

GNARC on Line Bulletin

Greater Norwalk Amateur Radio Club

January 2005 Founded 1934 Number One



Happy New Year 2005

Official GNARC club web site located at: www.gnarc.org/

Newsletter in [PDF Format](#). Get the [Acrobat Reader](#) Free.

Club Repeaters: K1OF 147.390/ + 600 KHz (no PL) & K1UHF 448.075/ + 5 MHz (PL-114.8) [EchoLink](#)[®]

Regular Club Meetings start at 8:00 PM and are held in the Community Room at the [Shop Rite](#) on Connecticut Ave. (Rte-1) in Norwalk Connecticut. Talk in: 147.390 repeater no PL. tone. [Comments & Feedback](#).

President: "Ned" Bassick, KA1CVV / **Vice President:** Allan Valeo, NN1H (203) 762-9302

Secretary: John Sabini, WB1GRB (203) 348-3983 / **Treasurer:** "Zig" Fekete, N1ICL.

January 2005 GNARC on Line Bulletin: John Sabini WB1GRB. Questions (203) 353-8422.

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ARES NEWS



It's that time again. Please help keep the ARES records of your participation straight and up to date. Download the ARES application from the GNARC website. You'll find it under ARES at the bottom of the page. I'll also have the forms at the January meeting. Make them out and get them back to me, please. The leadership above us wants updates every year. It's OK to send them by e-mail. The signature is not the requirement.

Thanks to all of you for your help and support this past year. I hope we can make it another fun year in 2005.

Best regards, Allan Valeo Co-EC, Norwalk ARES group.

Next ARES Nets are:

Monday January 3rd at 8:00 pm on 147.390R, NCS will be K3OS

Monday January 10th at 8:00 pm on 147.300R, PL 100 (Danbury)

Monday February 7th at 8:00 PM ON 147.390R, NCS will be W1GIG

Check the [Norwalk ARES web site](#) for latest updates and bulletins on ARES activities for the area.

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Skywarn

Phil Berkowitz WX1CT. Connecticut Skywarn D.E.C

Check the Fairfield County Skywarn web page at: www.fairfieldcountyskywarn.com/



The award-winning [WeatherBug](#) PC desktop software streams live, neighborhood weather directly to millions of PC users each day. It provides live, local weather conditions, forecasts, severe weather alerts, radar and camera images. WeatherBug is also a proven marketing solution for national and local advertisers. Click here for a [FREE DOWNLOAD!](#)

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Windows Tips, Tricks and Shortcuts / Windows Survival Tips

By, John Sabini, WB1GRB

To keep a PC running smoothly, regular maintenance is critical. Many users shy away from maintenance tasks, thinking it is a long, drawn out but the Disk Cleanup Utility can easily determine which files on a hard drive may no longer be needed and delete those files. In addition to freeing up large amounts of hard drive space, using Disk Cleanup on a regular basis can significantly improve system performance.

Disk Cleanup tool included in [Windows 98](#) and Windows [Millennium Edition](#) (Me). [Windows](#) (XP).

To uninstall Windows components: Open your CDisk Cleanup Utility Control Panel (select Start > Control Panel) Open Add or Remove Programs. Click the Add/Remove Windows Components button. Select the components you want to remove and press OK.

Uninstalling unused components. Many people never bother to check which components of Windows are installed, and which ones can be removed. Are you using Microsoft Fax Services? If not, you can save around 3.7MB. Use Internet Explorer, but not MSN Explorer? Uninstalling MSN Explorer gets you 13.5MB back! Don't play the "standard" Microsoft games? They use 12.1MB of space!

To uninstall Windows components: Open your Control Panel (select Start > Control Panel) Open Add or Remove Programs, Click the Add/Remove Windows Components button. Select the components you want to remove and press OK.

[Temporary Internet Files](#). Another source of "disappearing" hard disk space are the Temporary Internet Files. To speed up your Internet browsing, pages, graphics and other page elements are stored in your browser's cache. It's worth it to clean this cache from time to time:

From the Internet Explorer menu, select Tools > Internet Options. On the General tab, press the Delete Files button under the Temporary Internet files header A Window will pop-up asking you if you want to delete your Offline content. If you don't download Web sites with Internet Explorer and view them when you are not connected (off-line) to the Internet later, you can check the box Delete all offline content.

You can also check your entire hard disk, to see if there are any temp files in other places:

Open Windows Explorer, and select your drive (e.g. C:\) Press F3, this will open Search In the Search for files or folders named: (in box enter) *.tmp Select the drive you want to search in the Look in: box Press Search Now.

Deleting other files. Other files you could delete are files with these extensions:

.dmp - Dump file. When Windows (or an application) experiences a crash, a memory dump is performed. If you don't use these files (for trouble shooting), delete them, you can save quite a bit of space!

.bak - Backup file; when a new (data) file is created, some programs will rename the old version with a .bak extension. Be careful when removing these files.

.cnt - Help-related file; ever notice those tables of contents when you launch certain Help files? If you don't need a table to help you navigate through a Help file, delete these. They will not come back.

.fts - Help-related file; when you perform a search with a Help file, this is created to make all future searches be performed quicker. E.G., not worth having around unless you use Help files on a daily basis. They are re-created if you do a search in a Help file, so these should be regularly scanned for and deleted.

.gid - Help-related file; when you run a Help file, it creates a GID to make future accesses to that particular help file a tad quicker. They're a complete waste of space. You'll have to delete these on a regular basis, as they are recreated with every Help file execution.

.old - Old file; see .bak.

._mp - Temporary file; see .tmp.

.\$\$\$ - Old file; see .bak (usually, not always)

.000 - Old file; see .bak

To be on the safe side, delete your files to the Recycle Bin, and leave them there for a week or two. If you don't run into any problems, you can empty the Recycle Bin. If Windows or any program complains about a missing file, just select your Recycle Bin, find the file and right-click on it. From the context menu choose Restore. This will restore the file to its original location.

Tired of Windows crashing? Sick of having software lock up on you or taking forever to load? Next month I will write about other ways to make Windows run faster with fewer problems and be more reliable.

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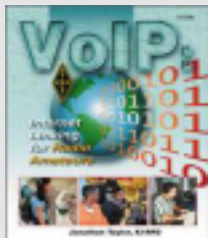
The one important ingredient in a newsletter is having articles. I will be looking forward for these articles in the future. The types of articles I will be looking for will be. Ham related, Computers or the

ever-changing word of electronics.

I have removed some sections of the newsletter, which rarely change and added a page. In this way I will have more room for news and articles. You will find it will be easier to navigate. The main section of the newsletter will not change after it is sent out on the mailing list. Some of the pages might be updated if needed. I am trying to keep the main page of the newsletter at 5 or 6 pages in PDF format.

John Sabini, WB1GRB

[Order](#) VoIP Internet Linking for Radio Amateurs. -- by Jonathan Taylor, K1RFD



Special)

The N1OLO PPS (Painter Pole

By John Kalotai, N1OLO

Special to *The ARS Sojourner* / <http://www.qsl.net/n1olo/>

Being an avid trailer-camper, I have been searching for an antenna/antenna support that would fulfill my needs.

The criteria included that it be easy to set up, cover 20 through 10 meters, sturdy enough to use as a mast, not annoy my wife or other campers needlessly, and be easy to store and transport.

To this end I created the Painter Pole Special (PPS), consisting of a commercially available telescoping 24-foot (7.5m) painter's pole.

The base section is fiberglass-reinforced resin and the top two sections are aluminum. This gives you a vertical radiating element of approximately 16-feet.

Two plastic locking collars separate the three sections. When used as a vertical, the collar between the two aluminum sections is bridged by a piece of braid scrounged from a piece of RG-8 coaxial cable.

Radials are attached to a hose clamp placed just below the lower locking collar on the resin base. The center conductor of the coax is attached to another hose clamp attached similarly just above the lower locking collar.

The resonance of the antenna may be adjusted by extending the upper two aluminum sections to the desired length for the band in use. Once you find a resonant length you can mark it with permanent marker for future reference.

Of course, radials of an appropriate length should be used. The antenna may also be "force fed" by using it fully extended with 3 radials equal in length to the aluminum sections.

Feed it as described above. By using a tuner I have successfully used it in this manner on 12, 15, 17, & 20 meters. As you" see, electrical tape was used liberally at [THE EARLY FEED POINT](#).

The antenna may be guyed by using 3/16" Dacron line attached at the level of the lower locking collar. I have also had success using the metal chassis of my camper as a ground plane, [AS SHOWN IN THE ACCOMPANYING PHOTOGRAPH](#). I use bungee cord or long plastic cable ties to attach it to the vertical support on my pop-up.

This eliminates radials to trip my kids, wife and other campers. The top two aluminum sections can be fed as a vertical dipole for 10-meters. This is accomplished by attaching the coax to hose clamps placed above and below the upper locking collar. Either a tuner must be used or small pieces of stiff wire need to be added to the two sections to get the system into resonance.

The PPS can also act as the mast for a half-sized G5RV in an inverted-V configuration. An L-shaped bracket with a pulley is attached at the top of the PPS. The center insulator for the antenna can then be raised and the ends separated and secured.

When used in this configuration the PPS will need to be guyed at the level of the upper locking collar by attaching 3/16-inch Dacron line. I have also used the pulley to hoist a small flag while on IOTA DX expeditions. [THE ACCOMPANYING PHOTOGRAPH](#) shows the PPS on Sheffield Island, NA-136CT-008s, where it was put into service on 17- and 15-meters.

To make its deployment as easy as possible, I've assembled these items into a kit. The PPS kit contains:

- one 24-foot painter's pole (Home Depot, Lowes, hardware stores, painter's supply: \$24-\$50 US depending on source)
- 50-feet of RG8X coax with large battery clips on the center conductor and braid. (attaching to feed points)
- six 2-inch hose clamps (making needed feed points, bridging locking collars, etc.)
- one L-bracket made from a 12x6-inch piece of 1x.25-inch aluminum stock

- one stainless steel pulley
- 200 feet of 3/16-inch Dacron line
- Guys, halyard rope for G5RV/flag (never hurts to have extra)
- 50 feet or more wire for ground radials -- whatever you can scrounge
- six 12-inch stakes
- Hammer
- screwdriver (I use a multi bit screwdriver that gives me No. 1 & No. 2 Philips and No. 1 & No. 2 flat.)
- roll of plastic electricians tape
- miscellaneous cable ties, bungee cords -- to suit your individual needs

Have fun and play safely. Beware of electrical lines overhead and electrical storms. Place coax, guys and ground wires where others won't trip on them, and mark them when possible.

Enjoy the N1OLO Painter Pole Special. Gee, I've always wanted an antenna named after me!

John Kalotai, N1OLO, is a seasoned camper and radio amateur living in Bridgeport, CT.

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Join us before the meeting at John's Best Pizza on New Canaan Ave. at 6 pm.

[John's Best Pizza](#)

85 New Canaan Avenue, Norwalk, Connecticut. 06850

I will add more photos in next months GNARC Bulletin. This months [PHOTOS](#).

Send your photos to: [Mail To John, WB1GRB](#) Photos on film bring them to the next meeting!

December 2004 [Newsletter](#). **Connecticut's Largest Online Scanner Site ! [ScanCT.com](#)**

Additional Links: [GNARC By Laws](#) / [GNARC POSTAL ADDRESS](#) / [WEB](#)

BROWSERS.

The UPS Store ~ 304 Main Av. Perry Plaza ~ Norwalk, CT. 06851. [Show Map](#)

J/S WB1GRB Updated on Wednesday, December 29, 2004.