

THE MARA/VARA MONITOR

Published monthly by the Massanutten Amateur Radio Association, Inc., of Harrisonburg, Virginia for radio amateurs in the Shenandoah Valley.

Bring Your Calculators!

MARA PROGRAM ON NEW RF SAFETY RULES

The March program of the Massanutten Amateur Radio Association will feature a special program by Bill Edmonson, W4IMS, on the new Radio Frequency Exposure Safety Regulations. Bill asks that all attendees bring the following items with them:

- A hand-held calculator
- January issue of *QST* magazine
- February issue of *CQ* magazine
- Pages 9 and 10 of this issue of the *Monitor*

The program will be more useful if you can follow along in the magazine articles. **If you bring along your calculator, you may be able to do your station's "routine evaluation" right there at the meeting.** Bill plans on walking you through the evaluation process, and teaching something about radiation exposure theory, too.

Remember, beginning January 1, 1998, all licensed amateurs are required to make sure their stations are in compliance with the new RF radiation emission hazard regulations. This meeting will be a training meeting to inform local hams of the compliance procedures.

The meeting is free and open to all amateurs and interested visitors. You do not have to be a MARA member to attend.

The meeting will be held on Thursday, March 5th, at Ever's Restaurant. Ever's is on U.S. 11 south of Harrisonburg. Take I-81 to exit 240 (Mt. Crawford and Bridgewater exit). Take State Route 257 west (towards Mt. Crawford) 1 mile to the traffic light. Turn right at the light, and Ever's is down 1 block on the right.

The meal begins at 6:30 pm in the banquet room. A great buffet can be had for under \$10, including drink, dessert, and tip, but you do not need to eat to attend the meetings. The business meeting begins around 7:30. The program will begin around 8:00 pm.

Senate Bill Passes

LEGISLATION MAY PROTECT VIRGINIA HAMS

Virginia Legislature Senate Bill 480 passed the senate by a 26 to 12 vote on February 6, 1998. This bill is intended to give amateur radio operators a statewide exemption from zoning and building regulations at the county, city, and town level. If it becomes law, the bill will prevent local governments from enacting rules and regulations which would impede the installation of amateur radio antennas, towers, and supporting and auxiliary structures up to 200 feet high.

The bill reportedly is in response to a nearby county's (Rockbridge?) recent enactment of building and zoning regulations which effectively prohibit installation of amateur radio towers more than 25 feet high.

It is interesting to note that Senator Hanger voted *against* the bill.

Now that the bill has passed the state Senate, the next step is up to the House. The bill was referred to the House Committee on Counties, Cities, and Towns on February 10. As of press time, that committee had taken no action on it.

Local hams in the valley should note that Rep. Weatherholz is on this committee and might prove influential in getting the bill out of committee and onto the House floor. Since the bill provides an exemption, a vote *for* the bill would be a vote for exempting ham antennas from local regulations.

If you would like to register your support for this bill (or any other for that matter), you can call **1-800-889-0229** between the hours of 8 am and 5 pm weekdays. Be prepared to give the operator the bill number, your position on the bill (for or against), and your name, full mailing address, and daytime phone number.

The full text of Senate Bill 480 appears on page 2 of this issue of the *Monitor*.

TEXT OF SENATE BILL 480

Printing Number 988574655

SENATE BILL NO. 480 Offered January 26, 1998

A BILL to amend the Code of Virginia by adding a section numbered 15.2-2293.1, relating to placement of amateur radio antennas.

Patron-- Edwards

Referred to the Committee on Local Government

Be it enacted by the General Assembly of Virginia:

1. That the Code of Virginia is amended by adding a section numbered 15.2-2293.1 as follows:

§15.2-2293.1. Placement of amateur radio antennas.

Any ordinance involving the placement, screening or height of antennas shall reasonably accommodate amateur radio antennas and shall impose the minimum regulation necessary to accomplish the locality's legitimate purpose. No local ordinance shall (i) restrict amateur radio antenna height to less than 200 feet above ground level as permitted by the Federal Communications Commission, (ii) restrict the number of support structures or (iii) require restrictive variances from reasonable and customary engineering practices for antenna erection, unless an amateur radio antenna clearly represents an unreasonable risk to human health or life.



VA ARRL LICENSE PLATES?

While investigating the status of Senate Bill 480, your newsletter editor found another legislative matter which might be of interest to hams:

The House has passed a bill which would authorize special license plates for members of the American Radio Relay League. House bill 453 was introduced January 16 by Rep. Karen Darner, and passed the full House by a 99-0 vote on February 13.

The Senate referred the bill to the Senate Transportation Committee on February 16.

STATE WEB SITES

The Virginia Legislature maintains a very good web site for tracking state legislation. Set your web browser to: <http://leg1.state.va.us/> This page is the master index page for currently-pending bills and other data on the 1998 legislative session.

Another good web site is the introductory legislature page, which can be found at: <http://legis.state.va.us/vaonline/v.htm>

From Kitty-Cat Bill...

Bill Jones, KE4FM, owner of an independent feline, informs us of a nifty web site which is continuously updated with the latest local weather information, along with a host of other news: <http://www.nbc12.com/>

Bill specifically points out that this site has a nice hurricane tracking program free for downloading. That might come in handy once hurricane season starts in June.

ENOB FROZEN RIGHT OFF THE AIR!

In case you haven't heard it, ...

(Well, of course you haven't heard it... no one has heard it because it isn't transmitting anymore!)

All amateur radio transmitters at the Elliott Knob site were knocked off the air during the January ice storm. The tower supporting the antennas became coated with ice, and the added weight was more than the structure could support. The tower literally broke in half, taking the entire radio installation with it. The 147.045 repeater, the ENOB packet node, and the 440 repeater are all off the air.

According to Kenny, KE4GKD, the future of the site is currently up in the air (*unlike the antennas!*) due to announced increases in the site rental fees charged by the U.S. Forest Service. But the repeater trustee and crew is working to refurbish and repair the equipment, without waiting on determination of its final location.

KE4GKD

ELECTRONIC DISTRIBUTION OF THE MONITOR

Beginning with this issue, the MARA/VARA *Monitor* is now available electronically over the Internet in a new format. The new format is called Adobe Portable Document Format (PDF).

This format is unique in that it will solve most of the problems previously encountered by MARA and VARA members with the old e-mail versions of the *Monitor*.

Let's take a closer look at the three ways you can now get the *Monitor* electronically.

FIRST WAY: ASCII

The first way involves the sending of a plain old email message containing the text of the *Monitor* in ASCII format. Under this method, you receive a long (very long!) email message once a month. The message is made up of the text of the *Monitor*. No pictures, no tables, no charts, nothing but plain text. You can read the text, print it on your printer, and save it to your disk. This is the only way that JUNO users can receive the electronic *Monitor*.

SECOND WAY: WORD97

If, on the other hand, you have a non-JUNO email service, AND you also have Word97 (or Office97) you can take advantage of the second way of receiving the electronic copy of the *Monitor*.

Under this second way, you receive a short email message, with a huge attachment (usually about half a megabyte). The attachment contains the binary Word97 document file that I create when I save the newsletter. In other words, you have the same exact file on your disk that I have on mine!

This file will contain all of the pictures, graphs, tables, clipart and other material in the *Monitor*.

The drawback is, you must have Word97 or Office97 to read and print it. (If you don't have Word97 or Office97, you can, however, download a shareware reader which will enable you to read and print the file.)

Another drawback of this second method is that if your margins are set different from mine, or if your fonts do not match mine exactly, your pagination and word-wrap may be different from the hardcopy you receive in the mail. Also, some of the WordArt and other fancy stuff may be unreadable on your machine.

THIRD WAY: PDF FORMAT

Now, for the third (and newest) way of getting the electronic *Monitor* -- the PDF file. Under this method, you will receive a short email message, along with an attached binary file containing a *print image* of the *Monitor* as it was sent to my printer!

Yes, that's right. You will get an actual "snapshot" of the image which was sent to my printer. There will be no problem with margins, word-wrap, or fonts, because what you see is the actual print image, not a document file.

Of course, this third way also requires you to have a special reader on your computer. Fortunately, I have acquired a copy of the Adobe Acrobat reader which all members of MARA and VARA can download for absolutely free.

The download is very simple, and includes a self-extracting installation program. All you do is go to my web page, click on the version you want

(Windows 3.1 or Windows95), tell the computer which directory you want to save the reader in, and when the download finishes, you simply run the program you just downloaded. The auto-install program sets up your reader for you.

Then, when you receive the monthly email message containing the PDF version of the *Monitor*, you simply save that PDF file to your disk, start your reader program (AcroRd16.exe or AcroRd32.exe) and load your PDF file. Presto! You see the clean, neat copy of the *Monitor*. You can click the printer icon and your printer will produce a perfect replica of the *Monitor*.

If you are a member of MARA or VARA, you are authorized to receive the electronic copy of the *Monitor*, and are eligible to download the free reader software.

To get the reader software, set your browser to:
<http://cob.jmu.edu/fordhadr/download.htm>
and follow the instructions.

Once you have the PDF reader, you will also be able to read the multitude of other PDF files on the Internet. For example, the new OET Bulletin 65 covering the RF safety regulations is published on the FCC website in PDF format.

To receive an electronic version of the *Monitor* in any of the above three formats, simply send an email message to fordhadr@jmu.edu telling me which version you prefer. Be sure to include your name and callsign so I can verify your membership status.

David Fordham, KD9LA
Monitor Editor

REPORTING TO SKYWARN NETS

As a reminder to all SkyWarn members, Ray Colvin submits the following criteria for calling in a report during the Winter season:

Be sure to call in:

- Snowfall in excess of four inches.
- Severe icing on trees, streets, or power lines.
- Sleet or freezing rain.
- Wind in excess of 30 miles per hour.
- Downed trees or power lines.
- Impassable or closed roads.

Also call in a Severe Weather Report if you observe:

- Large hailstones 3/4 inch diameter (penny size) or larger.
- Damaging winds or measured gusts 58 mph or higher.
- Tornadoes and funnel cloud sightings.
- Flash Flooding, River Flooding, Coastal (Tidal) Flooding.
- Measured an inch or more of rain. If possible, call with your final total rain when it is greater than an inch, call as you measure each additional inch.

*Ray Colvin,
KE4HVR,
Skywarn No. STN-03*

CENTRAL VIRGINIA'S TRADER'S NET ONLINE

<http://users.lynchburg.net/ke4vvb/>.

*The deadline for the April issue
of the Monitor is Friday, March 20th*

March 7-8: ARRL SSB DX Contest
March 28-29: CQ WW WPX SSB Contest

FOR SALE

KDK FM-2030 2m FM Transceiver. Finals replaced with Kenwood part.
Regency Mic, Manual, and Schematic.

Kenwood TR-7850 2m FM Transceiver. Kenwood Mic, Mobil mount, Manual.

Cell Phone Antenna - Glass Mount

Micronta Radio Shack #21-520A Power/SWR Meter - 10/100/1000 W

Glen Heatwole, N4ALS
540-833-2323 (H-burg)
glheatwole@juno.com

FOR SALE

Radio Shack DX-440 Direct Entry Communication Receiver
87.5 - 108 MHz and 150 kHz to 30,000 kHz
Back up Batteries/Alarm Clock/Owner's Manual/New Outside Antenna
\$70 OBO, Call Jeff at 432-0525

VARA "FOR SALE" PAGES ON THE INTERNET

Buck N3RIQ has added a new feature to the VARA Club's Home Page located at <http://www.qsl.net/w4mus> on the internet. He now has a place for Amateurs to list items for Sale or Trade and also Wanted Items. So take a look and see what you think. As of this writing and Buck just getting this new feature on the Home Page we do not have an listings, but I believe that will change real fast as all learn of this feature. Just check in on the address as listed and scroll down and click on Valley Ads and or Submit Ads. Buck has made it easy to follow the directions for the listings. So let's see if we can get some Items listed and we sure want to Thank Buck for a job well done on this project. So THANKS BUCK and keep up the Good Work The W4MUS Call is the Club Call Sign for VARA.

Ken - KE4GKD

PRESIDENTIAL MESSAGES

MARA

Greetings to all. We had a good turnout for February's meeting with 24 hams and guests present. As always the meal was good, but Ray's program on 6 meters was very interesting as he told us all we would need to know about propagation, radios, band plan, etc. for the "Magic Band ". If you weren't there you missed a real treat.

Remember that for the March meeting, Bill W4IMS will present information on the new RF safety rules. This is a must for those who have read the articles in QST and elsewhere and still don't understand how to evaluate your station to see if you are in compliance. As always, our meeting(s) are open to anyone with an interest in ham radio, so feel free to come join us at Ever's Restaurant March 5 and learn about the RF safety rules.

Our April program will be **Homebrew** Night: bring in your homebrew project and show us what you have done. Or, if you bought something that you think the members would be interested in seeing, bring it in and show it off! Last year the following were presented: 2 meter direction finder, HF tuner, Audio mixer, 432 11 element Quagi antenna, Curtis keyer, and paddles. Now is your chance to show us your handiwork!

Field Day! Field Day! It will soon be here. Talk it up, get people excited about participating. If you see someone who hasn't been to our club meeting for awhile, talk to them about Field Day. Last year, we had just enough bodies available to cover everything, but a few more would have made it a lot easier to do all that's necessary to operate the stations for the 24 hour period. For our May meeting, I plan to have one or more videos of past Field Days to show everyone how much fun it is. (Now that should be interesting!)

Hope everybody survived the snowstorms without major headaches, and hope that the weather cooperates for March's meeting. See you there!

*David Tanks AD4TJ
MARA President*

VARA

Well as of this writing February is about over and Spring is just around the corner. I for one am looking forward to it.

As you have noticed, the last several Club meetings I have hurried to get finished. That was because Gavid's has winter closing hours set at 8 PM for December, January and February. But that has now ended and we will have more time to conduct the meetings and business.

I hope all enjoyed Karen's presentation at the last meeting. I sure thank her for doing this for the club. If anyone has an idea for a presentation, please let me know. We will make plans and a date to do this. Next month if all goes as planned Ray (KE4HVR) will have a presentation on the new RF Exposure Fields which effect us all as Amateurs, so make plans to attend and get the facts.

I would also like to thank Elsworth (K4LXG) for the video tape of the tower damage and deep freeze on Elliott's Knob (ENOB). With that tape we learned a lot. As of this writing, the equipment and tower have been taken down off the mountain. Plans are being made for repairs and getting the machines back in operation, but this still will take a while as we have a bunch to repair before going back up on the mountain.

I mentioned at the meeting also a March of Dimes Walk on May 2nd (a Saturday) and I will take all volunteers for this event -- just contact me. Let's make this a nice outing for all. (I need your help - Please!)

Field Day this year will be on June the 27th and 28th. We again need help and operators for the event, so let's start to make plans and make this a big event as in past years. The Field Day committee members will be starting their plans soon. I hope more will volunteer their time and equipment. Look for more information at the meetings of VARA & MARA and in the Newsletter.

We voted at the last meeting to discontinue our Flower Fund. We decided that we will try to let all know when someone is in the hospital and just send cards to them. If you learn of any of our members being under the weather, please pass the word around to all. --- Well that's all for the month but remember the next meeting is on March 11th, 1998. Plan now to attend.

Ken - KE4GKD

BRIEFS

NEW HAM SATELLITES COMING: The CQ/VHF March issue has a good article on six (6) new LEO Amateur satellites that are in the building stage:

ASUSAT	expected launch mid 1998
Sunsat	expected launch March 1998
Sedsat	expected launch July 1998
Maelle	expected launch 1999
Pansat	launch pending
Sapphire	launch pending

These sats have a big variety of frequencies that will fit into everyones needs. The article covers what frequencies each sat will have. These modes include linear SSB and FM voice, AFSK, pacsat packet, high speed packet, Spread Spectrum, and digital imaging. -- Bert N7TKO

APRS MOVING: Many APRS groups are vacating the 145.790 frequency in favor of the new recommended APRS-designated frequency of 144.390 MHz. The changes become effective March 1, 1998. The frequency change is being made to avoid interference with the space modes, which by FCC rules, have exclusive use of 145.80 to 146.00 MHz. -- Gary Bargholz N9UUR

SUNSPOTS BACK: It's official. The new solar cycle has begun, and the sunspot numbers are climbing. Solar prognosticator Tad Cook, K7VVV, Seattle, Washington, reports: Solar activity was way up this week, with average solar flux increasing by almost 18 and average sunspot numbers up nearly 34 points. Solar flux was above the average of 96 for the previous 90 days on five out of seven days this week. Solar flux peaked on Sunday at 107.3.

TV GUIDE GOOFS: A crossword puzzle in the popular weekly TV Guide, the January 17 issue, badly blurred the distinction between ham radio and CB. In the puzzle, "CBer" was given as the answer for the clue "ham radio user." ARRL Public Relations Specialist Jennifer Gagne, N1TDY, wrote TV Guide after several members brought the error to the League's attention. In a follow-up call, she was told that the appropriate staff people were made aware of the mistake and that the magazine may run a brief item telling readers that letters were received on the issue. Gagne said it was unlikely that the puzzle would ever be reprinted. -- ARRL Letter

EASIER RECIPROCAL LICENSING: US amateurs soon will not need to apply for reciprocal licenses in order to operate during short visits to most European countries. While an official announcement still may be a few weeks away, it's been learned the US request to participate in the European guest license arrangement has been approved. Similarly, most

European hams visiting the US no longer will have to submit FCC Form 610A. Under the soon-to-be-implemented arrangement, a US Technician license would be recognized as a CEPT Class 2 (VHF-only) license, with full privileges above 30 MHz. Holders of Tech Plus through Extra tickets would be given a CEPT Class 1 license, with full privileges on HF and VHF. Novice licensees would not be eligible for a CEPT equivalent license since most CEPT countries don't



offer a license of this type. -- ARRL Letter

MIR NEWS: For the current status of the ham radio operations aboard the Soviet space station Mir, see the web: <http://www.geocities.com/~ik1sld/mirex.htm>. If you have trouble accessing that page, try: <http://www.geocities.com/CapeCanaveral/Lab/3431/mirex.htm>

MIR FREQUENCY SUMMARY: Remember, the FM modes on the Mir station are accessible to anyone with UHF capability: The packet station uplink is 435.775 MHz, downlink of 437.975 MHz. The voice repeater (!) uplink is 435.750 and the downlink is 437.950 MHz, with a CTCSS tone requirement of 141.3 hz. The QSO mode with the Mir astronauts uplink is 435.725, and the downlink is 437.925 MHz, with a CTCSS tone of 151.4 hz. Weekly reports are received of hams working the orbiting station with standard mobile rigs and antennas. Remember, Andy Thomas' callsign is KD5CHF.

CUSHCRAFT NOT MARK TWAIN: Cushcraft says reports of its demise in the ham radio market have been greatly exaggerated. Cushcraft Production Manager Art Hambleton, K1ART, says the New Hampshire antenna manufacturer is still very much a part of the Amateur Radio antenna industry. Rumors that Cushcraft was exiting the ham market apparently mushroomed when word spread of some layoffs at Cushcraft.

HAM ORGANIZATION ADDRESS UPDATE: The BSRG, ATV, APRS, and Balloon Web sites have moved. The new address, <http://www.BSRG.org>, is the new home for The Big Shanty Repeater Group (BSRG), the Atlanta Balloonatics, the Atlanta Amateur Television Network (AATN), and the Atlanta APRS Network.--Ralph Fowler, N4NEQ

NORTHERN VIRGINIA AMSAT MEETING: The annual meeting of the area Amsat folks will be held April 19th, at the Goddard Space Flight Center in Greenbelt, Maryland. --*Pat WD8LAQ*

BANDPLANS TO BECOME MANDATORY? The ARRL is considering an attempt to change voluntary compliance of amateur band plans into Federal law. The league believes many hams face a growing problem of FM incursion into what is traditionally non-FM spectrum, including frequencies normally used for satellite communications. The ARRL may ask the FCC to put teeth into the voluntary band plan concept by asking the Commission to issue a declaratory ruling where any operation that conflicts with established, voluntary band plans and causes interference or adversely affects others operating in accordance with applicable band plans, is considered poor amateur practice. As such it would be also be considered a rules violation. Such a ruling could go way beyond protecting satellite, weak signal and other VHF/UHF users from being harassed. It could also be applied to problems on the high frequency bands where specialized modes which also need protection tend to collide with mainstream SSB and CW transmissions. -- *AMSAT News Bulletin*

ONLY ONE SHUTTLE HAM RADIO MISSION FOR 1998: The launch date for the next Shuttle Amateur Radio EXperiment (SAREX) payload, aboard STS-93, has slipped until late this year. STS-93 originally was scheduled to go up in August, but its primary payload will not be ready by then. The five-day mission is the only SAREX mission scheduled during 1998. But another flight, STS-95 in October--the flight that will carry once and future astronaut and US Sen John Glenn into space--has been under consideration for several months as a possible SAREX flight, according to AMSAT Vice President for Manned Space Programs Frank Bauer, KA3HDO. Nothing has been confirmed yet, however. While the shuttle will be involved in construction of the International Space Station (ISS), it's unlikely that SAREX will be aboard shuttle construction missions or shuttle/Mir docking flights because of the heavy astronaut workload involved on these missions and the need to swap antennas during Mir docking flights. -- *ARRL Letter*

TV CHANNELS 60-69 REALLOCATED: The FCC has reallocated television Channels 60 to 69 to other services. TV channels 60 through 69 operate from 746 to 806 MHz. The FCC says that this transfer of spectrum will help alleviate a critical shortage in public safety spectrum needs. *FCC release*

DAYTON HAMVENTION NOW ON THE INTERNET: The Dayton web site is: <http://www.hamvention.org> Again

the dates for Hamvention '98 are May 15th, 16th and 17th at the Hara Arena in Dayton, Ohio.

ATTENTION VANITY CALLSIGN HOLDERS! NOTIFY YOUR QSL BUREAU: Bob Dixon, W8ERD, reminds those with new call signs to notify their ARRL QSL bureau about their change in call signs. Dixon, a volunteer bureau sorter, says not being alerted to a call sign change is "a huge problem" for QSL bureaus. He advises new call sign holders to send additional envelopes or postage to cover cards sent to the new call sign and to ask that cards addressed to the former call sign be forwarded to the new one.

READ MY LIPS! The FCC wants everyone to know that the email circulating about per-minute internet connection charges is not true. The FCC has been plagued with phone calls and letters from citizens speaking out against what they were told is potential FCC regulations promoting the use of per-minute connect charges for Internet access, similar to the billing system used for long-distance billing. The FCC says flatly that it considered such regulation last year, and decided against such a billing scheme for Internet Service Providers. However, some spammers continue to flood email boxes with notices that the FCC is still considering such rules, and urging citizens to register complaints with the FCC.

SMALL PARTS SOURCE: Check out the source of small electronic parts at: <http://www.fix.net/dans.html>. Catering to the small ham, this page often lists parts unavailable from other sources. *Clifton Turner KF5OJ*

ARRL NEWS NOW AVAILABLE OVER THE LANDLINE: The ARRL is experimenting with a long-distance call-in audio recording of ham radio news. If you are interested in trying it, call 860-594-0384. *ARRL Letter*

NEW FORM 610: Remember, a new Form 610 took effect January 1, 1998. All previous versions of Form 610 are now obsolete and will no longer be processed. You can obtain a new copy of the Form 610 from: <http://www.fcc.gov/formpage.html>, or <ftp://ftp.fcc.gov/pub/Forms/Form610/> or by fax from 202-418-0177 (request Form 000610). Also, the FCC Forms Distribution Center will accept orders by calling 800-418-3676.

ONLINE HAM REFERENCE: An instant copy of the international phonetics alphabet is now available online at: <http://www.acs.ncsu.edu/HamRadio/HF/phonetics.html>. Also, an online copy of the Q-signals is available from: <http://www.acs.ncsu.edu/HamRadio/HF/qsigs.html> -- *Ken Harris, KE4GKD*

GULLIBILITY VIRUS SPREADING!

WASHINGTON, D.C.--The Institute for the Immediate Investigation of Irregular Internet Phenomena (IIIIIP) announced today that many Internet users are becoming infected by a new virus that causes them to believe without question every groundless story, legend, and dire warning that shows up in their inbox or on their browser. The Gullibility Virus, as it is called, apparently makes people believe and forward copies of silly hoaxes relating to cancer victims, email-transmitted viruses, taxes on modems, and get-rich-quick schemes.

"These are not just readers of tabloids or people who buy lottery tickets based on fortune cookie numbers," an IIIIP spokesman said. "Most are otherwise normal people, who would laugh at the same stories if told to them by a stranger on a street corner." However, once these same people become infected with the Gullibility Virus, they believe anything they read on the Internet.

"My immunity to tall tales and bizarre claims is all gone," reported one weeping victim. "I believe every warning message and sick child story my friends forward to me, even though most of the messages are anonymous."

Another victim, now in remission, added, "When I first heard about Good Times, I just accepted it without question. After all, there were dozens of other recipients on the mail header, so I thought the virus must be true." It was a long time, the victim said, before she could stand up at a Hoaxees Anonymous meeting and state, "My name is Jane, and I've been hoaxed." Now, however, she is spreading the word. "Challenge and check whatever you read," she says.

Internet users are urged to examine themselves for symptoms of the virus, which include the following:

- The willingness to believe improbable stories without thinking.
- The urge to forward multiple copies of such stories to others.
- A lack of desire to take three minutes to check to see if a story is true.

T. C. is an example of someone recently infected. He told one reporter, "I read on the Net that the major ingredient in almost all shampoos makes your hair fall out, so I've stopped using shampoo." When told about the AOL Join The Crew hoax, T. C. said he almost cancelled his AOL subscription.

Anyone with symptoms like these is urged to seek help immediately. Experts recommend that at the first feelings of gullibility, Internet users rush to their favorite search engine and look up the item tempting them to thoughtless credence.

Most hoaxes, legends, and tall tales have been widely discussed and exposed by the Internet community.

Courses in critical thinking are also widely available, and there is online help from many sources, including:

- Department of Energy Computer Incident Advisory Capability at <http://ciac.llnl.gov/ciac/CIACHoaxes.html>
- Symantec Anti Virus Research Center at <http://www.symantec.com/avcenter/index.html>
- McAfee Associates Virus Hoax List at <http://www.mcafee.com/support/hoax.html>
- Dr. Solomons Hoax Page at <http://www.drsolomons.com/vircen/hoax.html>
- The Urban Legends Web Site at <http://www.urbanlegends.com>
- Urban Legends Reference Pages at <http://www.snopes.com>
- Datafellows Hoax Warnings at <http://www.Europe.Datafellows.com/news/hoax.htm>



Those people who are still symptom free can help inoculate themselves against the Gullibility Virus by reading some good material on evaluating sources, such as

- Evaluating Internet Research Sources at http://www.sccu.edu/faculty/R_Harris/evalu8it.htm
- Evaluation of Information Sources at <http://www.vuw.ac.nz/~agsmith/evaln/evaln.htm>
- Bibliography on Evaluating Internet Resources at <http://refserver.lib.vt.edu/libinst/critTHINK.HTM>

Lastly, as a public service, Internet users can help stamp out the Gullibility Virus by sending copies of this message to anyone who forwards them a hoax.

*Brandon S. Sluder
N9NPO*

MATERIAL FOR RF SAFETY REGULATIONS PROGRAM

Bill Edmonson, W4IMS, asks that MARA members bring this page (front and back) to the March MARA meeting, along with a hand-held calculator. Also, if you have the January issue of QST and/or the February issue of CQ magazines, bring them along. They contain some additional tables which will be explained as part of the program.

LIMITS FOR MAXIMUM PERMISSIBLE EXPOSURE (MPE)

(A) Limits for Occupational/Controlled Exposure

Frequency Range (MHz)	Electric Field Strength (E) (V/m)	Magnetic Field Strength (H) (A/m)	Power Density (S) (mW/cm ²)	Averaging Time E ² , H ² or S (minutes)
0.3-3.0	614	1.63	(100)*	6
3.0-30	1842/f	4.89/f	(900/f ²)*	6
30-300	61.4	0.163	1.0	6
300-1500	--	--	f/300	6
1500-100,000	--	--	5	6

(B) Limits for General Population/Uncontrolled Exposure

Frequency Range (MHz)	Electric Field Strength (E) (V/m)	Magnetic Field Strength (H) (A/m)	Power Density (S) (mW/cm ²)	Averaging Time E ² , H ² or S (minutes)
0.3-1.34	614	1.63	(100)*	30
1.34-30	824/f	2.19/f	(180/f ²)*	30
30-300	27.5	0.073	0.2	30
300-1500	--	--	f/1500	30
1500-100,000	--	--	1.0	30

f = frequency in MHz

* Plane-wave equivalent power density

NOTE 1: Occupational/controlled limits apply in situations in which persons are exposed as a consequence of their employment provided those persons are fully aware of the potential for exposure, and can exercise control over their exposure. Limits for occupational/controlled exposure also apply in situations when an individual is transient through a location where occupational/controlled limits apply provided he or she is made aware of the potential for exposure.

NOTE 2: General population/uncontrolled exposures apply in situations in which the general public may be exposed, or in which persons that are exposed as a consequence of their employment may not be fully aware of the potential for exposure or can not exercise control over their exposure.

SOME CALCULATED MPE LIMITS

FREQUENCY	BAND	POWER DENSITY (S) (mw/cm ²) OCCUPATIONAL/ CONTROLLED	POWER DENSITY (S) (mw/cm ²) GEN POPULATION/ UNCONTROLLED
2.0	160m	100.00	45.00
4.0	75m	56.25	11.25
7.3	40m	16.89	3.38
10.15	30m	8.74	1.75
14.35	20m	4.37	0.87
18.168	17m	2.73	0.54
21.145	15m	2.01	0.40
24.99	12m	1.44	0.29
29.7	10m	1.02	0.20
50	6m	1.00	0.20
144	2m	1.00	0.20
222	1-1/4m	1.00	0.20
450	70cm	1.50	0.30
902	33cm	3.00	0.60
1240	23cm	4.13	0.82

Remember, the entire document on RF safety regulations is available free over the Internet in both WordPerfect 6.0 format, as well as PDF (Adobe Portable Document File) format. Set your web browser to:

<http://www.fcc.gov/oet/info/documents/bulletin/#65>

You can also obtain a printed copy of OET Bulletin #65, and Supplement B (specific guidelines for amateur radio operators) for the cost of printing from the newsletter editor. OET Bulletin 65 (85 pages) is \$7.00, and Supplement B (64 pages) is \$5.00, plus \$2.50 postage. Contact David Fordham, KD9LA at 540-568-3024 (daytime) or 540-234-0448 (evenings) or send email to **fordhadr@jmu.edu**.

Trivia Questions

Which ham in the Shenandoah Valley just ran a February 1998 Dxpedition to the island of Grenada?

Which ham in the Shenandoah Valley used to be a singer on a Caribbean cruise ship?

Which ham in the Shenandoah Valley maintains an official NOAA NWS weather observation station?

Which ham in the Shenandoah Valley is a dentist? Which two are medical doctors?

MARA SECRETARY'S REPORT

February 5, 1998 Meeting

The regular monthly meeting of the Massanutten Amateur Radio Association was held at Ever's Restaurant at Mt. Crawford, VA on Thursday, February 5, 1998. A period of fellowship and dining was enjoyed at 6:30 p.m. from the buffet menu.

At 7:30 p.m. the meeting was called to order by David (AD4TJ) and each person present introduced his/herself with name, call sign, and location. David also reminded us that the April meeting would be "Home Brew" month. Anyone with an interesting project was invited to present same at that time.

Dale (KD4DAI) shared an update on the 145.130 repeater on Great North Mountain and passed around some photos of the project.

Committee reports were given as follows:

ARES: No report due to absence of chairperson.

PUBLIC SERVICE: Ken (KE4GKD) announced there would be a March of Dimes Walk in Augusta County on May 2nd. The probable site will be Stuarts Draft.

FIELD DAY: Walt (KF4BFB) and Sandy (KE4PZC) will serve on the FD committee along with those from the VARA Club. Arrangements have been made to have at least two to work on satellite contacts.

NEW BUSINESS: Jay (W4QDC) brought to our attention a state senate bill, SB-480, which is designed to exempt all amateur radio towers under 200 ft. in the state from the regulations that certain jurisdictions are putting on other communications towers. It was suggested we call 1-800 889-0229 to express our concern and urge our delegates and senators to vote in favor of this bill. We have gained this consideration from Rockingham County but other amateurs in other counties are already experiencing such attempts.

Ken (KE4GKD) reported that the repeaters on Elliott's Knob in Augusta County were knocked out by the recent snow and ice storm. Due to road conditions and other considerations there was no estimate given of when the repeaters would be operational again. -- David (AD4TJ) announced that all previous 610 Forms were obsolete. Due to his request, we now have the new forms available. -- Bill (W4IMS) called attention to the articles in *CQ* for February and *QST* in January concerning RF and its measurement and regulation. Bill will give a program in the March meeting concerning this subject.

Following adjournment, Ray (KD4OXU) gave a most interesting program about operation on 6 meters.

There were 25 members and guests present.

Respectfully submitted
Wilton B. Thomas(KF4BFL)

VARA SECRETARY'S REPORT

February 11, 1998

The Valley Amateur Radio Association (V.A.R.A.) club meeting was held at Gavid's Restaurant in Staunton on February 11, 1998. The meeting was opened at 7:32 p.m. by the club president, Ken Harris (KE4GKD). Present were 27 members and guests.

The total amount raised with the 50/50 raffle was \$25. Doug Zirk (KE4RMD) was the winner of \$12.50, which he later donated back to the club.

A correction was made to the secretary report as was printed in last month's newsletter. Within the report, it was stated that a person wishing to pay associate member dues, after the first of August, would pay \$3.50. This amount should be \$3.75. After making the correction, there was a motion to accept the secretary report as printed in last month's newsletter, with the correction. It was accepted.

Jeff Rinehart (WB4PJW) gave the treasurer's report. It was accepted as read.

Sam Pickering (KE4EKV) alerted the club members of an adjoining county that has passed some legislation that places restrictions on amateur radio towers. There is a Senate Bill 480 that opposes this legislation for tower heights. Everyone should call 1 (800) 889-0229 and vote "In Favor Of" this Senate bill that is against this other legislation that involves tower restrictions.

Ken Harris (KE4GKD) received a letter from an amateur and it was read to the club by Jeff Rinehart (WB4PJW). The letter listed numerous and predominately amateur radio items for sale. For details call 943-7083.

Ken Harris (KE4GKD) led a discussion about the club's flower fund. The flower fund has been costing the club more than it has been getting back, from "flower fund donations". A few suggestions of options were made and talked about and a motion was made to cancel the flower fund and instead announcements would be informally placed, via e-mail, packet, repeaters, word of mouth, etc., so that calls can be placed, cards sent, and/or visits made to the people in need of support from their friends.

Karen Zirk (KE4WIE) gave a presentation on Robert's Rules of Order. There was a motion to adjourn the meeting of the Valley Amateur Radio Association (V.A.R.A.). The motion was accepted and the meeting adjourned at 8:10 p.m.

Submitted by:
Douglas S. Zirk (KE4RMD)

Valley Amateur Radio Association (V.A.R.A.) Secretary

MASSANUTTEN ARA

President: David Tanks, AD4TJ
Vice-President: Walt Lam, KF4BFB
Secretary: Wilton Thomas, KF4BFL
Treasurer: Matthew Huffman, KD4UPL
Board (exp 98): Sandy Mullins, KE4PZC
Board (exp 99): Bob Hughes, KF4BFC

MARA meets the first Thursday of each month at Ever's Restaurant on U.S. 11, south of Harrisonburg. Meal starts at 6:30 pm, Business Meeting starts at 7:30 pm
Visitors are welcome.

Dues (\$12/yr) should be mailed to the Treasurer,
Matthew Huffman, KD4UPL, 5166 Mt Clinton Pike,
Harrisonburg, VA 22801

THE VALLEY ARA

President: Ken Harris, KE4GKD
Vice-President: Karen Zirk, KE4WIE
Secretary: Doug Zirk, KE4RMD
Treasurer: Jeff Rinehart, WB4PJW

VARA meets the second Wednesday of each month at Gavid's Restaurant on US Route 11 South in Staunton. The meal begins around 6:30 and the business meeting begins at 7:30.
Visitors are welcome.

Dues (\$15/yr) should be mailed to the Treasurer,
Jeff Rinehart, 1344 Hankey Mtn Hwy, Churchville, VA 24421

The *Monitor* is published monthly by the Massanutten Amateur Radio Association, Inc., a non-profit organization under the Internal Revenue Service regulations. The *Monitor* is distributed to all full current members of the Massanutten and the Valley Amateur Radio Associations under reciprocal agreements of the two clubs. Sample copies are sometimes sent to other hams in the Shenandoah Valley to invite them join the club of their choice. All change of address, articles, comments, and material for the *Monitor* should be sent to the Editor, David R. Fordham, KD9LA, 131 Wayside Drive, Weyers Cave, VA 24486-2421, phone 540-234-0448, email: fordhadr@jmu.edu.

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