



MINOW NET

Amateur Radio Club for YL's in

Montana Idaho Nevada Oregon Washington

MINOW NET Newsletter

Summer 2023

CLUB OFFICERS

President

CJ Stevens, K7CJS

Vice President

Elizabeth Simon, KK7VO

Secretary/Treasurer

Vanessa McCoy, KE7UBB

WEEKLY NETS

Thursday Evening

1930 Pacific time:
Echolink net on ALARA
Conference node

Friday Morning

0830 Pacific time:
HF net on 3.812 or
Thereabouts

CONTACT US

info@minownet.org
www.minownet.org

ANNUAL EVENTS

May

Annual Meeting

September

Luncheon

Message from the President

My goal for this year as your new President is to get our name out there and gather new members. I hope that along the way we can also attract some young YL's.

We all know that the world of HAM Radio is dominated by men, and it will continue to be that way; but, as women operators, we can actively encourage young women to become involved and raise our numbers. But that won't happen unless they know about this fun and important world of amateur radio.

Our club is small but could be much larger and more influential if we put in the effort to recruit new members. This is not an impossible task, but it is a task that will take time and dedication from our current members. Time, ideas and yes, funds, are required. We have an excellent website (Minownet.org) that is full of information that we can point potential YL Hams to but that website costs money to operate – not a lot but enough to put a dent in our capital.

With that in mind, a group of us Minow's have formed an e-cookbook committee to start working on developing an e-cookbook by YL's and their friends and family that we can sell online to help raise some funds.

The online Cookbook, which will sell for about \$5.00, is one way we can continue to support our website and thus, our goal to attract more members, but it will take our village, not just a few of us. We need the help of the rest of you to submit your favorite recipes (3-5) so our e-Cookbook is one that others will want to buy.

Let's band together in genuine commitment to doing this. We don't have to do everything all at once, but we need to make a real start and keep the momentum going forward!

Check out the article in this newsletter written by Vanessa, our secretary, and please jump on board. You can email me your favorite recipes along with those of your family and friends. I just need your first name, callsign and the name of your friend or family member. OH, one more thing, a photo will really help. If you don't have one just Google images with the name of your recipe and some pictures should pop right up for you to pick from.

Let's not just talk about it, let's get this going and keep it going.

CJ Stevens, K7CJS



**Don't base
your decisions
on the advice
of those who
don't have to
deal with
the results.**

YL Cookbook Letter of Explanation

From the MINOW NET CLUB

To Whom it May Concern,

First, let me tell you a little bit about our group. The MINOW NET is a Young Ladies (YL) Ham Radio club that was formed in 1963 and is named from the first letters of the states of Montana, Idaho, Nevada, Oregon, and Washington. Full membership is open to any licensed YL living in those states. A YL will be accepted as a member when she has checked into one of the MINOW nets at least twice.

We currently have two nets. There is a NET on ALARA Echolink Conference node (286905) Thursday evenings at 7:30 pm Pacific time. The NET also meets each Friday morning at 9:30 pm Pacific time on 14.310 or 14.288 if 14.310 is busy. Net control may vary monthly among the members.

The Minow Net Club is currently working on producing a cookbook with recipes from fellow Ham Radio YL's (Young Ladies). We are looking for help from all YL's in submitting their recipes with a picture of the prepared dish (use Google images if you have no picture), along with their callsign, and a brief story about when they were licensed, and how they got interested in Ham Radio. Please send your recipes to CJ Stevens at cj@cistevens.com before Thursday, September 21.

The purpose of the Cookbook is to raise funds to cover the costs of operations including, but not limited to, the cost of our website and office supplies. Delicious and tasty recipes seem like a good way to raise funds and start meeting new Hams and making new friends. We appreciate meeting you through your recipe submissions and perhaps on one of our Net's as well. Have a great summer!

Sincerely,

Vanessa McCoy, KE7UBB

MINOW Secretary/Treasurer

INTRODUCTIONS PAGES

CJ Stevens, K7CJS is our new president

A little introduction of CJ Stevens:

CJ: I think I got my Ham License in 2016. I was full-time RV'ing at the time and bought into a RV park up in northern Washington in the Squim, Port Townsend area. They have a big need for the Cascadia Subduction Zone planning. There's going to be a 10.0 earthquake in the next 50 years or so. The Park decided to get involved in emergency services which is Aries and all that, and we needed people in Ham Radio. I was one of the volunteers so that's how I got involved. Now I'm not full-timing anymore for the last year or two and I'm down in Pahrump. I'm more vested in remodeling this house than ham radio in the last couple of years. Now that I'm winding down on that I'm going to be doing more Ham Radio more. Now have access to HF 15, 17, 20, and 40-meter antennas with a 160 foot tower. The 20-meter wouldn't you know is out right now which is our Friday morning Minow net and soon as they get that back up, I plan on using it.

Elizabeth Simon, KK7VO; is our new Vice President

A little introduction of Elizabeth.

Elizabeth: I got my first license in about 1979 so I've been a Ham for a good number of years. In the last few years I haven't been particularly active on the air except for things like field day and sometimes a little bit of Portable when I camped out. One of these days I'm going to actually get into the Parks On The Air. I need to do a little bit more research on how to activate. The problem is it seems to be like you're supposed to spot yourself; but it's hard to spot yourself if you're in an area with no cell phone or Wi-Fi, or any of that.

I haven't figured that part out yet.

"If you go looking for a friend, you're going to find they're very scarce. If you go out to be a friend, you'll find them everywhere."

MINOW NET ANNUAL MEETING MINUTES

05/06/2023

In attendance on Zoom:

Barbara Yasson, AC7UH; Marilyn Melhorn, AF7MM; Margaret Hardwick, AE7MB; Robin Resnick, KJ7BI; CJ Stevens, K7CJS; Nicole Crosby, N7XBY; Elizabeth Simon, KK7VO; Vanessa McCoy, KE7UBB; Martha Todd, KI7MEO; Rose Rybachek, KL7FQQ; and Linda Creatore, KJ7WVO.

The meeting was called to order by Marilyn Melhorn, AF7MM, at 1:02 p.m.

Presidents report: -Marylin Melhorn, AF7MM

Our incoming President, CJ, K7CJS; is going to keep our Quarterly Minow Zoom gatherings going. We no longer have at least 50% YLRL membership in our club and we need at least 50% of Minow members to also be members of the YLRL before we can be affiliated with YLRL. Please consider becoming a member of the YLRL, or sponsoring someone, so we can become affiliated again.

Vice-Presidents report: -Vanessa McCoy, KE7UBB

I've really enjoyed being the vice president these last two years and I think I've accomplished a lot. I also want to mention that I've been elected the new treasure secretary for the next couple of years.

Secretary treasurers reports: -Margaret Hardwick, AE7MB

1. Treasurers report: I have been secretary treasurer of this organization for eight years and decided that was enough time. We're doing quite well financially.

Checking account balance is \$356.93, Savings account balance is \$311.86 for a Total of \$668.79.

This financial report has not been audited. I feel comfortable that these numbers are correct.

Vanessa and I will get together to verify.

2. Communications report: We have not received any letters or communication.

Marylin thanked Margaret for all the work she's done for the club over the years.

Sunshine chair report: -Margaret Hardwick, AE7MB No activity.

Certificate custodian report: -Robin Resnick, KJ7BI

This year I gave out no certificates. We have \$4.15 in the Certificate Custodian envelope. The MINOW NET CERTIFICATE document by the Awards committee has the details of how to earn a Certificate.

Vanessa added that having echo link capability would fulfill the contact requirement if you didn't have the HF radio set up.

Badge report: -Marylin Melhorn, AF7MM

The new Minow badges have the logo on the upper left quarter, the website and email address on the upper right quarter, the states that MINOW stands for listed on the lower right quarter, your name and callsign on the lower left and center. The back of the badge is blank.

MINOW NET ANNUAL MEETING MINUTES cont.....

Badges are \$7.00 apiece. \$5.00 goes for the cost, and the other \$2.00 goes into the Minow fund. If you're interested in a new badge contact Vanessa McCoy. Some members have already bought one.

Webmistress report: -CJ Stevens, K7CJS

Need to raise Funds to pay for the website. A couple things I get off the website, hits we get from other countries:

1839 hits	576 from the U.S.	74 from China
48 from Canada	4 from Russia	3 from Germany
2 from Austria	2 from Denmark	2 from Netherlands
1 from New Zealand	And a few more. We're getting hits from all over the place.	

Now that Linda Creatore closed her Red Bubble account, I'll take the store down.

Membership report: -Margaret Hardwick, AE7MB

No new members this year. The last three members who joined the Minow Net's were:

In 2021 Paula Cole, K7PKA; out of Montana joined.

In 2022 Ingrid Geissler, W7ISG; out of phoenix AZ, and Jeannie Helfrick, AA7JN; out of La Pine, OR joined.

During the annual meeting in 2022 they were reported as new members.

Net Control report: -Margaret Hardwick, AE7MB

Thursday night net on echo link (node 286905) at 7:30 p.m. Pacific Time. We've usually got 3 or 4 of us talking, but sometimes there's only a couple of us.

Friday morning on HF (20 meters, frequency 14.310 or 14.288) at 9:30 a.m. Pacific Time. It's usually kind of slow, but sometimes there's a couple of us.

Publicity Chairman report: -Margaret Hardwick, AE7MB

I've been doing Minow newsletters for eight years. We had a miscommunication that has been resolved. We do three a year. One in April, August, and December. I'm also doing the newsletters for the YLRL.

Old business:

1. Status of Social Media (Facebook) -Marilyn Melhorn, AF7MM: Nothing new to report.

2. Committee for the procedures Manual to supplement the By-laws -Vanessa McCoy, KE7UBB:

There are things we need to have documented but not included in the bylaws. Bylaws are more formal and harder to change. We want to set up a Procedures Manual for things like how much we're charging for the badges, Tee-Shirts, fundraising projects and such. We want to document things and not rely on our memories.

MINOW NET ANNUAL MEETING MINUTES cont.....

Vanessa and Marilyn have volunteered for the committee so far. We'd like at least one or two more volunteers. You don't have to be in our area, we can do it on zoom. We talked about starting the committee in the past, but we kind of dropped the ball.

Contact: Vanessa McCoy, KE7UBB at ke7ubb@gmail.com for more information.

3. Fundraising ideas: Vanessa McCoy, KE7UBB

We want to get some Fundraising ideas from the membership to pay for the website costs and other expenses. We used to do the White Elephant auction at the annual meetings before Covid. Now that we are doing our annual meetings on Zoom, we need to try something different to raise funds.

CJ Stevens suggested publishing a YL Ham Radio Operators Cookbook.

There are places online where you can electronically submit your recipes, pick out the cover, and they can produce it for you; and possibly produce e-books or "e-cookbooks" for you too. It can be handled so we don't have to handle sales or money. They can print on demand so you don't have to print out a bunch ahead of time, and you won't have a big upfront cost. CJ proposes to meet again in a month to discuss how to proceed. So far CJ Stevens and Vanessa McCoy volunteered.

We are looking for volunteers for a cookbook committee. Volunteers that usually don't volunteer.

Barbara Yasson remembers YL's at CCARC, and maybe an old MINOW cookbooks from the past and if she stumbles across one she will let us know.

4. T-Shirt, tote-bag, hoodie, etc. order: Vanessa McCoy, KE7UBB

I've been gathering Information on the T-shirts and I need to find out the full price for the setup fee, getting a call sign on the shirt, the logo, the cost of the shirt itself, and get to what the total cost will be. I will put together an order form and we'll send that out to the membership. We will not place any orders until they are paid for in full.

Linda Creatore: I closed my Republic account for Red Bubble just recently because Republic changed the way they're doing things. For people and small groups that don't sell a lot of products, Red Bubble imposed fees that will take almost every penny you make.

Vanessa: We have a Ham Radio vendor here that's worked with Clark County Amateur Radio Club for years and I've contacted them to do ours as well. We need a minimum order of six items to be printed.

CJ Stevens: Linda Creatore will email Vanessa the Vector format file of the club logo for the T-Shirts.

New business:**1. We have the results of the election:**

[CJ is our new president, Elizabeth is our new VP, and Vanessa is our new secretary treasurer.](#)

MINOW NET ANNUAL MEETING MINUTES cont.....

2. Vanessa reminded everyone that at 4:15 p.m. we have a reservation for **dinner at the Black Angus Steakhouse**.

3. CJ's goal as President is to **get more women interested in Ham Radio** and involved in Minow's. ARRL lists the requirements for earning a Girl Scout Badge. If Minow's can contact Girl Scout groups about getting girls interested in earning their Ham Radio Badges, this might be an incentive to get more involvement in Ham Radio. She asks that we think outside the box about a new creative idea to get more interest in Ham Radio, and let her know what our ideas are. Barbara Yasson will share the latest YL class information to be posted on the website.

Marilyn: I want to thank all of you for participating.

Meeting adjourned at 2:44 p.m.

Next year you are invited to the Annual meeting on May 4, 2024 at 1:00 p.m. –dinner location TBD

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ARTICLES SECTION

Dear MINOWS,

It seems like a busy summer!

I am hoping to get back on the air sometime soon. I am having technical difficulties..... Nevertheless, I am happy to hear about all of you, and what you are doing!

I took a trip to visit my son's family, and another to visit my youngest daughter and family. I am currently home, and watching my two-year old grand daughter 2 + days a week. Two-year olds sure FUN and keep you busy!

Canning season is swiftly approaching!

We picked raspberries this morning, and I was gifted the first zucchini of the season!

We just had a very nice weekend here on our farm. We are open to the public the first weekend of each month in the summer, except September. Then every weekend in October we are open for pumpkin season!

We are the Pomeroy Living History Farm in Yacolt, WA. If you are close by and can visit, I would love to meet you in person!

I would just like to thank Margaret for all the years she has been in charge of this newsletter. I know it is a big job to keep up with these ongoing jobs! You are very dedicated!

And thank you Vanessa for helping to keep it going!

Jave a wonderful summer!

Martha Todd, KI7MEO

ARTICLES SECTION cont....

Hi fellow Minows,

Fall is coming and I need to reinstall the antenna in the back yard before the rain comes so I can receive and transmit over winter. At the SEA-PAC convention last June, I purchased a CW Keyer and plan on learning CW so I can start sending.

Over the winter we grew garlic in containers on the deck and recently harvested a sizable number of bulbs. All-in-all it was a successful project. My container garden of blueberries and strawberries yielded a nice amount of fruit to enjoy this summer as well. We started growing Ginger and Turmeric plants in containers on my windowsill in the living room in the spring (since they are tropical plants). At the end of July, when the weather was warmer overnight, we transplanted them into larger containers and moved the ginger and turmeric plants out onto the deck with the container garden. They have produced a nice amount of root cuttings to use in recipes in the kitchen. Meanwhile, we are in the process of setting up raised garden beds in the backyard to grow vegetables next year. It's been years since I grew vegetables and I hope my thumb is still green!

My OM and I were stuck at home February through May while we loaned our car to our son whose car broke down. We had to 'borrow' our car on the weekends to run errands and get groceries. During the week we had to use UBER for appointments. It sure becomes apparent how valuable transportation is in our lives! My son bought another car to drive and finally returned ours. Repairs on my son's old car are taking much longer than we had expected, and we are looking forward to getting it out of our back yard.

My son recently broke up with his girlfriend and moved back home with his new puppy. She is a mixed breed of Mastiff, Standard Poodle, and Labrador Retriever; and is full of energy and teething on everything! At six months old she weighs 60 LBS and is taking over the house! I'm trying to figure out how I can safely set up my new CW Keyer and Ham Shack, so I can protect it from the puppy.

This is my first attempt at writing the MINOW Net Newsletter and I hope you are satisfied with the results. I've never done anything like this before so feedback is welcome.

Have a wonderful, colorful fall!

33's Vanessa McCoy, KE7UBB
Secretary-Treasurer 2023 - 2025

Elizabeth Simon's 2022 Field Day Solar Panels



Field Day Fun in Moscow

The Palouse Hills Amateur Radio Club participated in Field Day this year from the east side of the Latah County fairgrounds in Moscow, Idaho. Since I'm the vice-president and call-sign trustee, my attendance was expected.

Several of us arrived Friday afternoon for setup. I had my camp trailer and a pickup bed full of equipment and supplies. Another member had a larger trailer with the back of his truck full of equipment and supplies. A couple younger guys set up tents to sleep in. We managed to get a line up in one tree and a portable antenna mast set up to support an end-fed antenna that was used to receive the ARRL bulletin. We also put up the shade canopies before breaking for dinner.

Early Saturday morning, I got up and started setting up my station. I started with setting up the tables along with the solar panel and battery to provide power, then set up my vertical antenna and tuned it to the 40 M band. After helping a club member who wanted to try 6 M get set up, it was time to start operating. I was able to make a few contacts on 40 before it faded, then decided to try 20. This meant re-tuning the vertical for 20 M. The band was fading in and out so I decided to try digital. Despite having successfully worked FT8 the previous year, I spent a lot of time trying to get it to work again this year. Somehow all the settings got changed. I finally managed to find the settings and change them to the correct values and make a couple contacts so I could meet the minimum for the bonus points for solar power. While I was doing that, we had some visitors come by so I stopped to chat and explain what was (or wasn't) going on with my station.

Field Day Fun in Moscow cont....

Then I noticed that it was getting cloudy (not so good for solar power) and one of the visitors said that it looked like it was raining to the south. Since I was ready for a break, I turned off the radio and disconnected the antenna. Then I went over to the other station where they were likewise preparing. As I was talking with someone under the canopy, a large gust of wind from the south hit us and I saw one of the tents lift up. Three of us ran over to grab the tent and wrestle it back in place. I ended up holding one corner for several minutes then saw the tie down line attached to the rain fly and managed to tie it off to the chain link fence behind me. It had started raining so when that was secured, I ran back to my station and got my radio gear in the truck out of the (sideways) rain. With a bit of help from everyone, everything was secured and we gathered around the BBQ grill that had been started up shortly before the excitement. We ate while standing around the BBQ as the rain and wind started to die down. All of the shade canopies remained standing and none of the antennas came down so once the sky started clearing up, we started reconnecting things.

I decided that I wanted to try out the End-fed antenna that I recently finished putting together. I enlisted the help of some of the others to get a line in a tree. I knew I would have to tune the antenna a bit because I'd left the wire a bit long. With a bit of help, I got the antenna to a reasonably good match on 4 bands. By this time, I was tired and it was getting dark. We all decided that we'd had enough excitement for one day and went to bed.

As usual for Field day I woke up early Sunday morning and started reassembling my station. I put the solar panel back out even though it was cloudy. When I connected the radio through the tuner to the end-fed antenna and tried to tune, I noticed that the radio was showing a very high SWR but the tuner wasn't showing anything. I checked the connections and finally connected the antenna directly to the radio. Fortunately, the antenna was a good enough match so I was back on the air. I made several SSB contacts and then switched to FT8 for the remainder of Field Day. Unlike in some years, we operated both stations right up to the end of Field Day then started tearing things down.

Elizabeth Simon, KK7VO

MINOW NET
Vanessa McCoy
8112 NE 94th Ave.
Vancouver, WA 98662

