

# 2023 Amateur Radio Activity Challenge List

Anthony Luscre, K8ZT (k8zt73@gmail.com)

Happy New Year! As we begin a new year of Amateur Radio, I wanted to pass on a few suggestions to both new and seasoned hams across the state. Over my 40+ years of AR, I have always been overwhelmed by the wide variety of activities available to us as licensed amateurs. But I am often disappointed to see most hams get stuck in a rut of only doing one thing. New hams often feel limited by their license privileges to try new modes or bands. Even though there are limitations, Tech licensees have a wide variety of things they can try “beyond the local FM repeater.” For more on this, look at my slideshow “**Technicians, Life Beyond Repeaters... & Activities Not Just for Technicians**” at [tiny.cc/btech](http://tiny.cc/btech) or watch the video recording at <https://youtu.be/-m8tOFBYl4E>.

Even more confounding to me are seasoned hams with General or Extra class licenses that don't exercise their license privileges and band allocations. Unlike Techs, there is no problem with license restrictions and, in most cases, definitely not for lack of equipment! Many of us have radios on which we have not used all the available bands and/or modes. Maybe the lack of an antenna for a specific band is holding you back. Don't let this stop you; a temporary or non-resonate antenna with a wide-range tuner may work fine, so give it a try. Maybe you are just not comfortable with HF yet; if so, look at the three-part series that Dennis, W6DQ, and I did recently, “**Beginner's Guide to HF.**” The slideshow is [tiny.cc/bghf](http://tiny.cc/bghf), and the three videos at <https://youtu.be/cjZZjfKYPak>, <https://youtu.be/dH5gsA1CZSc> and <https://youtu.be/eG3kFbCZEM8>. Or the UK version at <http://tiny.cc/bghf> with recordings at Denby Dale ARS- [www.youtube.com/channel/UCq9nFTkJJAjOdPZVytoPOcg/videos](http://www.youtube.com/channel/UCq9nFTkJJAjOdPZVytoPOcg/videos).

If you are interested in learning about Contesting, Logging, QSLing Online, etc. I have a list of dozens of slide presentations and recorded videos I have done at [tiny.cc/k8zt-p](http://tiny.cc/k8zt-p) (by the way, if your local club would like a meeting presentation, I would be happy to do one in person or via Zoom; just email me).

To help you try some new things in AR this year, I have put together a checklist for you to track your progress. You can use this for ideas to try. It works even better when you use it with a friend or group as a friendly competition. It would be a great club project your group could track over the year and maybe provide recognition of accomplishments with newsletter articles, certificates, or even prizes.

Some are very easy, some harder. Some may also have a profound effect on helping others in AR. If you are interested in learning CW in 2023, look at my “Having Fun with Morse”- [tiny.cc/fwm](http://tiny.cc/fwm). Please feel free to add extra activities to my list (I'm sure I missed many ideas).

Band Worked	Mode Worked	Activity (or mode of op)
<input type="checkbox"/> - 2,200 M (135 kHz)	<input type="checkbox"/> - SSB	<input type="checkbox"/> - Repeater QSO (2 M and up)
<input type="checkbox"/> - 630 M (472 kHz)	<input type="checkbox"/> - CW	<input type="checkbox"/> - Repeater QSO (10 or 6 M)
<input type="checkbox"/> - 160 M (1.8 MHz)	<input type="checkbox"/> - AM	<input type="checkbox"/> - Simplex FM QSO (VHF/UHF)
<input type="checkbox"/> - 80/75 M (3.5/3.8 MHz)	<input type="checkbox"/> - FM	<input type="checkbox"/> - SSB QSO (VHF/UHF)
<input type="checkbox"/> - 60 M (5.3 MHz)	<input type="checkbox"/> - PSK (31, 63)	<input type="checkbox"/> - CW Contact
<input type="checkbox"/> - 40 M (7 MHz)	<input type="checkbox"/> - FT4	<input type="checkbox"/> - Contest Contact
<input type="checkbox"/> - 30 M (10.1 MHz)	<input type="checkbox"/> - FT8	<input type="checkbox"/> - Satellite and/or EME Contact
<input type="checkbox"/> - 20 M (14 MHz)	<input type="checkbox"/> - Other WSJT- X Modes (FSK441, JT6M, JT65, etc.)	<input type="checkbox"/> - Fox Hunt (ARDF)
<input type="checkbox"/> - 17 M (18 MHz)	<input type="checkbox"/> - JS8call	<input type="checkbox"/> - WinLink Contact
<input type="checkbox"/> - 15 M (21 MHz)	<input type="checkbox"/> - Packet radio (AX25)/APRS	<input type="checkbox"/> - EchoLink Contact
<input type="checkbox"/> - 12 M (24.9 MHz)	<input type="checkbox"/> - SSTV or Fast Scan ATV	<input type="checkbox"/> - WAS (work all 50 states)
<input type="checkbox"/> - 10 M (28 MHz)	<input type="checkbox"/> - Digital FM- DMR, D-Star, Fusion, etc.) including Hotspots	<input type="checkbox"/> - Work 50 countries
<input type="checkbox"/> - 6 M (50 MHz)		<input type="checkbox"/> - Work 100 countries
<input type="checkbox"/> - 2 M (144 MHz)	<input type="checkbox"/> - Pactor, Clover, Olivia, Throb, DominoEX, MT63, Thor, AMTOR, etc.	<input type="checkbox"/> - WAC- Work All Continents
<input type="checkbox"/> - 1.25 M (222 MHz)		<input type="checkbox"/> - POTA (Parks On The Air) or SOTA (Summits On The Air) Chaser Contact
<input type="checkbox"/> - 75 cm (440 MHz)	<input type="checkbox"/> - FAX or Hellschreiber	<input type="checkbox"/> - POTA or SOTA Activation
<input type="checkbox"/> - 33 cm (902 MHz)	<b>Club</b>	
<input type="checkbox"/> - Higher Microwave Bands	<input type="checkbox"/> - Attend an ARC meeting	<input type="checkbox"/> - POTA Activator
<b>Build or Install</b>	<input type="checkbox"/> - Present at ARC meeting	<input type="checkbox"/> - Work you State QSO party
<input type="checkbox"/> - New VHF/UHF Antenna	<input type="checkbox"/> - Head a committee	<b>Build/Test/Repair</b>
<input type="checkbox"/> - New HF Antenna	<input type="checkbox"/> - Attend a Hamfest	<input type="checkbox"/> - Electronics Kit or Homebrew
<input type="checkbox"/> - New Mobile Radio	<input type="checkbox"/> - Teach a Licensing Class or be a VE	<input type="checkbox"/> - Use an Antenna Analyzer or nano-VNA to measure
<input type="checkbox"/> - New Mobile Antenna	<input type="checkbox"/> - Mentor a new ham	<input type="checkbox"/> - Fix non-working Radio
<input type="checkbox"/> - Computer/Radio Interface	<input type="checkbox"/> - Write a newsletter article	<input type="checkbox"/> - Arduino, Rasp Pi or other microprocess Proejct or Program
<input type="checkbox"/> - Club building project	<input type="checkbox"/> - ARRL Membership	

European/UK Version (please let me know if this is accurate/appropriate)

Band Worked	Mode Worked	Activity (or mode of op)
<input type="checkbox"/> - 2,200 M (135 kHz)	<input type="checkbox"/> - SSB	<input type="checkbox"/> - Repeater QSO (2 M and up)
<input type="checkbox"/> - 630 M (472 kHz)	<input type="checkbox"/> - CW	<input type="checkbox"/> - Repeater QSO (10 or 6 M)
<input type="checkbox"/> - 160 M (1.8 MHz)	<input type="checkbox"/> - AM	<input type="checkbox"/> - Simplex FM QSO (VHF/UHF)
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<input type="checkbox"/> - 20 M (14 MHz)	<input type="checkbox"/> - Other WSJT- X Modes (FSK441, JT6M, JT65, etc.)	<input type="checkbox"/> - Fox Hunt (ARDF)
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<input type="checkbox"/> - 15 M (21 MHz)	<input type="checkbox"/> - Packet radio (AX25)/APRS	<input type="checkbox"/> - EchoLink Contact
<input type="checkbox"/> - 12 M (24.9 MHz)	<input type="checkbox"/> - SSTV or Fast Scan ATV	<input type="checkbox"/> - WAE (work > 40 countries)
<input type="checkbox"/> - 10 M (28 MHz)	<input type="checkbox"/> - Digital FM- DMR, D-Star, Fusion, etc.) including Hotspots	<input type="checkbox"/> - Work 50 DXCC countries
<input type="checkbox"/> - 6 M (50 MHz)		<input type="checkbox"/> - Complete a National Award
<input type="checkbox"/> - 4 M (70 MHz)	<input type="checkbox"/> - Pactor, Clover, Olivia, Throb, DominoEX, MT63, Thor, AMTOR, etc.	<input type="checkbox"/> - WAC- Work All Continents
<input type="checkbox"/> - 2 M (144 MHz)		<input type="checkbox"/> - POTA (Parks On The Air) or SOTA (Summits On The Air) Chaser Contact
<input type="checkbox"/> - 75 cm (440 MHz)	<input type="checkbox"/> - FAX or Hellschreiber	<input type="checkbox"/> - POTA or SOTA Activation
<input type="checkbox"/> - Higher Microwave Bands	<b>Club</b>	<input type="checkbox"/> - POTA Activator
<b>Build or Install</b>	<input type="checkbox"/> - Attend an ARC meeting	<input type="checkbox"/> - Work you State QSO party
<input type="checkbox"/> - New VHF/UHF Antenna	<input type="checkbox"/> - Present at ARC meeting	<b>Build/Test/Repair</b>
<input type="checkbox"/> - New HF Antenna	<input type="checkbox"/> - Head a committee	
<input type="checkbox"/> - New Mobile Radio	<input type="checkbox"/> - Attend a Hamfest	<input type="checkbox"/> - Electronics Kit or Homebrew
<input type="checkbox"/> - New Mobile Antenna	<input type="checkbox"/> - Teach a Licensing Class or be a VE	<input type="checkbox"/> - Use an Antenna Analyzer or nano-VNA to measure
<input type="checkbox"/> - Computer/Radio Interface	<input type="checkbox"/> - Mentor a new ham	<input type="checkbox"/> - Fix non-working Radio
<input type="checkbox"/> - Club building project	<input type="checkbox"/> - Write a newsletter article	<input type="checkbox"/> - Arduino, Rasp Pi or other microprocess Proejct or Program
<input type="checkbox"/> -	<input type="checkbox"/> - National Org Membership	

