



# Mike Shy

Official Publication of  
Society Radio Operators



Volume 74 Number 5 & 6

May - June 2014

## Emergency First Response

### June 12th

at the Salvation Army - Norridge - 7:00 PM

### President's Message

by Mike WA9EVF

Well Spring has really sprung. The daffodils came out first and now the tulips are in bloom. The sound of lawn mowers has replaced snow blowers and next week is the Dayton Hamfest. There is a group of us headed there to see the latest as well as older equipment for sale, as well as attending seminars.

At the last meeting it was brought up that SRO members who attended the First Responder class two years ago need to have their credentials refreshed. At the last meeting it was decided to have this as our next program.

This will be Thursday June 12th at the Salvation Army Community Center at Cumberland and Foster.

Because of the time needed a short meeting will start at 7 PM sharp and will last 10 minutes with class following. Because the Community center requires us to be out the door at 9 PM we will have to start packing up at 8:45. If we do not finish we will complete the class July 10.

The cost of the class will be \$30 SRO members and \$35 for non-members.

Included will be a training manual, all barriers needed and a certification card.

Reservations are required by June 1<sup>st</sup> so I can order the training materials.

Please RSVP at: [wa9evf@comcast.net](mailto:wa9evf@comcast.net) or call 224-400-9574 and leave a message.

The skills we will cover:

#### Primary Care Skills

1. Scene Assessment
2. Barrier Use
3. Primary Assessment
4. One Rescuer, Adult CPR
5. Conscious/Unconscious Choking

#### Adult

6. Serious Bleeding Management
7. Shock Management
8. Spinal Injury Management

#### Recommended Skills

- R1. AED (*Automated External*



## The Society Radio Operators Business Meeting Agenda Date April 10, 2014

Call to Order at 8:00 p.m.

Welcome to all (Nothing to report)

Welcome Guests

Our guest tonight is Joe Genovese WA9KOD.

Entertainment

Tonight's meeting is the spring auction.

Minutes - Call for reading or to waive the reading of the minutes (Waived)

Treasurer's Report

Treasurer Mike Brost WA9FTS reports on the present state of our treasury. Details are available to members at our meetings. (For privacy, the club no longer publishes treasurer's reports.)

Events Reports

Past Events

The club provided use of our CFAR repeater to the Shamrock Shuffle. The Shuffle is the largest 8K run in the world.

Upcoming Events

During the Chicago Marathon, Rob Orr will use CFAR.

Old Business

Call for old business

At our CFAR northwest receive site, the roof developed a leaked last winter. Drainage from melting snow and ice damaged our equipment. Fortunately, the CFAR northwest site is now back on the air. Jon Tammen K9IQF installed a Quantar transmitter.

## New Business

CPR / AED CLASS. At the June 11 meeting, Mike Leibovitz WA9EVF will teach our CPR and AED update class. The practicum will use two CPR adult manikins and an AED simulator. To qualify for certification, each student must train on this equipment. For SRO members, reservations for the classes are \$30. This fee includes the training, exam and wallet card and a color CPR manual.

CPR / AED UPDATE from the SRO board meeting on Wednesday, April 30: The club will hold its CPR and AED class practicum (lab session) at the June meeting. A review session will take place the following month at a special July meeting. Afterward, Mike will administer the Red Cross written exam. Both meetings will take place at the Salvation Army Citadel in Norridge (8354 West Foster Ave, Norridge, IL 60706).

MEETING TIMES. The meetings begin promptly at 7 p.m. and run until 9 p.m. Please be prompt, as we must cover a lot of material.

EMAIL. Jim Hawes AA9DT requests that SRO remove his email address from all printed and Web publications.

BLEEDING HEART VIRUS. Mike Leibovitz speaks briefly about the Bleeding Heart virus problem. The virus exploits a hole in an open-source secure sockets layer (SSL) security system. Many online services use this software for user authentication during sign-on (password and challenge). Hackers can exploit the bug, break into such sites and steal data. The bug affects banks and other business sites. All logins are at risk. Passwords are available. Users should check their Google, Facebook, Amazon and other accounts. Periodically changing passwords is prudent.

XP BECOMES INSECURE. As of April 8, Microsoft no longer provides Windows XP security updates. To avoid virus and Trojan attacks, a Windows user should upgrade to version 7 or 8. Microsoft has just released a Windows 8 upgrade.

PROBLEM WITH XP MODE. Some people run Windows XP mode on Windows 7. Yet Microsoft cautions that this mode is \*also unprotected!\*

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## Foxhunt Report

CFAR Hunt -  
April 5th, 2014 -  
by Mike WA9FTS



Matt KC9SEM got the hunters off with a strong signal to the NW. Tony AA9CC, trying to get back in the thick of things, took Finley north to I-335 north and I-290 and then on I-90 west. He got off at Roselle Rd. He was close and John WD9EXW and Tom N9CBA were right there also. They were both on the wrong side of a creek - how do they get across? Tony found a fallen tree and made his way across to find Matt and Patty N9PLS with Jacob under a large tree for the win. John arrived for a close 2nd. Kevin and the gang arrived a little later with Colin KD9AHH finding Matt for third. Tom N9IHZ and I took a slower route getting off I-355 on to Higgins - then to Arlington Hts Rd and then I-90. We were just past Roselle Rd but had to go to Barrington Rd and then past Roselle Rd. to I-290. We came back to Golf and Higgins to find a 3-strength noise that drowned out Matt' signal. Tom, who delivers commercial gas in the area, suggest going north to Commercial Rd and then to Adama Co. We were on the right side of the creek and I just beat out Bill and Marty N9LTE for 4th. Don W9RA was close by but wanted to get to the munch instead. We met at the Chipotle Mexican Grill nearby.

### Results:

1. Tony AA9CC, Joan KC9QQY
  2. John WD9EXW, Tom N9CBA, Janet, Mackenzie
  3. Kevin N9JPG, Colin KD9AHH, Tom KD9AUN, Randy KD9AUO, Seth KD9AUI
  4. Mike WA9FTS, Tom N9IHZ
  5. Marty N9LTE, Bill
- DNF Don W9RA





The Society Radio Operators  
Business Meeting Agenda  
Date April 10, 2014  
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**VIRTUAL PC.** Users who still prefer Windows XP can acquire MS Virtual PC. With this program, XP runs in a virtual environment on Win 7. Windows 7 should lock out XP viruses that might come knocking.

**VIRTUAL CREDIT CARDS.** Jim Hawes AA9DT suggests the use of virtual credit cards. These cards are only good for one purchase and for the amount of the one purchase. A virtual card expires within the month.

**CONCEALED CARRY.** Marc Jens AP9P is teaching a concealed carry class. He's a certified instructor. For more information, call 847-329-3900.

Adjournment

President Leibovitz adjourns the meeting at 8:28 p.m. or thereabouts.

Respectfully,  
Jim Hawes AA9DT, Secretary

## CFMC Regular Meeting

June 19 - 8PM

Salvation Army 8354 W Foster Ave

## Meeting Attendance

Edgebrook Field House Apr 10, 2014



Mike WA9FTS  
Wanda KC9LRZ  
Jim AA9DT  
Jean KB9FXL  
Joe WA9KOD

Steve K9VO  
Lynn N9CBE  
Marc AB9OP  
Mike WA9EVF

## Upcoming SRO Events - 2014

**Board Meeting - Jul 30th at BQS Realty - 7:30PM**

**Regular Meeting - Aug 14th at the Salvation Army - Norridge -7 PM**

**Regular Meeting -Oct 8th at the Salvation Army - Norridge -7 PM**

**Holiday party Dec 11th at the Salvation Army - Norridge -6:30 PM**



**If you move, let the Editor know your new mailing and email addresses. It is our way of getting Mike Shy to you each time.**

## Foxhunt Report

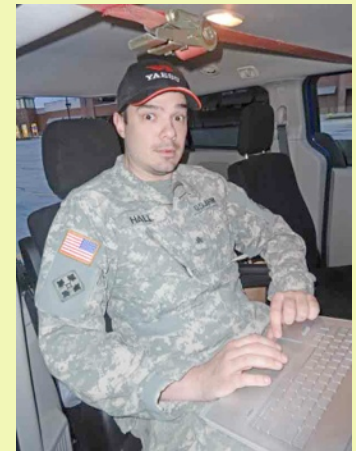


CFAR Foxhunt Report - May 3rd, 2014 by Tony AA9CC

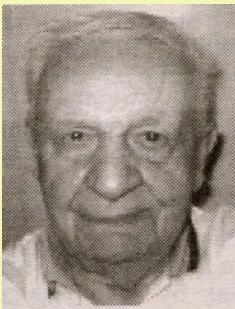
Congratulations to Steve KD9AUM for winning the hunt second time out. Steve is an avid RC drone helicopter enthusiast and is developing a multi-rotor system to aid search and rescue in the Fox river valley. He rode with the N9CBA team. I didn't have much time to find a spot after working a 12 hour shift Saturday, I hid in the field behind the Woodridge police

department. After setting up, I walked to the lobby and pressed the "Press Here" for police assistance button in the closed lobby of the station and explained what I was doing. After talking to a young officer, who didn't know what Amateur Radio was, I got a cautionary OK to hide in the woods as long as the homes along the south were not disturbed. I had to adjust up antenna and power and reminded the hams of proper hunting etiquette at the start. The hunt was uneventful except for a robin who was protesting my presence. We met afterward at the Bakers Square on 75 street. Results:

1. Tom N9CBA, John WD9EXW, Steve KD9AUM, Janet
2. Matt KC9SEM, Patty N9PLS, Jacob, Mac
3. Marty N9LTE, Bill DNF Don W9RA.



## Silent Key Stan Garstka W9LG



Stan passed away May 9th at the age of 96. He was a WWII Army veteran and recipient of the Bronze Star. He was a member of SRO for a number of years. He was a collector of old time radios.

## Saturn shines brightest in May

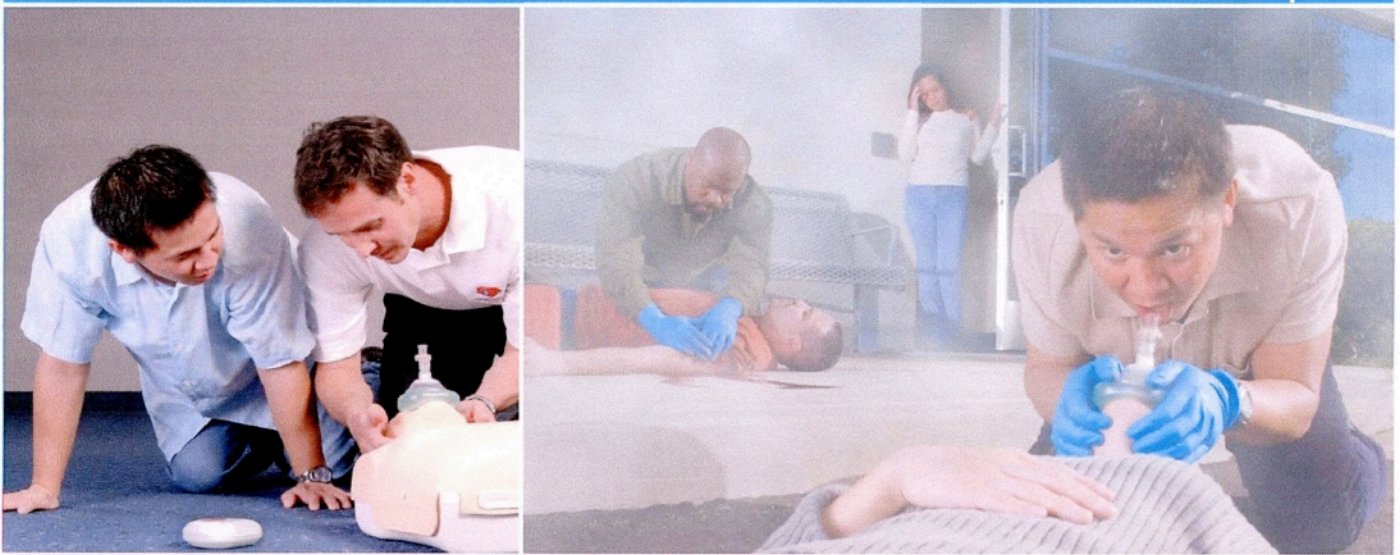
On May 10, at 2 p.m. EDT, Saturn reaches opposition - the point in its orbit when it lies opposite the Sun as seen from Earth. The planet then appears as a bright yellowish object at magnitude 0.1 in the constellation Libra the Scales. In the Northern Hemisphere, that star pattern rises in the southeast at sunset. As you might guess, opposition means the planet rises at sunset, climbs highest in the south around 1 a.m. local daylight time, and sets as the Sun comes up. Opposition also brings Saturn closest to Earth, so it shines brightest for the year (at magnitude 0.1). During times of good seeing (atmospheric steadiness), an observer can pick out the more prominent features of the globe and rings through a 3-inch telescope.



# EMERGENCY FIRST RESPONSE<sup>AE</sup>

## Help save the lives of your family, friends and neighbors

Get prepared with Emergency First Response



Recent world events have proven that the ability to manage medical emergencies is critical when disaster strikes and emergency services are overwhelmed or nonexistent. Now you can get prepared to save the lives of your family, friends, coworkers and neighbors by taking Emergency First Response CPR and first aid courses. Or, become an Emergency First Response Instructor and pass these essential skills on to others in your community.

### Contact your local Emergency First Response Instructor:

Instructor Name	Michael Leibovitz
Instructor Address 1	Salvation Army Community Center
Instructor Address 2	Foster and Cumberland
Instructor Phone	224-400-9574
Extra information	Thursday June 12, 7:00 PM sharp!

**Reservations Required By Monday June 2<sup>nd</sup>.**



Creating Confidence  
to Care<sup>AE</sup>



## Repeater Etiquette

- If you have questions about the use of the repeaters, please ask. FCC Part 97 rules apply AT ALL TIMES.
- Listen for at least 10 seconds before transmitting to be sure the repeater is not already in use or ask "Is the repeater in use?".
- The repeater does not have a timer. However, long transmissions are not recommended. Keep them short - one to two minutes at the longest. Give someone a chance to check in or respond to what you said. WAIT for the repeater to drop before transmitting.
- If you wish to join a conversation in progress, wait until the end of a transmission and give your call sign promptly. There is a short delay between the end of a transmission and the repeater drop. Stations already in conversation wait for the repeater to drop before transmitting.
- If you need access to the repeater for an emergency transmission, say "EMERGENCY" and give your call sign when you break into an ongoing conversation.
- Do not use "break" or "break break" since they have special meaning for most operators and usage varies around the U.S. Use "EMERGENCY" or your call sign.
- **Always allow a breaking station to transmit immediately.** Allow a station an opportunity to report emergencies or ask for directions or other assistance. This is particularly important during commuting periods and periods of bad weather when the need for emergency assistance calls are most likely.
- Avoid business talk (FCC Part 97 rules). When in doubt, DON'T.
- Remember Amateur frequencies are not private lines - what you say on the repeater can and will be heard by many people (including the FCC). Always assume you have an audience.
- Do not say things that may offend others who may be listening. Be circumspect in discussing private personal family affairs on the repeater. Do not "advertise" your house will be unoccupied during vacations, etc.
- The repeater gives its own ID. You must also identify your station by giving your call sign every 10 minutes during a conversation and at the end of your participation. You do not have to identify the other stations nor do you have to identify yourself with every transmission.
- Monitor the repeater. Members or visitors may call for assistance. Visitors may just want a friendly conversation on the way through the Chicago area.
- If you hear what you believe to be deliberate interference, do not attempt to communicate with the interfering station. Switch to the repeater input frequency and, if you can hear the signal, record the following information for use in locating the source:
  1. signal strength
  2. your location
  3. date and time
  4. your antenna and receiver
  5. and characteristics of the RF, audio or voice that might help in identification
  6. direction if it can be determined

### **Report the information to a member of the Board of Directors or the Club Officers.**

- Do not discuss interference incidents on the air.
- While the repeater pairs are exclusive in this area, there may be times when other repeaters may be heard. Propagation conditions are occasionally such that we will hear output signals from other repeaters. The input signals from stations in other repeater service areas will sometimes bring up our repeater. Our use of the minimum power necessary to access our repeater will help minimize interference with our neighbors. Be tolerant of the annoyances resulting from these unusual conditions.

## Brain Regeneration May Help Alzheimer's Patients

By Jim Hawes AA9DT

Regeneration of brain or spinal cord tissue might be possible. Gong Chen, biology professor at Penn State, is leading a research team to develop a method of brain repair. The goal of this research is to regenerate damaged brain neurons by reprogramming glial cells. The process might be useful in patient recovery after an accident or a degenerative brain disease such as Alzheimer's.

After a brain injury, reactive glial cells move to the site. These unique cells protect the site from bacteria and toxins. Unfortunately in the normal healing process, the glial cells form a glial scar. This scar can block neurons from linking to the injured area.

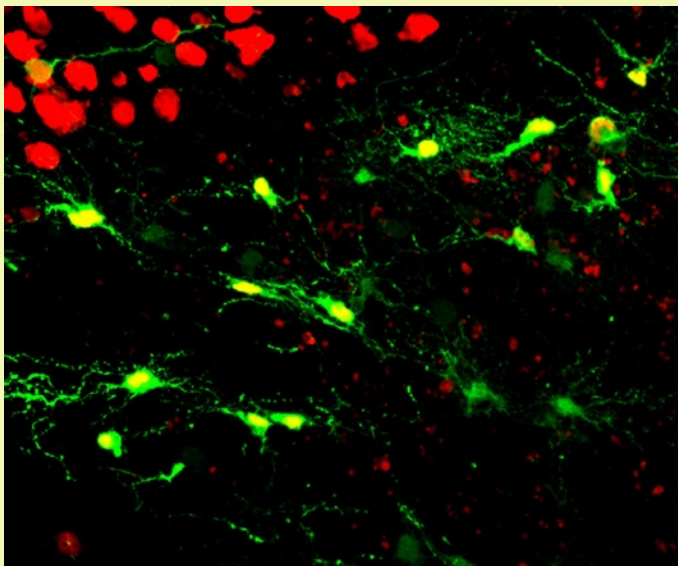
Dr. Chen's research reprograms the glial scar tissue so that it acts as new neurons. Using a special retrovirus, Chen's team injected the protein NeuroD1 into glial cells. Normally this NeuroD1 protein develops nerve cells in the brain's hippocampus region. After the injection, two types of reactive glial cells responded and became neurons. The conversion process took one week. Each glial cell type became a different type of neuron.

In another test, Chen's team performed a similar test on the brain of a mouse with Alzheimer's disease. Glial cells in the diseased mouse's brain also became working neurons. The experimental mice were 14 months old, which is equivalent to 60 years for a human being.

A third experiment used cultured human glial cells. In this case, conversion of glial cells to functional neurons took place in three weeks.

### Reference

Penn State News. "Neuron regeneration may help sufferers of brain injury, Alzheimer's disease: In vivo reprogramming turns glial cell scar tissue back to normal neuron tissue," December 19, 2013, access on May 11, 2014. See: <http://goo.gl/7qTJDF>



Scientists have used supporting cells of the central nervous system, glial cells, to regenerate from damaged cells the healthy and functional neurons that are critical for transmitting signals in the brain, shown in green in this image in the brain of a mouse with Alzheimer's disease. The red areas are the red-stained nuclei of neuron cells.

*Image: Chen Lab, Penn State*



### SRO Officers

President  
Mike Leibovitz - WA9EVF  
Vice President  
Jean Pressel - KB9FXL  
Secretary  
Jim Hawes - AA9DT  
Treasurer  
Mike Brost - WA9FTS

### SRO Directors

Jim Quinn - K9JQ  
Don Moriarty - W9RA  
Jon Tammen - K9IQF

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708.457.0966 Voice

Mike Shy is published 6 times a year by the Society Radio Operators. Deadline is 2 weeks before the meeting. Contributions are welcome & should be sent to the Editor.

### Regular Meeting Place

Salvation Army every even month at 8 PM unless other-wise indicated in Mike Shy and SRO web site. Check for exact date & time.

### Standing Committees

Membership - K9JQ  
Program - AA9DT  
Meeting Refresh. - AA9DT  
Foxhunting - WA9FTS  
Repeater - K9IQF  
Field Day - WA9EVF  
Education - WA9EVF  
Mike Shy - WA9FTS  
Picnic - WA9FTS  
Dinner/Play - Open for 2013  
Christmas / Hanukkah Party - WA9EVF  
Webmaster - WA9FTS

### SRO Web Site

[www.w9sro.org](http://www.w9sro.org)  
Mike Brost - WA9FTS

### SRO Repeaters

	In	Out
CFAR (107.2) PL	147.750	147.150
TOOFAR (110.2) PL	223.260	224.860

### Repeater Personnel

Trustee - K9JQ  
CFAR Chairman - K9IQF  
Site Maintenance  
K9IQF, W9RA & W9BEA  
Control Operators  
K9IQF, TBD  
NW Maintenance  
W9JEM  
Northeast Maintenance  
K9IQF & TBD  
Lisle Maintenance  
WA9AEK

**Regular meetings** - Salvation Army  
- 8354 W Foster Av, Norridge

**Board Meetings** - Every 5th Wed -  
7:30 PM - BQS Realty - 6023 N  
Cicero Av Chicago IL

## Mike Shy

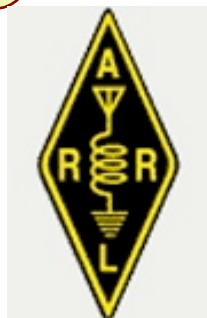
**Mike Brost - WA9FTS - Editor**

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**Norridge IL 60706-3245**



First Class Mail



Emergency First Response

June 12th

at the Salvation Army - Norridge - 7:00 PM