



Potomac Valley Radio Club Newsletter

September 2005

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PVRC Welcomes N4PY, Carl Moreschi, K1ZW, Larry Stowell, and W4MY, Marty Young to the NC East Chapter; and Rick Low, N6CY, to the Central Chapter. PVRC also welcomes Chuck Hastings-W3PJ, Paul Zeitlin-N3RQM, and David Craig-N3DB to the Annapolis Chapter.

Editor's Note

By [Pete Smith N4ZR](#)

Time for another contest season, and so the Newsletter is back from the summer hiatus. Thanks to everyone who contributed articles over the summer.

Regular columnists K4ZA and K3WA are back for another season. Also highlighting this issue is K4ZW's fascinating account of PVRC'ers' achievements in the ARRL CW DX Contest last spring. If others would like to do similar analyses of the other main contests, I'd be delighted to have them for publication.

The issues is rounded out with a short technical contribution by Marijan (Mario) Miletic, S56A, which will be just the thing for use with your laptop on that next plane flight. Enjoy!

Remember, in the Newsletter, [blue](#) text means hyperlinks. Click for more content or to e-mail authors.

From the President

by [Jack Hammett, K4VV](#)

The new PVRC contest season is underway with WAE-CW behind us in August, and the ARRL VHF QSO Party and WAE-SSB coming up in September, CQWW-SSB in October. ARRL Sweepstakes-CW, WAE-RTTY, ARRL Sweepstakes-SSB, and CQWW-CW follow in October, then ARRL 160m and ARRL 10m in December. Another season of contesting opportunities is underway! Jim Nitzberg will apply his energy and enthusiasm as an advocate and spokesman for PVRC contesting activity and achievements. Each of us has a role in building a stronger PVRC through our personal example and helpful encouragement of others.

The PVRC Holiday dinner is scheduled for P.J. Skidoos Restaurant in Fairfax, VA on Monday, December 12, 2005. The venue is confirmed, so mark your calendars. The local meetings this year for the DC Metro area will be in Maryland on September 12 and November 14, and in Virginia at the Olive Garden in Tysons Corner on October 10.

The DVD version of the Contest Seminar has been provided to about 185 people so far, and Dave, WR3L has about 15 more available from the current batch. Our treasury has supported about \$7,000 of Seminar and DVD activity, and recovered to the same strong position of a year ago through payments from Seminar participants, buyers of the DVDs, and member contributions.

Brian, N3OC, has volunteered to lead the Contest Seminar initiative again for PVRC for 2006. Brian and I met recently to discuss the project. I have also coordinated with N3OC, WX3B, K4ZA, and WR3L. The team is prepared to tackle the project. Our primary focus is to prepare Contest Seminar 2006 as a Dayton Hamvention event to encourage and build skills and knowledge for beginning contesters in their first few years of activity and for others who would benefit from an intense focus on the basics. We are in touch with Tim Duffy, K3LR, to follow up on his proposal that we produce a Seminar at Hamvention 2006, with his support. A full day session on Thursday in the Crowne Plaza Ballroom may be the most effective seminar objective. A discussion has begun to consider incorporating an educational component of PVRC that would benefit from tax exempt operations and tax deductible contributions from members.

The W3LPL Open House in June was another well attended and super interesting event, with tower tours and food and beverages and lots of fellowship. Thanks to Frank and Phyllis for another year of hosting the largest gathering of PVRC members and friends. Rick Low, N6CY was elected to membership. We did not keep a roster.

The August FowlFest sponsored by Marty, W3YOZ, was another afternoon of food and beverages and great fellowship in the shade near the Bay. The barbeque chicken was a real gift, and the ladies and children helped temper the non-stop conversations about contesting. The sign-ins on the hasty roster included N1KC, W3AZD, WB3ANE, K3TW, K2YWE, W3CQH, WR3L, WF3J, K1HTV, W3KHZ, N6WHB, WR3Z, ND3A, W9GE, K4VV, K3OQ, K1EFI, K2PLF, W2GPS, N3OC, WB4FDT, N4QQ, N3JT, W3YY, KE3Q, W3AMY, N4VA, K3IKV, W3OUK7CMZ, N1KC, K3ZO, and W3YOZ (host), and visitors N3DB, W3PJ, N3RQM, KE4RSV, and K8JW, among many others. Three were voted into PVRC membership: Chuck Hastings-W3PJ, Paul Zeitlin-N3RQM, and David Craig-N3DB.

My intent to do some travel to be more involved with the very important contesting teams in greater reaches of PVRC-land has been deterred by family distractions and other projects. The individuals and teams of contesting talent throughout our circle, and beyond, continue to display initiative and serious accomplishment. The applause may be missing, but the respect is enduring.

PVRC Contest and Event Calendar

Courtesy of the [WA7BNM Contest Calendar](#)—PVRC Events in boldface — all dates and times are Zulu

All Asian DX Contest, Phone 0000Z, Sep 3 to 2400Z, Sep 4

ARRL September VHF QSO Party 1800Z, Sep 10 to 0300Z, Sep 12

WAE DX Contest, SSB 0000Z, Sep 10 to 2359Z, Sep 11

North American Sprint, CW 0000Z-0400Z, Sep 11

North American Sprint, SSB 0000Z-0400Z, Sep 18

Pennsylvania QSO Party 1600Z, Oct 8 to 0500Z, Oct 9 and 1300Z-2200Z, Oct 9

North American Sprint, RTTY 0000Z-0400Z, Oct 9

CQ Worldwide DX Contest, SSB 0000Z, Oct 29 to 2400Z, Oct 30

ARRL Sweepstakes Contest, CW 2100Z, Nov 5 to 0300Z, Nov 7

WAE DX Contest, RTTY 0000Z, Nov 12 to 2359Z, Nov 13

ARRL Sweepstakes Contest, SSB 2100Z, Nov 19 to 0300Z, Nov 21

CQ Worldwide DX Contest, CW 0000Z, Nov 26 to 2400Z, Nov 27

ARRL 160-Meter Contest 2200Z, Dec 2 to 1600Z, Dec 4

ARRL 10-Meter Contest 0000Z, Dec 10 to 2400Z, Dec 11

PVRC Holiday Dinner Monday December 12, P.J. Skidoos, Fairfax, VA

PVRC in the 2005 ARRL CW DX Contest

By **Ken Claerbout, K4ZW**

[Editor's Note — Ken did some number-crunching with the ARRL's database for this contest. Results, and his comments, are presented below. It would be great if others interested in particular 5M contests would do the same for those]

SOAB – QRP: Kyle was able to make some noise in between other weekend activities and grabbed the top spot in Virginia. 300-plus QSO's in these conditions with QRP is a nice achievement.

Station	Score	QSO's	Mults	PVRC Ranking	National Ranking
WA4PGM	125,256	307	136	#1 VA	22

SOAB – Low Power - Unassisted: This is one of the more popular categories and one with plenty of PVRC representation. Some of these scores represent a real accomplishment since they were generated with wire antennas or low beams. Maybe in future results we can highlight some of these members and their contesting activities.

Leading the way was Larry K7SV. Having operated with Larry on a number of occasions at K4JA and NR4M, I think he is one of the best CW ops in PVRC. He continues to be very competitive on a national level with a modest station. Not far behind was Maury, W3EF who nailed down the #1 spot in Maryland. Dan, K2WYE operating K3AU finished with a very respectable score and a number 2 finish in MD. Paul K4FPF grabbed the #2 spot in VA, Dave WA8WV came in #1 WV while passing out a semi-rare multiplier for the deserving DX, and Bob K4HA grabbed the top spot in NC.

Station	Score	QSO's	Mults	PVRC Ranking	National Ranking
K7SV	2,180,820	1913	380	#1 VA	4
W3EF	1,477,980	1564	315	#1 MDC	8
K3AU (K2YWE, op)	1,093,959	1307	279	#2 MDC	14
K4FPF	715,716	846	282	#2 VA	29
WA8WV	601,128	792	253	#1 WV	36
W4XDX (W0YR, op)	417,600	960	145	#3 VA	53
K7CMZ	415,881	633	219	#4 VA	54
W4RQ	338,976	528	214	#5 VA	63
K1EFI	289,500	500	193	#3 MDC	71
K4HA	241,164	406	198	#1 NC	92
KI3O	201,399	359	187	#6 VA	105
NW4V	131,652	276	159	#7 VA	141
N3XL	99,261	269	123	#4 MDC	172
W4KAZ	81,675	225	121	#2 NC	192
N3UA	79,500	212	125	#8 VA	196
KH6/W0CN	50,235	197	85	#1 HI	212 (world)
AA4KD	36,579	137	89	#9 VA	274
K6ETM	28,314	121	78	#10 VA	294
NX9T	20,367	93	73	#3 NC	328
KC9LC	15,120	90	56	#11 VA	350

SOAB – Low Power – Assisted: Congrats to Anthony WM3T, for taking the top spot in VA and PVRC! If you haven't checked out the PVRC 5 Million Award pages lately, take a look at the excellent work he has been doing. Don, KB3MP operating from the outer edge of the PVRC circle comes in #2 in PVRC and #1 in WPA.

Station	Score	QSO's	Mults	PVRC Ranking	National Ranking
WM3T	317,985	493	215	#1 VA	102
KB3MP	92,583	243	127	#1 WPA	156
N2YO	31,320	120	87	#2 VA	190
K4GMH	29,784	136	73	#3 VA	194
WR3L	6,510	62	35	#1 MDC	218

SOAB – High Power – Unassisted: Providing us with a blast from the past was Scott, K0DQ using the call W3GRF from W4RX's mountaintop QTH. No stranger to SOAB competition, Scott was able to finish a respectable #8 W/VE amongst a who's who from W1, W2, & W3. If you haven't done so already, check out his post contest write-up (<http://lists.contesting.com/pipermail/3830/2005-February/102399.html>). No surprise to find Fred, K3ZO in the fray at #1 MDC and just fewer than 3000 QSO's. Pete N4ZR also topped the 2000 QSO mark, making many DX stations happy with the WV multiplier, while Jim N3JT, Ben N3UM, and Boris WF3J all topped the 1000 QSO mark. While SOAB was very competitive in this contest, there have been opportunities in other DX contests for some of you to work your way into the Top Ten box. If some guys out west can do it, there must be someone in PVRC land ready to step up to the challenge!

Station	Score	QSO's	Mults	PVRC Ranking	National Ranking
W3GRF (K0DQ, op)	3,764,988	2946	426	#1 VA	8
K3ZO	3,387,798	2918	387	#1 MDC	12
N4ZR	2,183,040	2274	320	#1 WV	21
N3JT	1,522,224	1488	341	#2 VA	31
N3UM	1,081,014	1489	242	#2 MDC	46
WF3J	1,013,232	1111	304	#3 VA	49
W4YE	752,931	933	269	#4 VA	57
K3TW	519,216	746	232	#3 MDC	74
W3HVQ	503,139	679	247	#4 MDC	75
K2UOP	464,913	603	257	#2 WV	84
K4VV	416,580	530	262	#5 VA	94
N3KS	351,000	750	156	#5 MDC	108
W3AZ	312,081	539	193	#6 MDC	114
W3DF	245,895	485	169	#7 MDC	130
NE3H	219,264	571	128	#1 EPA	136
W9GE	190,185	409	155	#8 MDC	156
N4TL	96,348	259	124	#1 NC	203
W6AAN	90,945	215	141	#9 MDC	205
W4ZYT	20,022	94	71	#6 VA	290

SOAB – High Power – Assisted: Some of Virginia's biggest guns appear in the top 3 spots. Bob, W4MYA is no stranger to huge scores and he led the way. In second is Bruce, W3BP. We're expecting big things from Bruce as he puts some of the K4JA hardware back into service. Bob W3YY rounds out the top 3 in PVRC and VA. Five others, N3AM, K2PLF, K3KO, K3SV, & W3GG all broke the 1000 QSO barrier. With declining conditions, this is a real accomplishment. Bill K3SV logged 31 hours in the operating chair to reach the 1200 QSO level. Good job guys!

Station	Score	QSO's	Mults	PVRC Ranking	National Ranking
W4MYA	2,652,558	2042	433	#1 VA	17
W3BP	2,124,720	1816	390	#2 VA	14
W3YY	1,743,402	1558	373	#3 VA	23
N3AM	1,567,170	1583	330	#1 MDC	28
K2PLF	1,517,292	1561	324	#2 MDC	29
K3KO	1,279,800	1185	360	#1 NC	36
K3SV	1,186,704	1206	328	#1 EPA	42
W3GG	1,158,624	1296	298	#3 MDC	43
N4RV	800,976	814	328	#4 VA	57
W2CDO	632,688	784	269	#4 MDC	64
N3CW	575,400	700	274	#5 MDC	69
KG7H	503,931	697	241	#1 ID	73
N3HUV	443,118	598	247	#6 MDC	78
W3BW	307,584	384	267	#7 MDC	106
W4JVN	111,795	257	145	#5 VA	150
4U1WB (AJ3M, op)	9,858	62	53	#8 MDC	212

Single Band: PVRC can claim champions in 3 of the 6 HF single band categories this year! Steve, K4FJ almost made that a 4th band, falling short of first place on 15 meters by a mere 10K points. Squeezing almost 1000 QSO's out of 15 meters is a big accomplishment, especially since the Sunday opening to Europe was very weak. Jeff, N8II continues to put up some big time scores and grabbed the #1 US/VE position on 20 meters. Nice showing Jeff! Phil, KT3Y continues his mastery of the band with some well-positioned wires. Just call him Mr. 40 Meters. Phil's accomplishments were highlighted in K1AR's contesting column in the July issue of CQ Magazine. KT3Y is to 40 meters as W4ZV has been to 10 meter contesting. However in a sure sign that we are heading towards the bottom of the solar cycle, Bill decided to head for greener pastures on the other end of the HF spectrum. In doing so he captured the top US spot on 160 meters.

Station	Score	QSO's	Mults	PVRC Ranking	National Ranking	Band
K4FJ	277,632	964	96	#1 VA	2	15 Meters
WB4MSG	44,460	247	60	#2 NC	16	15 Meters
N8II	565,113	1667	113	#1 WV	1	20 Meters
KT3Y	351,090	1245	94	#1 VA	1	40 Meters
W2BHK	21,240	120	59	#11 VA	13	40 Meters
W3DOS (K3TW, op)	5,100	50	34	#1 MDC	24	40 Meters
W4ZV	46,116	244	63	#1 NC	1	160 Me- ters

Multi-2: The seven-person crew at W4RM posted an impressive score this year from their one-tower station and managed to grab the 5th spot in US/VE. Those who attended Bill's open house following the Manassas Hamfest got a look at the makings of an up and coming multi-operator station. They're sure to be making plenty of noise in years to come. Dick, K3DI put together a nice effort and took the top spot in MDC while Bob and the W8ZA crew followed behind by a mere 11K points.

Station	Score	QSO's	Mults	PVRC Ranking	National Ranking
W4RM	4,747,263	3869	409	#1 VA	5
K3DI	1,482,549	1493	331	#1 MDC	13
W8ZA	1,470,942	1311	374	#1 WV	14
WX3B	437,580	561	260	#2 MDC	16

Multi-Multi: Picking up where they left off last year, the W3LPL crew once again brought home the multi-multi title. Frank's crew has enjoyed great success in ARRL CW for many years. However, the KC1XX megastation had been challenging that strangle-hold. It's great to see them back on top of the heap! Meanwhile the crew down south at NY4A continues to also post some impressive numbers. Check out their set-up at <http://www.qsl.net/n4af>. It looks like a good time was had by all!

Station	Score	QSO's	Mults	PVRC Ranking	National Ranking
W3LPL	11,852,922	6574	601	#1 MDC	1
NY4A	7,020,270	4815	486	#1 NC	9

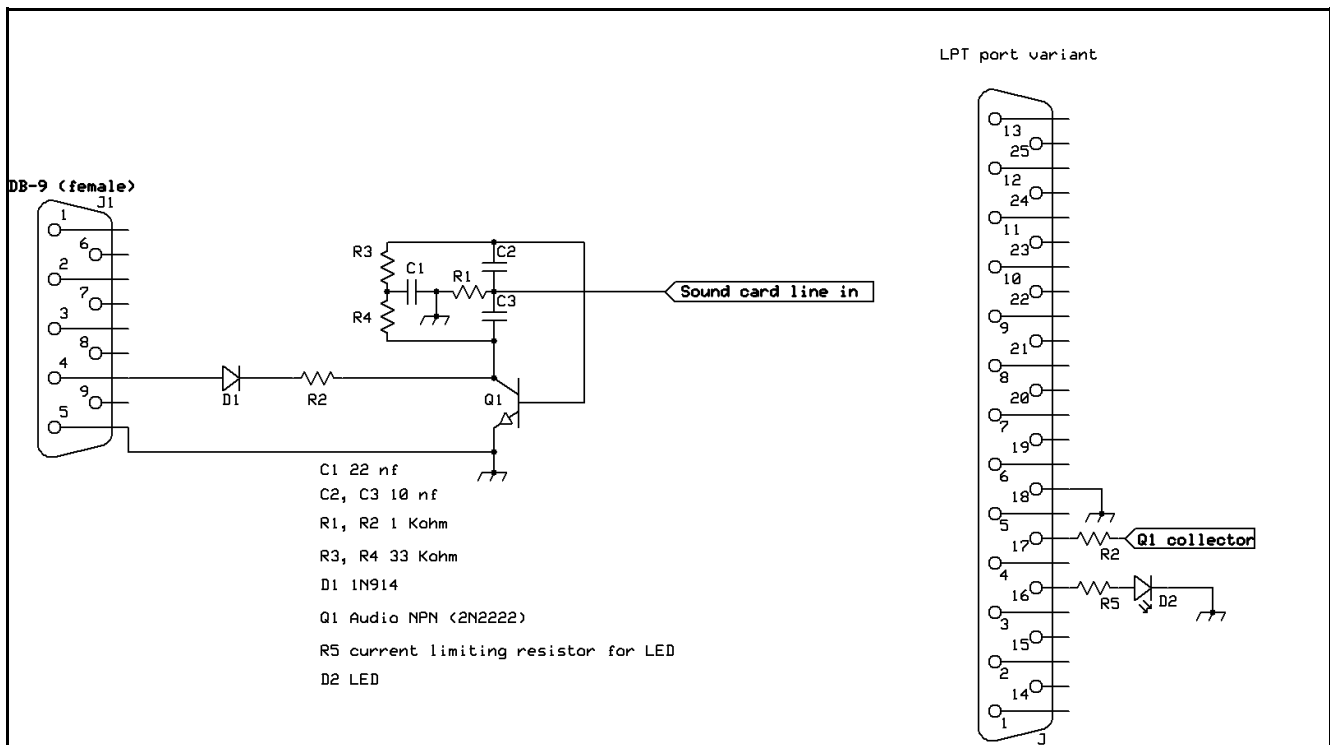
Using Logging Software Without a Radio

By **Marijan (Mario) Miletic, S56A** and **Pete Smith N4ZR**

This little gadget was devised by Mario, S56A, contributed to the N1MM Logger reflector, and reprinted here by permission. The idea is basically simple—to permit messing around with contest logging software while away from your radio.

Virtually all logging software provides for CW keying through either a serial or parallel port, so a simple transistor audio oscillator can be keyed by the port and fed into the computer's sound card. The oscillator gets its power from the port, and you can listen to the CW through the computer's speakers or in headphones.

There's no reason the same thing can't be done with the LPT port, and this offers the additional benefit of being able to monitor the state of the various control lines on the LPT port, for things like radio A/B toggle (pin 14), PTT (pin 17), or band data. You may have to fiddle with the value of the current limiting resistor (R5), depending on your PC. My machine's built-in LPT port shows 3.3 volts maximum, while an add-in card shows 5 volts when high. If you know your LED's operating voltage and current, it's simple enough to figure out.



The Toolbox

By Don Daso, K4ZA

This month, a slight departure, in deference to one Maryland Multi-Multi station owner's chastisement of my somewhat cavalier attitude to jolly old Sol, evidenced during last month's PVRC Field Day exercise. To wit, ole Rundy Junior (aka K4ZA) was willingly about to set out to set up some of the AB-577 "rocket launcher" masts, when he was asked by said station owner what precautions he was taking for sun protection.

Having grown up on a farm in the Midwest, Junior admitted to never having taken such precaution once in his life. The folly or failure of this, along with the fallacy in such thinking, was fodder enough for said station owner, who quickly pointed out the lack of reasoning in a manner amazingly similar to something mothers everywhere have used forever. Hence, some lotion was summoned, shared, and slathered on, whereupon we all then set out once more to act like real hams, albeit protected from the sun's damaging rays.

Which brings me to the point of this month's column. I'll admit to never giving a moment's thought to the sun's "other" action. Even after Frank Dowd, Charlotte's K4BVQ, pointed out to me that he had a mild case of skin cancer from too much exposure and was now taking extra precautions. I still operated outdoors with my boyhood mindset. But a few minutes searching and reaching on the Internet, those warnings, precautions, and preventative measures seem, to put it mildly, mere hints at the potential dangers from the Sun. Never mind 11-year cycles, or the effects on radio propagation—we're talking hazards from sunup to sundown, always possible and everywhere present.

Here are some somewhat sobering statistics: Over 90% of skin cancers are the result of too much sun exposure. Even though this cancer occurs in adults, the more serious skin cancers are caused by radiation damage (particularly the sunburns) that occurred during our childhood. And, there's plenty of evidence suggesting adult cataracts result from too much sun in the eyes during our childhood. Most of this damage is caused by UVB radiation, although UVA radiation can also be a factor. And, radiation risk has increased greatly over the past 20 years. Children suffer the highest risks. More than half of a lifetime's exposure to the sun happens during childhood! We all probably know that the lighter one's complexion, the greater the risk of sunburn. Remember that just like light, UV radiation reflects off snow, sand, water, cement, and even grass, increasing the potential for damage. So, even if you feel safer on a bright cloudy day, significant sun damage can still occur. The risk of developing malignant melanoma has more than tripled since 1980. That's jumped from one in 250 to one in 71. A person dies every hour from melanoma in the US! Skin cancer was once a disease of the middle-aged and elderly, but it's quickly becoming a disease of people in their 20s and 30s. Again, remember the damage that will result in melanoma happens during childhood. But who can imagine, or see or think 20 years in the future, when you're young?

When purchasing sunscreen, select a PABA-free brand with an SPF (sun protection factor) of at least 15. Typically, children's skin is thinner and more sensitive to the sun than adult skin, even in those individuals with darker complexions. The amount of sunscreen needed depends on how light the child's complexion. Most recommendations suggest using sunscreen with an SPF of 30 or greater for fair-skinned folks. Sunscreen is most effective if applied 20-30 minutes before exposure. Use sunscreen whenever you expect to be in the sun at least 30 minutes or more. And sunscreens should be re-applied every 90 minutes or so, after having been in the water.

We often apply sunscreens to exposed areas of skin, such as the arms, hands, and face, but feel safe about areas under the clothes. Yet, ultraviolet radiation can penetrate clothing. Remember, that prolonged exposure can damage the skin. A typical cotton tee-shirt is the equivalent to SPF 7 protection. So, the solution for long outdoor days: sunscreen under the clothes, or sun-protective clothing. Sun protection depends on the fiber, weave, and fabric color. Sometimes a substance that blocks UV radiation is added to fabrics. The ultraviolet protection factor (UPF) of fabrics is similar to the SPF of sunscreens. A high UPF (40 to 50) is great. Wear and tear on the material, stretching, shrinking, laundering, all will affect the protection level.

Sunglasses do protect your eyes from harmful UV rays and decrease the risk of cataracts in adulthood.

Remember this simple Mom's mantra: **slip slap slop**. **Slip** on some clothing—simply don't go out unprotected. **Slap** on protective headgear—wear a hat. **Slop** on some protective sunscreen—follow the guidelines above.

So, forget tanning. Regardless of whether you think it makes you look good or not, the rewards aren't worth the risk. Despite lack of knowledge, or a cavalier attitude, this IS serious business, and one new tool in my collection is sunscreen. **Aloe UP, Pro 30** sunscreen is one such suitable product, with a nice feature—it will not sting your eyes.

What's in *your* toolbox??

Ammunition for Little Pistols

By [Bill Axelrod K3WA](#)

Well, fellow little pistols and PVRcErs large and small (no fat guy jokes intended), it's September. And you know what that means – FOOTBALL SEASON! Oops, I meant CONTEST SEASON! Yeah! Sweepstakes, DX contests, 160 noise fest, 10 meter quiet fest. Boy oh boy.

I know each of us spent this summer improving our antennas and working on our contesting skills. Or maybe just staying where it is cool and drinking beer. Not sure which I did. Can't remember. Whichever, now the contest season begins in earnest and we get to do our thing.

I got real lucky this summer. In the spring I planted some magic antenna seeds and they worked. Lo and behold, they grew into a tower with a 2 el beam for 40 and 30 and three elements on 20 through 10. So now I face a dilemma.

In a recent column I raised the question “what is a little pistol”? Is it a state of mind? Driven by one's station? Determined by one's peers? I got a number of very interesting responses from fellow PVRcErs. Still don't have an answer. My dilemma is the following: now that I have a 72' tower and directional antennas, am I still a little pistol? And my answer is YES I AM!

How did I come to that conclusion? Mostly from reading magazines like QST and CQ. Jeez, they tell us that if a contester doesn't have at least a 100 foot tower he is simply non-competitive. CQ magazine's has a contesting category for little pistols called Tribander and wires. And another article blithely stated that a Tribander and a shorty - forty was in the reach of the average ham. Well what dang universe do they live in? These days many of us consider ourselves lucky if we can put up a stealth vertical in the form of a flag pole. And one company successfully markets a vertical disguised as a TV antenna. So, since the magazines say that my new setup is not competitive and is within reach of the average ham, guess I'm still a little pistol.

End of rant. Now some operating blah blah.

There has been a lot of good contest operating advice posted over the past months in CQ, QST, the ARRL Rate Sheet, and on the reflectors. Good advice for all contesters. But it seems to me that the application of that good advice varies. It's not a “one size fits all” situation for us contesters. So, I'm going to yak a while on how some of this wonderful advice applies to us little pistols. It just isn't the same.

If you didn't attend the PVRcE contest seminar and/or didn't purchase the DVD, I suggest you do that. What a great treasure trove of good information for big and little pistol alike. You do have to put in a fair amount of time viewing all the segments to get the maximum benefit from it. My favorite quasi-quote comes from Bill Hider's (N3RR) segment where he said repeatedly that one goal we should strive for is to have fun in contests! And that's from a big gun. Bill, thanks – you got it right. I sure learned a lot from the DVD and now know enough to put up my stacked monobanders – in my next life.

As little pistols, we know that most of the time we won't have a “big signal”. And sometimes the other guy has

to strain to hear and copy us at all. So, anything we can do to improve the other's guy ability to consistently understand what we're saying, on voice or CW, will improve our QSO rates, especially in a S&P mode. What can we do? Let's look at some ideas. Strong opinions follow. If you don't like them please feel free to write your own column.

CW Speed. OK. Many of us are comfortable at 35 wpm. But not every one is. Even for those of us who are, faster is rarely better when dealing with hard to copy signals, which means most of us little pistols most of the time. I have found that 24 to 26 wpm gives this little pistol the best results measured in the lowest need to repeat the exchange. So, if you're a little pistol, slow down! Make more Qs.

Oh, and how about changing the CW speed in the middle of an exchange? We've all heard the guy who send 5NN at 45 wpm and the rest of the exchange at 25 wpm. That may be OK for the big signal station running, but for the little pistol trying to improve his/her S&P QSO rate, the steadier the better. It sure messes up my dim little brain. Don't do it. Keep it simple.

And how about shortening the numbers, you know, sending ATA instead of 101. It just doesn't work too well for us little pistols. Most contesters hear a character and the brain recognizes it as a number or letter. That's how we learned CW. We don't stop to translate it. Sending ATA or NAN forces the receiving person to do just that. You don't lose much time sending the complete number and more people will copy your exchange correctly the first time, allowing you to move on and make more Qs.

On SSB? Why? Oh well, never mind. But do use complete calls. Enough said.

Use standard phonetics. The government has spent more money studying just which phonetics consistently work best that any of us has spent on our ham stations. Heck, you paid for that study, might as well use it. Yeah, there's always someone who has a better idea. And many of us have that one time where an exception to the rule actually worked better. But, exceptions don't improve your contest score - consistency in communications does. The standard phonetics have proven over and over that they are best when conveying critical information like your call sign and exchange. What could be better than that in a contest?

Even the littlest pistol needs to be careful and adjust his rig's audio gain and compression according to the book. Adding more compression just distorts your signal and takes up excessive bandwidth. People can't understand you and your contest score goes down. Always listen to your signal with a separate receiver or ask someone else to do it. Clear, crisp audio always wins out over over-driven mush. And be real careful when using voice keyers to make sure the drive level of both the keyer and the microphone are the same.

Improve your readability and improve your score. Even I can understand that equation.

So, fellow little pistols, have fun in this upcoming contest season. Let me know what you think. See ya on the bands.

Around the Club Meeting Minutes from the Regions

The **Carroll County** PVRC group resumed our meetings in style at beautiful Hashawha park, in Westminster, MD on August 5th. Our group was fortunate as the predicted thunderstorms held off. Temperature was in the mid-90's and our original spot by the pond was claimed by 5:00pm, so Clint, W3ARS scouted out the Pavilion by the Nature center for our use.

This was a special get-together to kick off the upcoming contest season, discuss the upcoming Worked All Europe contests, and make plans for dominating the upcoming Maryland DC QSO Party.

In attendance:

Members: W3ADC, W3ADX, W3ARS, W3ARS/XYL, WX3B, K1EFI, NY3A, N3VOP, KC3VO, K3CAV, W3JJH, KB3GHE, K1RH, K3LP, ND3D, N3YIM, W3RAR

Guests: KB3JDW, W3ARS/XYL, W3JJH/XYL, K1EFI/XYL, Jonathan King, Ryan Collingham

It was also a time to celebrate the creation of a new contesting club – the Carroll County Contesters, WY3P. WY3P was formed by a group of PVRC members that want to further the cause of contesting and the fellowship associated with getting together in multi-operator groups and participating in contests. It is exciting to note that Nathan, W3ADX, at age 17, is the president of this club! The club is hosted at the home of John King, W3ADX in hampstead, MD, and has already participated in VHF and other contests in Multi Operator Multi Transmitter format from a renovated barn in their back yard! The most recent event was the Maryland/DC QSO Party, where WY3P was active with six stations from WX3B's location. We hope the team won the club competition in this contest.

To date, most of the members are also PVRC members and we hope this group continues to attract new PVRC talent was well.

This was Charlie, KB3JDW's first "official" PVRC meeting and we welcome him to our group. Charlie is good friends with team WY3P and we have high hopes for him joining our contest efforts this year.

This was a record setting event in terms of the number of members attending, and the event lasted well past darkness. Thanks to all who participated, and specifically to Clint, W3ARS and John, W3ADC from team WY3P who provided much of the food and drinks.

73, Jim WX3B

The **NW Region** met at the City Buffet in Frederick, MD on 21 June 2005. In attendance were N3VOP, W3RAR, W3BTX, W3TEF, WF1L, W3UR, N4MM, K8OQL, W2YE, WD3A, N3RR, WN3R, MW0YDX, K3NA, K3WC, NE3H, K4ZA, W3ZZ, W0YR, K3ZO, K4VV, WI2T, N3YDT, W8ZA and W3LL. (N4VA voted into PVRC)

Regrets: K2PLF, Marty is on vacation in New Mexico. W3KHZ, Art rides with Marty. WA3KYY, Mike is a potential new member who couldn't get to Frederick from DC for tonight's meeting. N3HBX, John and his wife are in Colorado baby-sitting grandkids while his daughter (and her husband) are in the Netherlands, where she is attending her graduation ceremony. (She is getting an MBA - courtesy of her employer.)

KD4D used the new station in the CQWPX CW contest doing a single-band (20 Meter) entry, but says he did not win. The two 4-element, 40-meter beams are now up (at 190 and 100 feet) bringing the total number of antennas to 25. There are several more to go, but they won't be up till fall. The Montgomery County Council, under pressure from John's neighbors, plans to pass legislation requiring the posting of a large sign for 30 days once a permit has been issued for an ancillary structure (read ham tower) that exceeds certain height limits. This would allow neighbors time to object. John fears this will turn all future large tower projects into matters that require special exemption hearings. The lawyers for John's neighbors have also gone to court for a judicial review of the County's Board of Appeals decision not to grant them a special exemption hearing. This is separate from the civil suit that requires John to take down the towers and pay them \$500,000. A hearing on the matter is scheduled for September. A trial on the civil case will likely not occur till later in the year - or even next year. This is unlikely to be the end of the matter, as which ever side loses seems certain to appeal.

W6NRJ, Jim is heading for the NC mountains. He requests any information on the new Montgomery County ordinance be entered into the minutes. Jim is thinking about a 4-square for 40 meters instead of fighting city hall on a tower and requests anyone having experience with the Comtec phasing box to contact him. This approach may provide gain and take-off angle similar to a two element Yagi on 40M at 70 feet. W3IDT, Bob re-

ports that he, W3LK (Bruce) and KA3UBJ (Miriam) could not attend tonight's meeting. Both Bruce and Bob were at the W3LPL open house. Bruce and Bob attended the Frederick hamfest. Miriam will be at PVRC Field Day (W3AO) on 10M SSB, and relief on other bands. Bob will be in Michigan with his XYL and likely doing 15M operating from the Kalamazoo ARC (W8VY).

Jack, K4VV, nominated Larry, N4VA for membership into PVRC. Larry is an Extra class license holder who lives in Springfield, Va. He was first licensed in 1960 with previous calls KN4UEO and many other DX calls including 7J0ANB, BV/N4VA, 8R/N4VA, LA/N4VA and his current HS0ZAX call. Larry attended the W3LPL open house and has been to other PVRC joint meetings. He is qualified for membership and recommended by Jack. Fred, K3ZO commented that Larry is a close personal friend and has known him for years. Larry works for CBS in downtown Washington, splicing video tape for broadcast on the news. Larry is an FM broadcast DXer like Fred who also likes VHF contests. He has done a great job for ham radio overseas by providing instruction in third world countries. He helped hams get on the air in Guyana, 8RN and also in Bangladesh by improving the number of licenses over there. He helped a lot of young guys learn about HF in Thailand. He also taught Fred that you could work Chinese Novices on 29.6 MHz FM from over there. Larry is a wonderful guy and his wife loves the guy which says something. Fred highly recommends Larry for membership. After the nominations, Larry was voted into PVRC by unanimous vote. Welcome aboard Larry!!!

NW Business: Jack, K4VV, reports the first 100 Seminar DVD's were sold at Dayton. Another fifty were ordered and received on 16 June and all sold by 18 June with several more on backorder. Now is the time to order a DVD. Jack recognized the two responsible teams. The Seminar team led by N3OC, including N3RR who provided the marketing effort and WX3B. The DVD team included N3RR for the marketing effort, W2DZO, Henry who edited and integrated the video to create the DVD master, and K4ZA who made the live video recording and supported Henry. There is discussion of doing a Seminar next year at Dayton. K3LR proposed PVRC produce a contesting seminar at the Crowne Plaza ballroom on the Thursday before Dayton. The volunteer effort to make this happen is just starting.

[From Around the Table](#): [due to space considerations, individual member reports are in the Extended Content section on the web site this month—please click on the blue text to go there.]

The meeting was adjourned at 8:35 PM.

73, Bud W3LL NW Region Chairman PVRC

On Sunday, 5 June following the Manassas Hamfest, twenty-eight PVRC and Woodbridge Wireless Members (WWI) gathered together at the W4RM QTH for a **Post Manassas Hamfest Open House**.

It was great to see so many hams stop by after the Hamfest and see what my brother (W4NF) and I have been building at the W4RM station. Station and antenna tours were provided with great encouragement and suggestion for future station enhancements provided by all.

The following PVRC / WWI members attended the gathering:

K4VV, WR3Z, ND3A, W8ZA, W3HVQ, TF2WLW, NR4M, K5VG, KT3Y, WF3J, N3UA, K4SO, K4GM, K4GHM, W4IM, K4EC, WA3WEP, K4EU, W7IY, N4CVX, KE4BUS, W4NF, WA4TK, K4ZW, K8MLM, KB3KAQ, K7SV, W4RM and some others who did not sign in.

Thanks to all for attending and I look forward to doing this again next year.

73 Bill W4RM

The July meeting for **PVRCNC-EAST** was held at a new gathering place. What started out as a mere “trial” location was quickly voted in as being our new home (Manchesters). A power point presentation displayed several members’ Field Day activities (tnx -QPL). The first of what promises to be many interesting “activities” was conducted by newly appointed “Program Director” W0UCE. Our evening exercise consisted of a ham radio word search followed by a “Name the product” puzzle which included ham radio related hints. When the dust settled, KA1ARB took home the “six pack.” While not a WX0B type six pack, the libation should prove useful during the IARU this weekend. N4AF sent along a very nice “3 month contest calendar” for each attendee. Thanks to all who made this undoubtedly one of our most unique and enjoyable meetings in quite some time! Those present included: WW4M, Jim; K2AV, Guy; NT4D, Jay; NT4Q, Jerry; W4KAZ, Keith; N4PY, Carl; N4YDU, Nate; N2NFG, Bob; K1ZW, Larry; W0UCE, Jack; K4WES, Wes; K4QPL, Jim; NX9T, Jeff.; and KA1ARB, Rob.

Chapter Update:

Members were encouraged to participate in as many of the upcoming contests as possible. Get on the air, make some contacts, and submit your log. Even if you can only get on for an hour or two. Don’t forget the club’s 5M award! For qualifying contests, every little bit helps you reach the goal of the extremely handsome plaque that can adorn your shack wall. Special activities for the August meeting include a “BYOA” party. “Bring Your Own (station) Accessory. This is intended to be a “show and tell” type event. No rigs...but about anything else radio related will work. Even software. We will also be starting a chapter “Swap/For Sale” listing so bring a list of any items you want to move on. You don’t have to have the bring the item to the meeting, just bring a list/description of whatever you have. We may post a master list the website!

W0UCE will be hosting an “Antenna Party” at his QTH sometime in August. Good chow and plenty of antenna talk is scheduled. Please QRX for details. (Editor note: Thank you Jack for the fun "contest" games and the creative prize!") [Member Reports](#) [due to space considerations, individual member reports are in the Extended Content section on the web site this month—please click on the blue text to go there.]

73,Jeff NX9T

The **NW** Region met at the City Buffet in Frederick, MD on 19 July 2005.

In attendance were W6NRJ, N4MM, K8OQL, N3VOP, W3KHZ, W3EKT, K1YCM, W2YE, N3UM, WN3R, WF1L, W3LJ, K3OQ, W3IDT, W3TMZ, N6WHB, K2PLF, K3WC, W3ZZ, NE3H, W8ZA and W3LL.
Regrets:N3HBX, John is on vacation cycling in the San Juan Islands off the coast of Washington.

Mark Bailey KD4D and John did the IARU contest as multi-single at the new station with a score of 1.4 million plus. Mark did the CW and John did phone. They were beaten by several stations that spent more time on 10 meters and chasing multipliers. (Moral for this contest is to stay as long as possible on the highest band that is open, and go after any mult you see posted!). Mark is now recruiting a team to do the WAE in September, and would like to hear from anyone wishing to join. W4AU, John removed the KT-34A beam about a month ago and refurbished it with all new M-Square hardware. It is ready to go back up the tower as soon as he gets himself and a crew organized. Lots of other small shack projects underway - "who said you have lots of extra time during retirement?". John is now looking for a 40M rotatable dipole and asks if anyone has a recommendation for a good one. This would be placed about 10' above the tribander.

W3BTX, Bob reports both he and Roy W3TEF will not be able to represent W3SO at tonight's meeting. Both did work the CQWW 6 & 2 Meter contest and want to share the details: Saturday afternoon and evening were very noisy due to severe thunderstorms. They actually went home around 10:00 PM and came back up the mountain early on Sunday. Sunday was a different story. (Note: Last week W3YOZ, W3TEF, W3BTX and Bob's XYL took the small 24' boom 2M antenna down and re-installed the rebuilt Force 12 at 90 feet. This antenna has 17 elements on a 30 foot boom and was built for Greenland. A monster, but played very well on 2 Meters). The score breakdown is as follows: Total score was 104,448 with 542 total Q's. W3BTX at the 6M position had 316 Q's and 92 grids (almost VUCC) and W3TEF at the 2M position had 226 Q's and 44 grids

with best ground wave into SC and WI. Bob reports it seemed like there was extended ground wave, aurora and E skip all at the same time on 6 Meters. He was working everything south of Wopsy into Cuba and SW into Texas at the same time. It was Crazy!!! They also worked a bunch of good DX before the contest and got some new ones on 6M (J3, J6, KG4, EH6 and a bunch of Europe and Med. on two different openings making everyone happy). They are shooting to put up the stacked 2M C3I's for the Sept VHF Test.

K4SX, Sid is away on a business meeting and cannot make tonight's meeting.

K4VV, Jack has another commitment and will not be at tonight's meeting. Tower preparations with ZRC galvanizing is proceeding slowly.

N4MM, John - At the ARRL board meeting last week, the proposed petition to the FCC to regulate Amateur Radio emission by bandwidth instead of by mode was approved by a vote of 12 to 3 with the proviso that a band plan be developed prior to making the petition. The board also approved creating a new VUCC committee made up of prominent VHF and UHF contesters. Gene, W3ZZ asked if John had any insight on elimination of the code requirements. John's response was that it's part of Bill Cross's reference that the NPR would probably be filed in the fall and the R&O published by early 2006. John would be very surprised if the code requirements are not removed.

WN3R, Dick reminds us to look at the PVRC website for details of the Montgomery County antenna bill.

W3LL, Bud reminds everyone to order the DVD.

From Around the Table: [[See Extended Content—follow this link](#)]

The meeting adjourned at 8:25 PM. 73, Bud W3LL

SWVA Chapter of the PVRC held its summer hamfest meeting at the Roanoke Valley ARC hamfest Saturday August 6. Chapter members gathered off and on all day with the official meeting at noon. Members attending throughout the day included Chapter coordinator KC9LC-Randy, W4JAM - John, W0MAN - Susanne, WM3T - Anthony, K1SO - Jerry, WA4BKW - Bill, KC4D - Bill, W4DF - Fred, N4JED - David and his daughter KI4EVA - Catherine and for his first meeting future member AB4SK - Charlie.

Lots of discussion on lightning and who had been hit recently following the storms that rolled thru the night before. So far stations have been surviving the summer but several computers have been bitten. Most everyone went home with at least a pocket full of connectors. Several mobile hf antennas and Heil headsets went out under member's arms. W4DF took home the prize for best Morse code using a modified toilet seat. I will leave it to your imagination, but it was rough on the knees. Seven hamfest attendees participated including several PVRC members. Several PVRC members helped man the high school's club station WB4HS that was set up and running to demonstrate HF to any students or youth interested in radio.

N4JED - David

PVRCNC-EAST August Chapter Meeting Summary. The August meeting was held again at Manchester's in North Raleigh. Consensus is that our new meeting location is a "hit" and appears poised to remain as our new home for the foreseeable future. If you haven't joined us there yet, please come and check it out with us in September.

We were thrilled to fill 18 chairs this month. A special welcome to KC4HDI (XYL of W4MY) and our PVRCNC-WEST cohorts Don and Henry who visited from the Winston Salem area. Those who attended: N4XD, Ron; K4CIA, Bill; W4KAZ, Keith; K4HA, Bob; K4NYS, Chuck; NT4Q, Jerry; AA4NC, Will; W0UCE, Jack; K4QPL, Jim; WS4NC, Don; W2DZO, Henry; K1ZW, Larry; N4TL, Tom; AD4L, Pete; K2AV, Guy; W4MY, Marty; KC4HDI, Chris; and NX9T, Jeff.

MEETING NEWS: Jack requested ideas for future programs. Paper Contest Results: AA4NC took the prize for the "N4AF Crossword Puzzle Challenge" and K2AV came the closest in the "W0UCE Name the Component Quiz." Christmas Meeting to be held during the regular December meeting at Manchester's. More details to follow! The idea of beginning/hosting regular HF "gatherings" for PVRC members (any chapter/qth). The premise is that we need to rely less on email and more on ham radio to communicate amongst ourselves and that it would be fun. Both SSB and CW "gatherings" with specific frequencies and times are being bantered about at this time.

W0UCE Antenna Party is on! Phase 1 will be on Friday, August 19th and will involve final antenna assembly/tram set up. The antenna lifting will occur on August 20. Jack is putting up a 13 el. LPDA which has a 36 foot boom. Should be quite a beast. Jack welcomes all who would like to stop by to assist, cheer others on, or just enjoy good chow. Please RSVP to Jack so that he can make appropriate food preparations. This month's program included a "show and tell" session. Several members presented some of their favorite station accessories which included: an original telegraph key from the Queen Mary; CW software program; noise-cancelling headphones; binocular cores; audio equalizer; CD filled with important contesting support programs; and a beautiful Begalli key.

K1ZW and W4MY were officially welcomed in to the chapter family having now attended the requisite two PVRC meetings. Welcome guys!

NEXT MONTH'S PROGRAM NOTES: The September meeting will involve a PVRCNC Junk Box Auction. Members are asked to bring in one item to donate to the club which has at least a \$1 value. The item will be auctioned off and the proceeds given to the club in order to fund future programs/prizes, etc. In addition to the donation auction item, members are invited to bring 2 or 3 other items to sell via auction. Minimum bids can be announced and owner keeps the proceeds. So, come prepared to sell some of your old goodies and bid on some of your buddies'.

MEMBER REPORTS: [[See Extended Content—follow this link](#)]

Thanks to all for such an awesome turn out at this month's meeting and the great participation. Hope to see you in September. Let's kick the fall contest season off with a new record attendance. We had 18 in August, let's try to pick up a few more "mults."!

73, Jeff NX9T

LARC PVRCers, don't forget, our LARC Chapter PVRC meets after the regular LARC meeting in October., January, April and July (the first month of each quarter). I apologize for dropping the ball on our July meeting, but I'm confident that we will have an exciting "contest season," as well as some interesting meetings this year! See you on October 26th to organize our effort for CQWW, SSB, on Oct 29-30, a fun contest. We will reactivate our Monday evening PVRC Nets in October, so please join us when you can. Bring your questions about contesting or any aspect of radio communication, and keep up with our contest plans. We are hoping that participation in the net will grow this year.

Don't forget, participation in CONTESTS is the object of PVRC. What ever level of participation you can muster gets you on the team! Frankly put, we need folks to contest and learn the associated skills, not just club joiners.

Laurel Membership 5 Meg Award Status: Points W3DAD Kevin 3,044,660 N3XL Bill 360,027 WI3N Jim 95,582 K3QX Ed 65,377 K3HDM HD 186,265 KT3D Dennis 114,850 N3TZA Joe 8,901 KA8YPY Dan 91,932 KB3BWR Toby 81,781 Get your name on this list! Reporting Procedure Change: Unless otherwise specified, each claimed score must be reported to the designated PVRC Club Scorekeeper (currently Anthony,

WM3T wm3t@wm3t.com) within 45 days of the end of the contest. Claimed scores reported should exactly represent the score you submit to the contest sponsor for credit. All submissions must contain a complete list of operator callsigns and the station host callsign. There is now a form on the PVRC web site for submitting the team scores.

73, Bill N3XL

NW Region met at the City Buffet in Frederick, MD on 16 August 2005. In attendance were WN3R, KA3UBJ, W3IDT, W3LJ, W3EKT, K2PLF, W3LPL, N8II, N4MM, K8OQL, W2YE, WD3A, W8ZA, N3VOP, K4FTO, W3ZZ, N3HBX AND W3LL.

Regrets: W3KHZ/VY2MM, Art just brought Mary home from the nursing home on Friday and cannot stray too far from the house for a while. Art hopes to make the Fowlfest on Saturday and has a wife sitter scheduled for then. K3OQ, Jeff is in a new job at the Pentagon and has the late shift. He hopes to see us next month. K3STX, Paul is getting excited for the contest season. He plans to work at W2CDO for SS and at W8ZA for ARRL CW DX. The rest of the season will be at home. With the help of many PVRC'ers Paul is trying out how best to get the TA-33 up on the postage stamp lot for the winter season. Paul says it's been an honor to be on NAQP and NA Sprint teams for PVRC and he looks forward to more of the same. WF1L, Bill is on company travel to Worcester (Wusta) Mass instead of Northern Va. Bill had a great eyeball QSO this week with the fellow who originally held his callsign. They had dinner at his house and got to operate the station. In all, it was a wonderful evening of sharing experiences and ideas about the hobby. They're hoping to work out a weekly sked so as to remain in touch. What a great hobby we have!

N4MM, John passed around photos received from a WV ham. The photos are of a station dating back to 1908/1909 era. The photos were made from glass plates. The station appears to belong to the Pittsburgh Wire-less Association.

From Around the Table: [[See Extended Content—follow this link](#)]

The meeting adjourned at 8:10 PM. The next NW Region meeting is scheduled for Tuesday, 20 September 2005.

73, Bud W3LL NW Region Chairman PVRC

The monthly (fourth Wednesday) after work dinner was held at Griffin's West in **Annapolis** on June 22nd. W3IKE took the minutes. The following attended:

Bob W9GE, Rick W2GPS, Ike W3IKE, John K8JW, Steve KB3KAQ.

Everyone agreed to knock off the next two months and start back the 4th Wednesday (28 September 05) in September.

73, Dick Wilder, K3DI

K4JA

By **Pete Smith, N4ZR**

Ever since Paul Hellenberg, K4JA, announced his decision last summer to leave amateur radio in favor of a return to drag racing, I have felt remiss in not having noted the event in the Newsletter. In the relatively few years he was active in PVRC, Paul built an amazing station in coastal Virginia that compiled a very impressive record. From 2001 through 2004, an ever-growing list of guest ops at Paul's super-station won CQWW SSB and CW M/2 twice each, setting the USA CW record; and won the ARRL M/2 title 5 times, including world first place in the 2004 CW event.

For those who know him, it will come as no surprise that Paul's drag racing effort is already showing excellent results, and of course car, trailer and everything are impeccable. A few pictures are [here](#) for those who are interested. Also, as of now the K4JA web site remains active (www.k4ja.com).

Paul has been commuting from home in Callao, VA to races in the mid-west, while also building his and Betsy's new home in Kentucky. We wish them both happiness and success.

To Whet Your Appetite (photos courtesy JE1CKA)

Seen at the recent Tokyo HamFair —



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PVRC REFERENCE PAGE Please send corrections to the editor. September 2005

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PVRC Reflector administered by N4AF <<http://mailman.qth.net/mailman/listinfo/pvrc>>, postings to <pvrc@mailman.qth.net> (Members only, if your call sign is not part of your email address, send an email to n4af@qsl.net to subscribe.)

PVRC Dues PVRC has no annual dues. Donations are gratefully accepted by the Treasurer, Dave Baugher WR3L, 615 Rockaway Beach Ave., Baltimore MD 21221. Please make your checks payable to PVRC.

Autocall Column Editor is K3DI 410-757-6706

PVDXSN Packet Network

W3LPL	Glenwood MD	145.590, 441.250	w3lpl.net	W3IP	Crownsville MD	145.570	
WR3L	Baltimore MD	145.610, 440.950	wr3l.net	N3RR	Rockville MD	145.510, 441.325	
K3SKE	Frederick MD	144.930, 441.125	12.173.48.67 port 23	W3YOZ	West River MD	144.910	
W3TOM	Acokeek MD	145.770		N1WR	Lusby MD	145.690	
N4OHE	Mt. Weather VA	145.710, 446.025		NE3H*	Harrisburg PA	144.970	
W3BD	S. Mountain PA	145.630		N4SR*	Woodbridge VA	145.630	
W4XP	Bull Run Mtn. VA	144.990		K3NC*	Fredericksburg, VA	144.930	dxc.k3nc.net
				W4ML	Goochland, VA	145.09	dxc.w4ml.net

Most of the system is sponsored by the Potomac Valley DX Spotting Network. Nodes with * are independently funded by each SYSOP., The W4ML node is funded by CVCC.

PVRC Meetings

ANNAPOLIS: Dick Wilder, K3DI 410-757-6706

BWI: Weekly breakfast Wed at 7:00 AM at Basil's Deli Port on Elkrdige Landing Rd 1/4 mile South of Winterson Road 410-850-4333. Director: Ike Lawton, W3IKE, 410-263-2830. Sec: Howard Leake, W6AXX, 410-465-7008, w6axx1@starpower.net

CENTRAL VA: Pres: Ed Moore - NW4V - nw4v@comcast.net, Secy: Marie Long - K4KML - long2624@netzero.net, Treas: Robert (Bob) Ladd - NK4H - rladd@comcast.net. Meetings are held on the second Tuesday of the month at 7:00 PM at the Henrico Doctor's Hospital, 7700 Paraham Rd., Richmond, VA. To the right of the main entrance is a second entrance. Go through that door, turn left through that door and the cafeteria is the first room on the right. There will be some who meet at Nick's Roman Terrace, Westlands Shopping Center, West Broad Street starting at 5:50 PM for dinner before the meeting. Talk-in available on 145.430

CENTRAL: The Central Meeting is always the second Monday of the month at 6:30 PM (except June, July, and August). The central meeting generally alternates between MD and VA locations. Informal dinner about 6pm; meeting follows at 7pm; Unless announced otherwise, the Virginia meeting is at Anita's Restaurant, 521 E. Main Street, Vienna; the Maryland meeting is at Topolino's Restaurant, 6320 Old Branch Avenue in Temple Hills.

DOWNTOWN LUNCH GROUP (Eric Rosenberg, W3DQ [W3DQ@arrl.net]) Meetings are held monthly at Reeve's Resturant & Bakery, 1306 G Street NW. The closest Metro stop is METRO CENTER (Red, Blue and Orange lines).

EASTERN-SHORE (DEL-MAR-VA): Dallas Carter, W3PP 302-875-0550 ludal@dmv.com

LAUREL: Bill Smith, N3XL (n3xl@arrl.net) 301-935-4873 Laurel Region meets concurrently with the Laurel Amateur Radio Club at the first LARC meeting of each quarter.

NORTH CAROLINA -- EAST: Chair: Guy Olinger, K2AV, k2av@contesting.com; Sec: Jim Price WW4M. POC's are K2AV and WW4M (h:919-362-4635, w:919-460-2991). PVRC/NC meets at 6 pm the first Thurs of each month, plus an additional meeting in April at the Raleigh Hamfest. For details see <http://pvrcnc.org>

NORTH CAROLINA -- WEST (TRIAD): Meets the 4th Monday of the month at 7:00 PM at Cobalt's Elemental Eats and Drinks on Deacon Blvd. in Winston Salem. Ragchew at 6:30. Directions are available upon request. The chairman for the new PVRC/NC West chapter is Henry Heidtmann W2DZO, henry@summitschool.com and the secretary is Robert Whitaker KG4NEP, kg4nep@yahoo.com.

NORTHEAST: WR3L Dave Baugher 410-DX1-WR3L dave@wr3l.net

NORTHWEST: Chair: Bud Governale, W3LL, 410-666-9189. W3LL@arrl.net. Meets monthly the 3rd Tuesday. Informal dinner about 6pm; meeting at 7pm at the City Buffet, 1306 W Partick St, Frederick, MD 301-360-9666. Rear of shopping center, behind Mountain View Diner.

OCOQUAN: Jack O'Mara W4NF, H:703-791-3302 W:703-739-7636 w4nf@comcast.net and Cliff Deel W4CE, w4ce@aol.com 703-491-0841

OVER-THE-HILL LUNCH BUNCH (VA DC MD): Meetings are held monthly at two locations: Falls Church, VA (Parkview Marriot) and Beltsville, MD. Meetings are announced by E-mail. All members, their guests and non-members interested in membership are welcome. For information contact Roger

Stephens K5VRX, rogerergo@netzero.net, 703-658-3991 for the VA meetings; or, Bill Leavitt W3AZ, 301-292-5797 for MD meetings.
PENNSYLVANIA: Steve Cutshall, K3TZV, k3tzv@paonline.com, 717-763-0462.
RAPPAHANNOCK: Steve Bookout, NR4M (ex-NJ4F) NJ4F@erols.com. Also, Larry Schimelpfenig, K7SV, k7sv@adelphia.net
SHENANDOAH: Bill Hinkle KV3R kb3aug@juno.com 304-567-3138
CARROLL COUNTY: Jim Nitzberg, WX3B.410-374-9233 nitz@selectsa.com
SOUTHERN MD: Chair: Wayne Rogers N1WR E-Mail: n1wr@chesapeake.net Phone: (H) (410) 394-0313 Meetings held at the home of N1WR.
SOUTHWEST VA: Coordinator: David Jones, N4JED, Vinton, VA 540-890-2034, N4JED@AOL.COM. Meetings begin at 6 pm at the Roanoker Restaurant, Roanoke, Virginia in a private room (ask at the desk if you have not joined us before).
TIDEWATER COLONY OF PVRC: This group now meets in conjunction with the Virginia DX Century Club at Ryan's Steak House, which is on Battlefield Blvd in Chesapeake, at the Battlefield Blvd South (VA 168) exit off I-64. The meeting is still the third Tuesday of every month. We gather for dinner around 1815-1830, with the meeting around 1915-1930. Contact W4ZYT at 757-457- 5181 or w4zyt@exis.net for additional info.

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