

THE NCCC

JUG



NEWSLETTER OF THE NORTHERN CALIFORNIA CONTEST CLUB

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ED ASST. KC6NFE
82 BELBROOK WAY
ATHERTON, CA., 94027

NUMBER 235
DECEMBER, 1991

PRESIDENT: KA6ING

V.P./ CONTEST CHAIR: N3AHA

SEC /TREASURER:KJ6LD

DIRECTORS: W6ISQ WA6SDM N6TV W0ZZ

CHRISTMAS PARTY



HERE'S LONG PATH PHOTO OF SANTA CLAUS.
FOR A SHORT PATH LOOK, SEND IN COUPON
ON PAGE 9 FOR DEC. 21 CHRISTMAS PARTY.
RESERVATION DEADLINE. IS DECEMBER 15.

THE BREEZE FROM LOUESE

SANTA'S CALLING CQ WORK HIM DEC 21

W6ISQ:Hello Louese. What do you want to tell your Miserable Minions (MMs) this month?

KA6ING: Hi Jack.

ISQ: Don't say that around an airport.

ING: And they are not MMs!

ISQ: Maybe Miserable Monsters.

ING:They are very nice people, when they do what I tell them.

ISQ: And what would you like to tell them to do?

ING:I want them to sign up immediately for the Christmas Party at The Castaway restaurant on Coyote Point. Same area where we had the picnic. Only follow the signs to the restaurant.

ISQ: Agreed. Everybody should want to go to that Big Event. So, we'll put the reservation form on the penultimate page herein and tell 'em to fill it in, or out, right now, tear it off and mail it stuck to a check, today, to you, Louese. Directions in the *JUG*.

ING: Ahhh...that's good. Tell 'em to get their reservations to me by Dec. 15. The restaurant has to know. Once again we'll have our Santa Claus, flying in this year from the South Pole by way of Aruba.

ISQ You mean **Old Tom, N6BT**, actually departed Aruba to come back here and grow a white beard?

ING:Of course. The Christmas Party is his thing. He plans for it all year. Got it laid out on his computer just like them

UPCOMING CONTESTS

December

14-15..... ARRL 10 METER

January

4-5...ARRL RTTY ROUND UP

18-19.....ARRL VHF

25-26....ARRL 160 METER CW

(BREEZE CON'T FROM PAGE 1)

antenna designs he does on the computer. He's got this whole thing indelicated in his head right now.

ISQ: Never hardly can tell what Old Tom will indelicate in his head! You think he might have brought stuff back from Aruba.

ING: Naw, he'll just bring a sunburn from there. But from this Santa, everybody, good or bad, gets sumpin'!

ISQ: They'll all come! Even **BOB, K3EST**, says he will take time out from grading the CQWW-CW logs to make the long drive to Burlingame. Now what else for the MMs?

ING: Please put this in a box or caps. Say, "if your total points are close to the 5 Milli-Yun Point Award, and you think your CQWW and SS scores might put you over the top, send an extra copy of your summary sheet direct to **AL, AD6E** right now so that he can compile the new totals. If you are over 5 Milli-Yun, you could get your plaque at the Christmas Party, but only **IF YOU DO IT NOW.**"

ISQ: OK. Send your CQWW and SS scores to AD6E if you are close to the 5 Meg Award.

ING: At the same time, do not forget to send a copy of your summary to **ACE, N3AHA**, to use when he compiles NCCC club scores and participation for CQ magazine.

ISQ: Right. Everybody, no exceptions, should send a copy of the summary sheet to N3AHA for the club score tally. What else for the MMs?

ING: Be sure everybody understands that annual NCCC awards for "Rookie of the Year" and "World Class Contester" have nothing to do with big contest scores.

ISQ: What do they have to do with?

ING: We'll tell ya after we re-define the awards rules in a month or so. Say, did you know we have a "Gotcha Award"?

ISQ: Pray elucidate.

ING: It is for the person who has "overcome, or who has failed to overcome, the greatest disaster of the year."

ISQ: I don't know anyone who **wouldn't** be eligible for that one.

ING: I want to go back to the Christmas Party. Tell the MMs, ahhhh...the Magnificent Members, that if they have never been to one of Santa Tom's Christmas Radio Quiz Celebrations this is the year to do it. Be Seasonal, treat yourself, your spouse, live a lot, you deserve it.

ISQ: Right. Aruba Tom will have a kind of Christmas spirit you won't find anywhere else, ever. Rumor says he may bring his slide trombone along.

ING: Right. And now that he has that \$100 from the BODs, no doubt no extravagance will be overlooked as he shops for presents. Jump ropes, canned tuna, tropical fish, erasers, sour dough bread...

ISQ: We have so many more members this year maybe we should of given him another twenty five bucks.

ING: Hey, we can't lose our heads completely. Besides, if he goes over \$100 he'll bill us.

ISQ: Y'all come. Greatest Christmas Party ever, including some of those office parties they don't have anymore. Think of all the world-class NCCers who will be there. You can see 'em all **IN PERSON!** Now what better could you do with a Holiday Saturday night than join this fun.

ING: I guess that's it for December. My 88's to all with wishes for a Merry Christmas and a New Year filled with good contesting.

ISQ: I'll eggnog to that. May you all make five Milli-Yun points before July.



KEN, N6RO AT LAST YEAR'S CHRISTMAS PARTY. IS HE READING HIS NEW YEAR'S RESOLUTIONS FOR BIG SCORES? (Photo W6ISQ)

NOVEMBER MEETING 9N1MM GUEST OF NCCC AND NCDXC



Father Moran receives plaque from Presidents K6ING of NCCC and W6TEX of NCDXC. (Photo KI6EZ)

A joint meeting of the NCCC and NCDXC was held November 8 at the Belmont Holiday Inn, featuring honored guest **FATHER MORAN, 9N1MM** who presented a fine slide show for us. Father Moran's visit was arranged by NCCCer **BROOK, K4TKM**, who persuaded "Mickey Mouse" to delay his departure a day so he could attend our meeting. Thanks Brook.

Over 120 members in all turned out for the dinner and meeting. Those present were pleased and surprised to find out that about 40% of the crowd were NCCCers, either joint members or not members of NCDXC. Right on guys.

There was a short business meeting for both clubs as they voted in new members. We added five to our rolls. See elsewhere for names and calls. Welcome aboard all.

Father Moran showed slides and told us about his school and the city of Katmandu. Most interesting. He was presented with a plaque by President **LOUESE, KA6ING**, and NCDXC President **BILL, W6TEX**, to commemorate his visit to our clubs. **WB6MZQ** passed an impromptu hat to benefit student care and scholarship at Father Moran's school in Katmandu.

It was a pleasurable meeting. Those NCCCers who feared they might be proselyted by militant NCDXCers found they had nothing to fear but fear itself. We were not intimidated or rolled and there were no fights inside the dining room. In fact, an outstanding meeting all 'round.

Respectively submitted, **W6ISQ**



BULLETIN BOARD



The October 1991 JARI News reports there are now 1,124,018 licensed amateur radio stations in Japan. Wish more of them would get in the contests.

IDEA: Maybe NCCC should develop a "SISTER CONTEST CLUB" similar to a "Sister City" program. We could prod each other along.

Our January meeting will be announced in the January *JUG*. But Louese says to plan on the Mt. View Hofbrau or Wagon Wheel, and **ALEX, KI6EZ**. He will show slides, with appropriate comment, of his CQWW-phone operation as a team member of the massive 48.5 Milli-Yun assault from PJ9W, Curacao-OH group. Come and hear about the beaches on Curacao. Also hear how this international crowd of ops did the job. Promises to be an interesting evening.

Prexy Louese and others think it might be a good idea to arrange a joint meeting like the one held in November, once a year. Arrange a speaker of interest to both groups and alternate handling reservations. Such joint meetings would expose NCCCers to the bigger outside Ham world and help dispel the generally accepted notion that boorish NCCCers carry on like the Stanford band. Of course, this is not true. However, perhaps it is time for us engage in a dash of kultur, chamber music and such.

Please send your comments to Ed. ISQ or to Pres. **ING**. Or corner us in the hall. We'll even take 'em on 2 meters. Let's hear it from you.

We want to start the NEW YEAR right radio. We mean with resolve, you know, **RESOLUTIONS**. What are you going to do to make your station the most feared wireless operation in the western U S of A? Send us your Resolutions so we can compile a list of the Ten Best Things to Do for Amateur Radio in 1992. Don't be a MM (Mute Member). Make a resolution and give it to us by Dec. 31.



BROOK, W4TKM, RECOUNTS 9M1MM'S BACKGROUND AND TRAVELS AT NOVEMBER MEETING. (PHOTO KI6EZ)

NOVEMBER BOARD MEETING

WHERE THE ELITE MET AND ET

There was a BOD meeting on 18 November at President Louese's favorite Round Table Pizza Parlor in San Bruno. Present were distinguished BODs KA6ING, W6ISQ, KJ6LD, W6RGG, WA6SDM, and guest, KC6NFE.

The meeting was ordered to order by KA6ING at 7:25, after all had ordered pizzas and drink. Observation: all the Round Table Pizza Parlors I've been to have rectangular tables. Should they rename the place Rectangular Table Pizza and serve rectangular pizzas or reshape the tables to match the pizzas? All votes will be forwarded to the mngmt.

First order of business was discussion of the Christmas Party at Castaway. The party is prominently featured on page 11 of this tabloid. Read it and act. Please send your reservation request and check for \$25 US for each person in your party, to Louese immejetly!!

BOB, KN6J, has prepared a list for us of all stations which used packet in the CQWW phone contest. He will perform likewise for CW. KJ6LD will write to those who used the net but are not members of the club inviting them to join us. Thanks Bob.

There was considerable discussion and voting about various awards that are usually given out this time of year: Contester of the Year, Rookie of the Year, World Class Contester. Awards will be presented at the Christmas meeting.

Treasurer, KJ6LD, reported we are solvent! Hooray. See his official report herein for numbers.

WA6SDM moved to give our annual Santa Claus, N6BT, \$100 to acquire enough valuable and unique gifts to give a present to all boys and girls up to the age of 85, who pay 25 green ones to attend the Party. Second, W6ISQ. Passed.

CENSURED: Two BODs were not present, N6TV and W0ZZ. They gave as their feeble excuse that they had to leave early in the morning to fly to beautiful, relaxing, sunny, warm, exotic Aruba. Their absence was deliberated by the shivering BODs not making the trip, and it was determined that their excuse was outrageous inasmuch as all they have talked about since their return was how great the beaches were! Their summary sheet showed only 6 Q's on 160. Other bands were skipped out when they came in to operate? Sentenced to give talk and slide show at February meeting. No Beach scenes

No December BOD meeting. January BOD meeting will be at same Rectangular Table Pizza San Bruno where Louese knows the management (and it is rumored, gets 37% of all business she personally brings in.)

W6ISQ moved to QRT. Seconded by someone streaking for the door. Passed by yelps from parking lot. It was about 9:40 when this excitement happened.

Respectively submitted, W6ISQ, Acting Secy
Approved (anything you say, dear) KC6NFE

TROSTEROSTER

Let's see, who and what we have got for the T-Roster this month. Father Moran's talk. He showed a slide of a building in Katmandu and pointing to the second floor said, "that room up there is where one of your last President's stayed when he visited us."

From the audience: "Ford? Nixon? Carter?"

Father Moran: "Oh, I remember..... Rusty".

Yes indeed, W6OAT. They are keeping your suite for you. What did you tell them?

Speaking of same, some time ago I wrote my appreciation to W6OAT for having such nice music on his office telephone-hold system. Now I have another neat one to report to you. I called old friend Joe Reiser, WIJR. He used to live in San Jose and was a DX and Contest NUT. Still is! He's now chief engineer at Cushman antennas in New Hampshire.

Called Joe and was put on QRX and, real surprise, here comes a fine baritone saying, "the weather in Manchester, New Hampshire today will be clear and cold with temperatures ranging from 65-70 degrees. Tomorrow, etc etc...."

Great idea Joe, where did you think up that one? Answer: "when people call me they always seem to ask somewhere in the conversataion, 'how's the weather back there.' So, I decided to pipe in the weather report and have the official man tell all."

If you want to know the weather in New England, give Joe a call and ask to be put on hold. Wait long enough and the baritone will run through the weather in all the Northeastern states for you.

Below, a calendar from W6RQ who wishes all an especially HAPPY (and unique!) 1992.

	ЯНВАРЬ	ФЕВРАЛЬ	МАРТ
ПН	6 13 20 27	3 10 17 24	2 9 16 23 30
ВТ	7 14 21 28	4 11 18 25	3 10 17 24 31
СР	1 8 15 22 29	5 12 19 26	4 11 18 25
ЧТ	2 9 16 23 30	6 13 20 27	5 12 19 26
ПТ	3 10 17 24 31	7 14 21 28	6 13 20 27
СБ	4 11 18 25	1 8 15 22 29	7 14 21 28
ВС	5 12 19 26	2 9 16 23	1 8 15 22 29

	АПРЕЛЬ	МАЙ	ИЮНЬ
ПН	6 13 20 27	4 11 18 25	1 8 15 22 29
ВТ	7 14 21 28	5 12 19 26	2 9 16 23 30
СР	1 8 15 22 29	6 13 20 27	3 10 17 24
ЧТ	2 9 16 23 30	7 14 21 28	4 11 18 25
ПТ	3 10 17 24	1 8 15 22 29	5 12 19 26
СБ	4 11 18 25	2 9 16 23 30	6 13 20 27
ВС	5 12 19 26	3 10 17 24 31	7 14 21 28

1992 СОВЕТСКИЙ ФОНД КУЛЬТУРЫ
ИРКУТСКОЕ ОТДЕЛЕНИЕ

	ИЮЛЬ	АВГУСТ	СЕНТЯБРЬ
ПН	6 13 20 27	3 10 17 24 31	7 14 21 28
ВТ	7 14 21 28	4 11 18 25	1 8 15 22 29
СР	1 8 15 22 29	5 12 19 26	2 9 16 23 30
ЧТ	2 9 16 23 30	6 13 20 27	3 10 17 24
ПТ	3 10 17 24 31	7 14 21 28	4 11 18 25
СБ	4 11 18 25	1 8 15 22 29	5 12 19 26
ВС	5 12 19 26	2 9 16 23 30	6 13 20 27

	ОКТАБРЬ	НОЯБРЬ	ДЕКАБРЬ
ПН	5 12 19 26	2 9 16 23 30	7 14 21 28
ВТ	6 13 20 27	3 10 17 24	1 8 15 22 29
СР	7 14 21 28	4 11 18 25	2 9 16 23 30
ЧТ	1 8 15 22 29	5 12 19 26	3 10 17 24 31
ПТ	2 9 16 23 30	6 13 20 27	4 11 18 25
СБ	3 10 17 24 31	7 14 21 28	5 12 19 26
ВС	4 11 18 25	1 8 15 22 29	6 13 20 27

This is it for 1991. There's the room for each of you to make the T-roster next year. So keep doing splendid things. Best of the Season to all you Santa Clauses in Contestland, for Now and for the New Year. W6ISQ.

WRAPPING SPLIT FERRITE CUBES

By BOB FABRY, N6EK

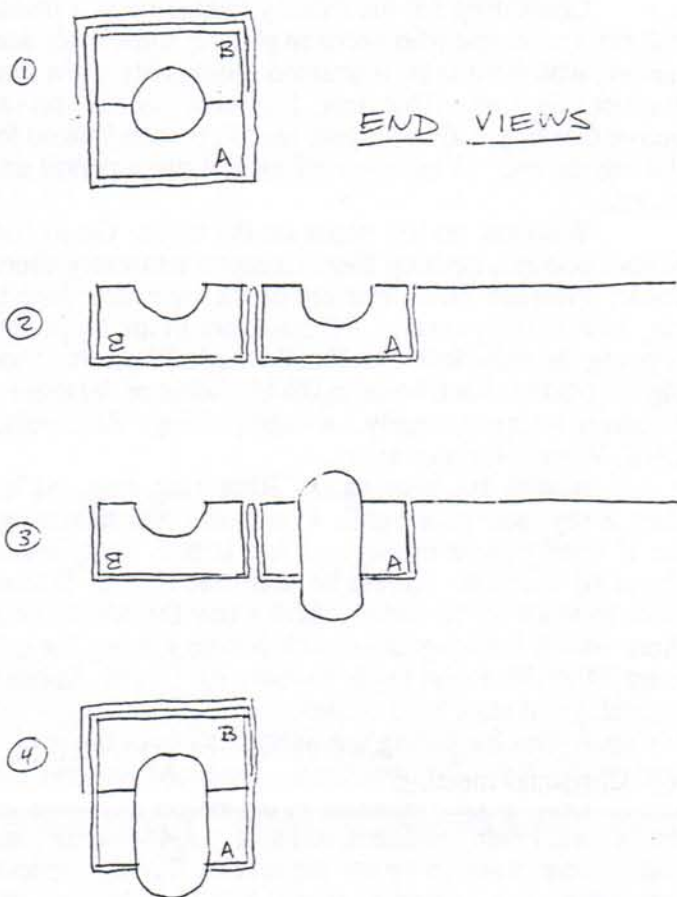
In the September JUG, N6TV wrote an article about the effective use of ferrite cubes to cure telephone interference, RFI, etc. and other problems caused by RF. Both Bob and I have used these cubes to cure RF problems in our neighborhoods. So now, your editor, W6ISQ, wants to know how to physically prepare the ferrite cubes for use. You would think he could figure it out for himself, like most people. But he convinced me that there was another fella in the club who didn't know the best way to wrap the cubes. So, for W6ISQ and the other fella, here is one way to tape split ferrite cubes neatly.

1. Tape the two halves together with about a turn and a half of tape starting at the crack, as shown.
2. Unwind enough tape to open the two halves.
3. Wind the phone line, AC power cord, speaker cable, etc. around part B, as shown.
4. Put the two halves together and retape.

NOTE: the effectiveness of this RF choke goes up with the square of the number of turns, BUT the two halves of the split ferrite cube must touch with NO air gap to be effective. I use black electrical tape and add black plastic tie strips to keep everything tight. Strapping tapewith embedded glass fibres, ok too.

NOTE: I can usually fit seven turns of phone line, three turns of AC power cord or three turns of speaker cable into a cube (each time the wires go through the hole in the cube counts as a turn). This number of turns is usually effective, although I have used as many as four cubes in series in stubborn cases.

A SCHEMATIC FOR WRAPPING FERRITE CUBES NEATLY



DRAWINGS BY BOB FABRY, N6EK

NCCC TREASURER'S REPORT JULY 1, 1991 THROUGH NOVEMBER 18, 1991

	BUDGET	TO DATE
Membership Dues	\$3,000.00	\$2,816.00
Donations		\$1,377.40
JUG and Roster Ads	\$670.00	\$270.00
JUG and Roster Publishing	(\$1,800.00)	(\$995.95)
CQP	(\$1,000.00)	(\$440.24)
Membership Awards	(\$1,000.00)	(\$126.11)
Visalia Hospitality	(\$200.00)	\$0.00
Self-funding Events	\$0.00	(\$257.78)
Sponsored Awards	(\$150.00)	\$0.00
Contingency Fund	(\$200.00)	\$1.80
Total	(\$680.00)	\$2,645.12

Notes:

As of November 18, 1991, the balance in our Wells Fargo checking account is \$3089.15. (The repeater fund does not belong to the club; I do not include it in the Treasurer's report.)

Respectfully Submitted, Henry Stewart, Secretary/Treasurer, KJ6LD

8/26/91

CONFESSIONS OF A CASUAL CONTESTOR DE W6ISQ

Contesting for me usually begins with a phone call from someone who needs to go over some can't-wait matter, which must be discussed thoroughly right then. But not this time. This time, I sat down at one minute before 00:00, got all arranged, tuned up, then looked for the log sheets. (Yes, some of us still use a pencil and paper.)

Whoops, no log paper on the table. Go to file. Whooooooops, nothing there except a summary sheet. Panic. Find old **JUG**, tear out blank log sheet. Hop in car, race to copy center. All machines in use by people copying the encyclopedia. Finally made 50 prints. I had big intentions. Back home at 00:45. Settle on 10 meters. Receiver acting strangely....a huge pulsing. Zero pulse. QHS. Wow! 30 miles away.

Ahhhh Ha, here's a JA. Ring, ring, ring. At last there is my usual phone call. 45 minutes later than usual, but it finally came through. I feel better. Only lasted about 10 minutes. Guess he was mad at me. Whew. Back to work on 10 meters. Still a few DX stations out there which I managed to work before getting the call from KC6NFE to get ready to leave for Opera. Another typical, great start for a contest.

My apologies for giving the wrong call over the packet during CQWW-CW weekend. I wanted to send DX station LU4FD, etc. Somehow, my finger got stuck on the "4" and I didn't notice it, so I sent "LU44444FD", and that is what showed up on the screen. To my surprise automatic voice "Charlie" over at K6LLK's house came on the two meter W6TI repeater and announced "LU four four four four FD"! Sorry to hog the frequency. Thus it pays to be careful what you punch up on packet. It works! And "Charlie", turns out, is smart after all.

Say **John, K6LLK**, I thought you told us you were going to have a melodious, female "Charline" voice calling the shots.

C U at the Christmas Fest on the 21st.

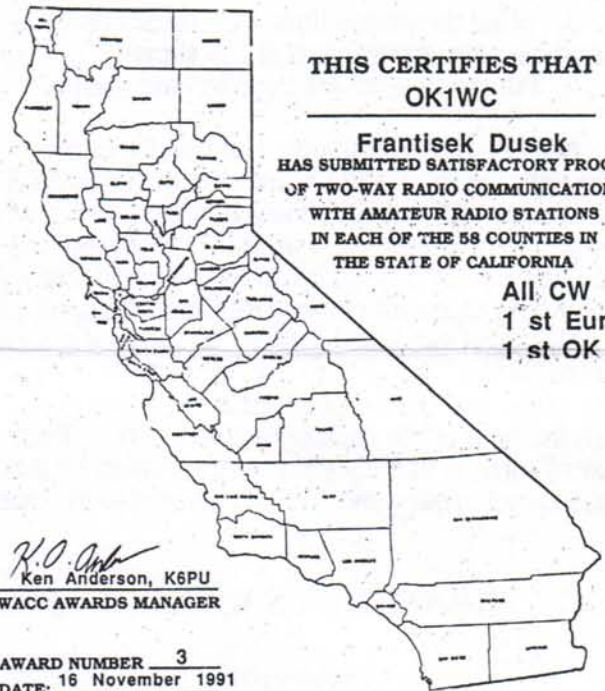
The **JUG** as you surely have noted, seeks to publish articles from members. Sometimes they're even on aspects of contesting. So don't be bashful. If you have an idea, great success with a special technique, or are out there on the cutting edge of hamming, clue us in. Let us publish your expertise and knowledge right here. We'll make you famous, a ham-household name. After all the **JUG** does go all over the world. If you don't want to write it yourself, we'll interview you. Call Ed. ISQ for easy How-to.

AT RIGHT: MELLOW MOMENT FOR N6ST, W6RGG, AG6D, AT WORLD GAMES PICNIC LAST YEAR

FIRST EUROPEAN WINS WACC AWARD

This is the first certificate earned by a European for the NCCC Worked All Counties in California award. Franta worked all California counties between May '89 and April '91 and collected the last card on October 14. He worked exclusively on CW. There's lots of familiar calls in his QSL submittal. K6RK, AK6T, W6CTL, W6REC, WA7G, KG6GF, N6OP, W6OAT, K6DC, W6BJH, WA6VEF, N6EA, W6BSY.

WORKED ALL CALIFORNIA COUNTIES AWARD



PRESENTED BY THE NORTHERN CALIFORNIA CONTEST CLUB



ACE'S SPACE COMPILED BY N3AHA

Hello Contest Fans!

Let me start off by apologizing for missing some of your scores you have listed on packet. I do not have packet set up at home and have to check-in at a club station. Lately, I haven't been able to check packet on a regular basis to pick up mail messages with your scores. Consequently, I know I have missed some mail. For this reason, I will no longer expect scores via packet. Please send me a copy of your summary sheets via US mail to my home address: 51 Kenbrook Circle, San Jose, CA 95111. That way, we can be sure that any scores sent to me will be received, will be published in the Jug and sent to AI for the 5 Meg award. I regret not being able to receive your scores via packet, but I feel this will be best for the club. I would hate to miss your scores and not be able to publish them for you.

Here's something I did receive from TV Bob for your perusal - a breakdown of our two big Multi-single teams' scores for CQWW SSB and a comparison to an East Coast score. Enjoy!

1991 CQWW SSB

	W6QHS			W600			K5NA/2		
	Qs	Zs	Cs	Qs	Zs	Cs	Qs	Zs	Cs
160	8	7	7	8	6	6	26	9	24
80	59	15	33	91	18	37	121	23	65
40	394	30	74	442	28	64	102	25	78
20	517	38	128	395	37	125	661	38	142
15	1075	35	121	973	35	116	732	37	144
10	517	30	84	516	31	96	357	32	140
TOTAL	2570	155	447	2425	155	444	1999	164	593
SCORE	4,251,324			3,792,868			4,063,576		

Other East Coast Multi-single efforts:
K3LR 5.5M N3RS 4.5M K1YR 4.4M

Looks like our Multi-single big guns hung right in there this year.

Congrats to everyone!

1991 CQWW SSB

	W6QHS			W600			K5NA/2		
	Qs	Zs	Cs	Qs	Zs	Cs	Qs	Zs	Cs
160	8	7	7	8	6	6	26	9	24
80	59	15	33	91	18	37	121	23	65
40	394	30	74	442	28	64	102	25	78
20	517	38	128	395	37	125	661	38	142
15	1075	35	121	973	35	116	732	37	144
10	517	30	84	516	31	96	357	32	140
TOTAL	2570	155	447	2425	155	444	1999	164	593
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MISCELLANEOUS SCORES

1991 ARRL DX CW

W6FSJ 204,336
AA6QY 422 146 184,836

1991 ARRL DX SSB

W6FSJ 296,250

CQWW WPX CW

AA6QY 433 261 193,401

1991 FALL CW SPRINT

W1PFA 230 41 9,430
AA6QY 74 38 2,812

CQWW RTTY

AA6QY 102 38 44 25,990

Kudos: 1991 ARRL Int'l DX CW

AA6QY First Place S/O Low Power in BCV section in

73, Ace N3AHA

NCCC SCORES

Key to Categories:

S/O = Single-op
S/U = Single-op, assisted
M/S = Multi-single xmtr
M/2 = 2 xmtr multi-multi
M/M = Multi-multi
10m = Single-band 10

1991 CA QSO PARTY Claimed Scores:

Call	Qs	Mults	NCCC Points	Cat
W1PFA	1955	57	251,769	S/O
W6SAUE	1736	57	219,051	S/O
W6BIP (N1EE)	1743	57	217,056	S/O
W6EEN	1644	58	190,704	S/O
AA6Y	1041	57	146,490	S/O
AA6QY/P	611	53	97,149	S/O
W6FSJ	1361	55	74,745	S/O

1991 CQ WW SSB Claimed Scores:

Call	Qs	Zones	DX	NCCC Points	Cat
W6QHS	2570	155	447	4,251,324	M/S
+ W0ZZ, K0RP, KX5QM, N6TV, W262					
W600	2425	155	444	3,792,868	M/S
+ AA5LS, AA6WJ, N6IG, N66G, NV6C					
N6ET	2658	92	155	1,934,998	S/O LOW
AG6D	1254	129	292	1,332,465	M/S
	830	118	272	828,750	S/O
N6DA	884	98	217	751,275	S/O
N6EK	984	102	184	740,454	S/O
N6OCL	621	98	234	523,896	S/U
N6ST	468	93	246	420,699	S/U
W6EEN	593	93	202	409,165	M/S
W6FSJ	444	85	173	305,988	S/O
VE7NKI	1291	23	50	196,370	S/O 10
WX6M	658	27	77	181,684	S/O 10
K4UVT/6	262	56	111	121,422	S/O
W6BIP	104	25	55	21,600	S/O 10

1991 ARRL SS CW Claimed Scores:

Call	Qs	Mults	NCCC Points	Cat
N5AU (W4KKK)	1384	77		S/O
W7NIN (N6TV)				S/O
K13V	1196	77		S/O
W6SAUE	1065	77	154,010	S/O
N6EK	1022	76	155,344	S/O
W1PFA	971	76	147,592	S/O
W6BIP (+N1EE)	905	77	139,370	M/S
NC7K	814	76	123,728	S/O LOW
W6CJE	775	75		S/O
VE7NTT	616	71		S/O 10
A6OH	193	51	19,686	S/O

1991 ARRL SS SSB Claimed Scores:

Call	Qs	Mults	NCCC Points	Cat
W6BIP	764	74	113,072	S/O
N6EK + AA5LP	481	61	58,682	M/S

1991 CQ WW CW Claimed Scores:

Call	Qs	Zones	DX	NCCC Points	Cat
AG6D (+5 OPS)	1957	146	352	2,670,000	M/S
K13V	1412	142	353	1,945,350	S/O
N6DA				1,200,000	S/O
N6EK				1,017,744	S/O
AA6KX	478	118	232	447,300	S/O
NT7E	552	99	188	440,545	S/O
W6QHS	662	31	91	231,434	S/O 10
K6HJH	370	93	130	218,763	S/O
W6SAUE	561	32	107	218,508	S/O 40
W618Q	200				
WX6M				24,309	S/O
K16YB	109	26	54	23,680	S/O 20 LF

STAYING AWAKE

AS EXPERIENCED BY ALERT BOB, N6TV

It's 4:00 a.m.
Your eyes are getting heavy.
You are getting sleepy.
Very sleepy.
You just want to put your head down and go into a nice, deep, sleep.
A nice, deep, sleep.

But you're in a contest! You can't go to sleep! OK, so you try running JAs on 40 CW. The rate is 20 an hour. You close your eyes. You find yourself slipping into a nice, deep, sleep.

Suddenly something jars you awake. It's 9:00 a.m.! It's too late! You've missed the long path to Africa on 40. You've missed the long path to Europe on 20. You've missed the Europeans on 15. All those multipliers -- gone.

What can you do to stay awake? Some try caffeine. They drink Coffee, Coca Cola, Pepsi, or even (yikes!) Jolt Cola. Others take No-Doz or other caffeine pills. But caffeine can have undesirable side effects and health risks. Here are two drug-free alternatives that have worked well for me. Perhaps they will work for you.

Solution No. 1: Read the *NCJ*

That's right, get that *National Contest Journal* out of the bathroom and put it right by your rig. When all there is to do is run JAs at a rate of 20 an hour, pick up that magazine and start reading. Keep pushing that CQ button. Keep up your normal rhythm. If someone answers, CEASE READING. Work him. Push the CQ button and resume reading right where you left off.

This works to keep you alert for several reasons. First, some of the articles in the *NCJ* can be quite controversial. This helps get your adrenaline going. Second, some of the contest and antenna articles in there can be downright inspirational -- another adrenaline boost. Read the "Contest Tips and Techniques" section.

You may find a trick or two that you can immediately put into practice. Finally, by giving your brain something more to do besides instructing your finger to push the CQ button, you tend to keep busy, and that's 90% of the battle against brain fade.

Solution No. 2: *The Star-Spangled Banner*

This one is crazy, but it is extremely effective. It only works if you have a CW keyer or a voice keyer to do the CQing for you. What you attempt to do is to sing -- out loud -- our National Anthem. This is very hard to do. You don't have to sing it very loud, but you must try to sing it accurately. It is a struggle to remember all the words. It is a struggle to reach all those notes. Sing it two or three times to make sure you have it right.

Why does this work so well? First of all, it can be very embarrassing to sing *The Star-Spangled Banner*. This will tend to make you blush (especially if you are operating in a multi-multi). Blushing is GOOD. It means the blood is rushing to your head, and that's exactly what you need to stay awake. Second, you must take big gulps of air to sing this song well. The deep breaths add oxygen to your blood. This keeps your brain alert. Your brain must also work hard to remember all the words and keep the movement of your mouth in synch with your vocal cords. The increased brain activity really helps keep you awake. Finally, the *The Star-Spangled Banner* may be safely sung to keep you awake while driving home after the contest.

Tired? Sleepy? Take two Anthems and call me in the morning -- long path.

73,
Bob, N6TV



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