHz** starting at **8:00 pm Local** is recommended to discuss and confirm information and any dates. The club website has current information on planned events and scheduled meeting dates. **WANSARC** News written with Word™ 2007, published with Adobe Acrobat™ 10. You can get the WIA News sent to your inbox each week by simply clicking a link and entering your email address found at www.wia.org.au. The links for either text email or MP3 voice files are there as well as Podcasts and Twitter. This service is FREE.