



# ARC-OVER

JULY - AUGUST 2020 EDITION

## WE KEEP LOOSING THE GOOD ONE'S

Does this title seem familiar? It should, it was the caption used in the June ArcOver and sill applies to the July - August publication... We lost Emmanuel Tsompanas W6RUF later part of June Then Ray Mills in July...

Manny was a retired engineer in the Silicon Valley Aero-Space industry... He was a valued member of the Merced ARES organization acting as the assistant emergency coordinator... He was a constant source of valuable training programs for the group... His presence is surly missed by all of us...

Ray Mills was a loooooong time ham as the voice of two sticks (Dos Palos) His favorite phrase when signing off was "Be Kind To Yourself"... He took care of his ailing wife Lois for several years and Ivy and I were able to join them on occasions at Paul's when they were in Merced for a Dr. visit... Ray was a heavy equipment operator for the San Luis Canal Company... Apparently quite an accomplished equipment operator... This is NOT to say that he did not embellish his claims and stories to the delight of an unsuspecting audience... Recalling his acclaimed prowess as a grader operator he swore that at the end of the day the grader blade tip was covered with blue chalk indicating that he had just grazed the top of the elevation stake marker... The ONE story he told which required copious degree of liberal acceptance was one about flying... There was a ham in Dos Palos who ran a radio repair shop, last name Woods... First name and call escapes me at the moment... The subject of flying came up and Ray proceeded to tell us that Woods brother who ran a flying service out at Eagle Field offered Ray a ride in his Cub... After belting in he asked Ray if he would like to take it off and fly around the pattern and land... Ray having never flown said why not... Took that sucker off, went around the pattern and made a perfect three point landing... Now myself and you other pilots out there know, on a tail wheel aircraft the center of gravity is behind the main gear... So upon the wheels contacting the runway all that sucker wants to do is weather vane and go down the runway backwards... So with a smile I said UH\_HUH Ray and gave him that one... Heard him tell it more than once... I think he told it so many times he actually believed it... Anyway he was a delight and a constant source of interesting tales... One thing he was involved with in that I believe he actually did in that he knew too many details was the excavation for the construction of the new Castle Air Force Runway... He had the year correct, it was 13,000' long 13' thick in the middle and 8' thick on the ends... That was one heck of a ditch...

Ray was a pretty fair technician... He did TV repair on the side and kept his and other hams in the area tube gear up and going for years prior to a stroke which diminished his capability... He was active in the Masons and did everything from cooking for their events to serving as the Grand Pubah... Ray, his helping hand, big signal on 75 and his sign off "Be Kind to Yourself" will surly be missed by all who knew and loved him..

K6IXA Editor

# Interesting information:

A professor of pharmacy at U of Toronto friend sent this clearly worded update to his family.

+++++

For this pandemic there's a greater chance of survival for those getting infected 3 months later like June 2020 than those who got infected 3 months earlier say February 2020. The reason for this is that Doctors and scientists know more about Covid-19 now than 3 months ago and hence are able to treat patients better. I will list \*5 important things\* that we know now that we didn't know in February 2020 for your understanding.

1. COVID-19 was initially thought to cause deaths due to \*pneumonia- a lung infection\*- and so Ventilators were thought to be the best way to treat sick patients

who couldn't breathe. \*Now we are realizing that the virus causes blood clots in the blood vessels of the lungs\* and other parts of the body and this causes the reduced oxygenation. Now we know that just providing oxygen by ventilators will not help but we have to prevent and dissolve the micro clots in the lungs. This is why we are using drugs like \*Aspirin and Heparin ( blood thinners that prevents clotting) as protocol in treatment regimens in June 2020. \*

2. Previously patients used to drop dead on the road or even before reaching a hospital due to reduced oxygen in their blood- OXYGEN SATURATION. This was because of \*HAPPY HYPOXIA\*- where even though the oxygen saturation was gradually reducing the COVID-19 patients did not have symptoms until it became critically less, like sometimes even 70%. \*\*Normally we become breathless if oxygen saturation reduces below 90%. \*\*This breathlessness is not triggered in Covid patients and so we're getting the sick patients very late to the hospitals in February 2020. Now since knowing about happy hypoxia we are monitoring oxygen saturation of all covid patients \*with a simple home use pulse oxymeter and getting them to hospital if their oxygen saturation drops to 93% or less\*. This gives more time for doctors to correct the oxygen deficiency in the blood and a better survival chance in June 2020.

## Interesting information: (continued)

3. We did not have drugs to fight the corona virus in February 2020. We were only treating the complications caused by it... hypoxia. Hence most patients became severely infected,

``\*\*Now we have 2 important medicines FAVIPRAVIR & REMDESIVIR\*\*``

These are ANTIVIRALS that can kill the corona virus. By using these two medicines we can prevent patients from becoming severely infected and therefore cure them BEFORE THEY GO TO HYPOXIA. This knowledge we have in JUNE 2020... not in February 2020.

4. Many Covid-19 patients die not just because of the virus but also due the patient's own immune system responding In an exaggerated manner called \*CYTOKINE STORM\*. This stormy strong immune response not only kills the virus but also kills the patients. In February 2020 we didn't know how to prevent it from happening. Now in June 2020, we know that \*easily available medicines called Steroids,\* that doctors around the world have been using for almost 80 years \*can be used to prevent the cytokine storm in some patients\*.

5. Now we also know that people with hypoxia became better just by making them lie down on their belly- known as prone position. Apart from this a few days ago Israeli scientists have discovered that a chemical known as Alpha Defensin produced by the patients White blood cells can cause the micro clots in blood vessels of the lungs and this could possibly be prevented by a drug called Colchicine used over many decades in the treatment of Gout.

So now we know for sure that patients have a better chance at surviving the COVID-19 infection in June 2020 than in February 2020, for sure.

Going forward there's nothing to panic about Covid-19 if we remember that a person who gets infected later has a better chance at survival than one who got infected early.

Let's continue to follow precautions, but let us not be unreasonably paranoid.



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June 30, 2020

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Turlock Amateur Radio Club  
PO Box 2821  
Turlock, CA 95381

#### 2020 Salvation Army Community Center

#### Unsolicited - B

Donation Receipt of: \$400 on 6/22/2020

CAPTAIN  
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Thank you for your generous gift to the Salvation Army of Turlock Community Center. Your Gift improves the lives of those in need throughout Turlock. From meals for the hungry, to Adult Programs for Seniors. From providing under-served youth with after school activities, to overall social services.

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The Salvation Army's history of public service dates to 1865 and has since evolved into a social service provider of unmatched scope and breadth - delivering assistance to those in need without discrimination for over the last 150 years.

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At The Salvation Army, we're committed to Doing the Most Good, and we know you are, too. Thank you for your support. Your kindness today will continue to support the Turlock Community Center tomorrow.

(209) 667-6091

We appreciate your willingness to help The Salvation Army in this way.

WILLIAM BOOTH  
Founder

Blessings,

GENERAL  
BRIAN PEDDLE

*Beverly Spielman*

Beverly Spielman  
Corps Secretary

COMMISSIONER  
DOUGLAS RILEY  
Territorial Commander

*Thank you!*

MAJOR  
DARREN NORTON  
Divisional Commander

# Charcoal is Medicine and it Is Soap!

The hardest part of being a dad is pushing my kids into deep waters and heavy seas so they learn to swim against the current. The best part about being a dad is watching them do it.

It's not easy. Since my oldest daughter was born, I've constantly challenged her...and the ethos was fail often.

**It's the exact opposite of what's happening today.**

All too often the helicopter parent swoops in to stop suffering. Absurdity! Let kids bump their heads, break their arms and get their egos dented!

We invite the suffering.

It starts with learning how to say no to sugar. This is among the earliest lessons. Then it parlays into patience, awareness and focus. Puzzles are the teacher...

But once they hit 6 or 7 years old, the real challenges begin, grappling, weight lifting, jogging, burpees...By the time she was 12 she was in the top 10 for Olympic Lifting.

My son Blair was ranked top 19 in wrestling.

**It wasn't the winning that mattered. It was the failure and the suffering it took to get there.**

Soap making is a vital in that process, too. Proper soap making was abandoned decades ago for the easier, chemical-rich perfume bars you see today.

**Society is weak.**

...one of the hardest bars to make is a charcoal soap bar with shea-butter. And my kids mastered it after years of learning.

Charcoal has been used since the earliest times for art, medicine, and fuel. It is a gastrointestinal detox agent and is used to treat people who have ingested dangerous substances - alcohol

Due to its large surface area, charcoal absorbs chemicals in the stomach and digestive tract, trapping them and carrying them out of the body without allowing them to be absorbed into the blood.

**The Charcoal BAR Fights Infection!**

When it's used in soap, charcoal is your skins best shield against all pathogens!

*It's an athletes dream bar and a beauty queens best kept secret - it's a moisturized for face, hair and body!*

**Editorial Note: Rarely if ever would I include a soap advertisement in the newsletter, however the remarks made are certainly relevant for todays society... Note I left out the crass commercial aspect of where to buy... grin**

**Meeting of the Turlock Amateur Radio Club  
August 11, 2020 @ 7PM  
Zoom Video Meeting**

Meeting called to order at 7:00 pm by President Bambi Schmidt (KI6YQL) with 20 members and guests in attendance on the Zoom video meeting.

**Vice President's Report:**

Vice President Dick Decker (K6SUU) no report.

**Membership Chairman's Report:**

John Sims (N6JCS) reported we have 52 dues paid members.

**Treasurer's Report:**

Treasurer Mike Smith, (KG6VFL) reported checking \$1504, CD \$7964. Expenditures since last report \$76 June PG&E, \$91 August PG&E, donation to Salvation Army \$400. Receipts since last report \$30 dues and \$300 in-memoriam contributions.

**Secretary's Report:**

President Bambi Schmidt (KI6YQL) entertained a motion that the minutes of the July meeting be accepted as published in the ArcOver newsletter. Motion by Walter Schmidt (KI6PBL) and second by Grady Williams (K6IXA). Motion carried.

**Repeater Chairman's Report:**

Grady Williams (K6IXA) had nothing to report.

**ArcOver Publisher's Report:** Grady Williams (K6IXA) reported items for the ArcOver are due by August

President Bambi Schmidt (KI6YQL) reported that we will continue to use Zoom for our meetings until further notice.

**New Business:**

President Bambi Schmidt (KI6YQL) and Grady Williams (K6IXA) reported that the club auction is on hold until next spring and is dependent on the COVID situation. **Grady mentioned with his age we should be looking for or training a younger auctioneer for when he can no longer handle it...**

Motion to adjourn by Walter Schmidt (KI6PBL) and second by Ed Darrah (K7ERD). Meeting adjourned by President Bambi Schmidt (KI6YQL) at 7:12pm.

Minutes respectfully submitted by Secretary Greg Back (WA6LGS).

**Program:**

A very interesting presentation on identifying and mitigating RFI in the HF bands by Spencer Boyd (KJ6ART).

**Minutes as amended..**



## Don't despair.



Sitting by the window of her convent, Sister Barbara opened a letter from home one evening. Inside the letter was a \$100 bill her parents had sent. Sister Barbara smiled at the gesture.

As she read the letter by the window, she noticed a shabbily dressed stranger leaning against the lamp post below.

Quickly, she wrote, "Don't despair. - Sister Barbara," on a piece of paper, wrapped the \$100 bill in it, got the man's attention, and tossed it out the window to him. The stranger picked it up, and with a puzzled expression and a tip of his hat, went off down the street.

The next day, Sister Barbara was told that a man was at her door, insisting on seeing her.

She went down and found the stranger waiting. Without a word, he handed her a huge wad of \$100 bills.

"What's this?" she asked.

"That's the \$8,000 you have coming Sister," he replied. "Don't Despair paid 80-to-1."

