

# MAIL HOOK

SAN DIEGO DIVISION, PSR-NMRA

4TH QUARTER, 2007

## DIRECTOR'S REPORT

By Don Fowler

"You can't get cornered in a roundhouse"

If you didn't make it to Tucson for the Regional Convention, you missed a great time. The convention committee did a fantastic job of hosting a top notch event and the hotel accommodations were very good. I was able to attend several excellent clinics and the Chinese Auction and banquet were a lot of fun as well. Thanks to all who contributed to making this a successful and enjoyable event.

Next year, we will hold our regional convention jointly with the National Convention in Anaheim July 13-19, 2008. If you've never attended a national convention, here's one that will be conveniently close to home. On Saturday July 19<sup>th</sup>, we will hold our PSR Board of Directors and Membership meetings. We will also conduct our own regional contest judging and awards. Mark your calendar and make plans to attend.

While at the Tucson convention, we held our 2007 PSR Board of Director's meeting. We discussed membership processing changes and methods of better using that information to reach

See "Director's Report" on Page 2

## Fall Meet Preview



The Fall Meet will be held a week early this year, on **November 3**, to accommodate those who want to attend the Cajon Division meet if Barstow on the second weekend. See coverage on this event elsewhere in this newsletter. The San Diego Division meet will be held at the **San Diego Model Railroad Museum** again this year, beginning at **11:30 AM** with a pot luck lunch. Be sure to bring something to share.

Following lunch there will be a report on the recent Pacific Southwest Region (PSR) Conference. This was reportedly a great conference, I hope you were able to attend.

We'll have a clinic on using Google Sketch UP, a graphics program you can download for free, or you can pay for the more fully-featured version. This program is easy to learn, and has many features model railroaders can use to plan buildings and some freight cars. It's three-dimensional, and rotational, so you can see what your plan will look like from any angle. But I'd better leave some things for the clinic. I think you'll be disappointed if you miss this one.

Following the clinic we'll have a model show and tell. Bring a favorite, or new, model and share it with us. Tell us what you like and dislike about it, and point out it's special features, and construction techniques if you built it.

We'll finish up with a Chinese Auction and door prizes. Bring something to donate for the auction, and plan to hang around. Door prize recipients must be present. See you on the 3<sup>rd</sup>!

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*Director's Report from Page 1*

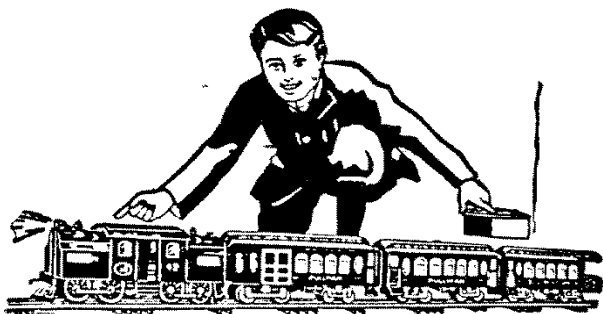
folks in our respective areas about our activities. Duane Buck announced that he would be stepping down as Region Contest Chair after the 2008 convention so we are looking for a volunteer to replace him. We also received an administrative update from the Los Angeles Division on the progress with the upcoming national convention in Anaheim. They will need a lot of volunteers to assist with the successful operation of the convention so please join me in helping them.

We discussed training for new division and region officers and will be exploring better methods of sharing information so that the transition for new officers is easier and more efficient. It was also decided that it was time to review and update our Region and Division By Laws and Manual of Operations to ensure that they are in compliance with National standards and relevant to our current needs.

A planning meeting was held during the convention for board members, superintendents, and division officers to gather ideas and develop a basis for the development of long range plans for the PSR. Topics included ideas to increase membership and participation in our activities. Our overall goal is to ensure that our organization effectively serves its members and continues to grow our hobby.

Lastly, I want to personally invite you to join us for our first San Diego Division Holiday Party at my home on December 8<sup>th</sup> from 4 pm until we get tired. In addition to seeing the progress on our railroads and operating them, there will be a potluck and a gift exchange. We also want to encourage spouses to attend as there will be special activities for them as well. They will be having a cookie, ornament and gift exchange and also have a craft project. It should be a lot of fun, so please try to attend.

Happy Holidays, Don



## **Achievement Program**

### **Golden Spike Award Requirements**

*submitted by Rodger Gredvig, Vontest Chair*

Many modelers take a look at the full list of requirements for a Master Model Railroader and figure it's too hard, so why try. It's true, the MMR is a difficult accomplishment to achieve. It is meant to be. But the AP program also has many levels of achievement, all designed to start you off with the basics, and then progress as far as you feel comfortable. The initial level is the Golden Spike Award. Here are the requirements, along with some common misconceptions explained.

#### **1. Rolling Stock (Motive Power & Cars)**

**Display six (6) units of rolling stock (Scratchbuilt, craftsman, or detail commercial kits).**

Notice that the requirement is to "display" them. Nowhere does it say that they must earn a minimum number of points in judging - just that they must be displayed. (In the quarterly contests at your division meetings, for example. Or even having them set out on your layout, or a table in your basement counts as "display").

These models need to show a little more effort than a "shake the box" kit. For example, by itself a freight car kit straight out of the box, is not enough to qualify. However, by painting and decaling it, adding a little detailing, perhaps some weathering, etc., you'll have a qualifying model in no time!

#### **2. Model Railroad Setting (Structures & Scenery)**

**Construct a minimum of eight (8) square feet of layout**

Again, there is no requirement about how good or how elaborate your layout must be - just that you must "construct" it. On the other hand, you may have trouble convincing someone that a loop of track nailed to a piece of green painted wood constitutes a "layout" . . . How much is 8 square feet of layout? Well, a typical module is 4 feet by 2 feet, and would easily satisfy this requirement

**Construct five (5) structures (scratchbuilt, craftsman, or detailed and commercial kits). These structures may be separate, or one or more of them may be part of a single scene.**

*continued on page 8*

# Superintendent's Report

By Ben Sevier

Misty days, then Santa Ana's - winter is on its way! Holidays, food, fun times, rain (what's that?). Great time of year.

Had a fun time down at Rohr Park for the annual August Picnic. The Chula Vista Live Steamers gave rides, we had lots of food, great weather and great people - a good time all round! If you didn't make it, you should have!

A number of San Diego Division folks made it to the 2007 PSR Convention in Tucson. Don Fowler, George Boggs, Bob Moore, Chuck Hart, Gene Forbes and others made their way there (many with their lovely spouses) for 5 days of clinics, operating sessions, layout tours, prototype tours and various other activities. We got to see old friends, and make lots of new ones, and enjoy lovely Tucson. It even cooled off for us - got down to 100 during the day while we were there! The Convention Committee did a great job putting on the event, and I for one certainly appreciate their efforts! And we had a great time to see George Boggs totally speechless (really!) as he was presented with the San Diego Division Member of the Year award - an award richly deserved for all he has done for the Division and the hobby over the years.

The Holiday Season will be a busy one in the Division. The Fall Meet will be held at the San Diego Model Railroad Museum on Saturday, November 3rd beginning at 11:30am with a Pot Luck lunch (be sure to bring food to share), followed by a report on the Convention, a clinic or two, and two events that should be a lot of fun. First, we're starting a "bring a model to show and share" table - not a contest, but a way to bring a project you are working on and would like to share, or just some finished items that you'd like to show off.. Then, we'll be having a "Chinese" auction (a form of silent auction), where donated items are bid upon by attendees (that's you) using tickets to bid - the proceeds go to assist the Division's activities. So, donate some of those items cluttering up your train room, and pass your treasures on to others. We'll end up the day about 3pm with door prize drawings.

The weekend following our meet, the Cajon Division is putting on their mini-convention in Barstow beginning Friday, November 9th. Those who have gone have had a great time - for more info, go to [www.cajondiv.org](http://www.cajondiv.org).

Then, beginning the evening of Thursday, November 15th and extending through Sunday, November 18th, the "Narrow Gauge on the Border" group is having their second annual meet with dinners, operating sessions, layout tours and various other activities, all in the San Diego Area. Check the Division website ([www.sandiegodivision.org](http://www.sandiegodivision.org)) for more details, or you can contact Steve Harris at [slh@valleycenterinternet.com](mailto:slh@valleycenterinternet.com) for more information.

Finally, in December we'll be gathering at the residence of Don & Kim Fowler for the Division Holiday Party. They have a number of fun activities planned for both you and your spouse/guest, along with the ever enjoyable tour of their indoor and outdoor layouts.

Next year's calendar is starting to come together, with layout tours, a swap meet, club tours and other activities. If you would like to host a layout tour, please contact me or Don Fowler so we can get you scheduled. And of course, in 2008 we have the NMRA National Convention and Train Show right up the road in Anaheim.

Speaking of that, we need to start thinking how we can help out. I know a number of layout owners have been contacted about opening their layouts for tour, and I'm sure that the attendees who come down will have a great time. As the convention itself gets closer, there will be a need for volunteers to help with the final preparations and assisting at the Convention itself. So, go online to [www.nmra.org](http://www.nmra.org) and register for the Convention. Then, mark the dates (July 13 - 19, 2008) so that you can make yourself available when the call goes out - San Diego has always responded with enthusiasm in the past - let's do it again.

Well, that's about it. I'm looking forward to seeing you at the Fall Meet, or at one the events later in the year. And if you are interested in helping out with the Division operation, feel free to let Don or me know.

Ben Sevier



Ken Houghton Rail Images.

# THE SECOND ANNUAL **NARROW GAUGE ON THE BORDER MINI-MEET**

Headquartered in San Diego

NOVEMBER 15-18, 2007

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The Narrow Gauge on the Border group invites you to participate in their second annual meet.

## **SEE...**

JOEL SHANK'S FABULOUS RGS IN Sn3!!

"ONE OF THE FINEST RGS LAYOUTS IN THE COUNTRY" - Seen in October, 2001 RMC.

BURTON MAXWELL'S WESTSIDE LUMBER CO. IN HOn3

A BEAUTIFUL, FULLY SCENICED WESTSIDE LAYOUT - Seen in the March/April '07 GAZETTE and January '07 RMC.

DICK ROBERTS' NEVADA COUNTY NARROW GAUGE

MODELED IN HO STANDARD GAUGE, A FANTASTIC MUSHROOM LAYOUT WITH AN ELEVATOR, IN A CUSTOM BUILT GARAGE - Seen in the November '91 RMC, January '92 RMC, February '92 RMC, June '99 RMC, January '01 MODEL RAILROAD PLANING September/October '06 GAZETTE

STEVE HARRIS' RGS IN HOn3

A TWO LEVEL LAYOUT IN AN OFFICE TRAILER WITH AN ELEVATOR (COPIED AFTER DICK'S). Seen in the March/April '99 GAZETTE, JANUARY/FEBRUARY '01 GAZETTE, March/April '01 GAZETTE, March/April '02 GAZETTE, January/February '05 GAZETTE, July/August '06 GAZETTE, March '02 MR, November '04 MR (COVER)

## **HEAR...**

The legendary JIM VAIL discuss the Westside Lumber Company, and RMC Editor BILL SCHAMBURG discuss the Nevada County Harrow Gauge.

**Clinics will be held at El Torito, 271 Bay Blvd, Chula Vista, beginning at 6:30 (following the No Host dinner at 5:00)**

Festivities begin with an open house Thursday evening, continuing with open houses/operating sessions Friday evening, and Saturday (let Joel know if you want to eat lunch at his place Saturday), dinner and clinics Saturday evening, and concluding with open houses/operating sessions on Sunday.

## **REGISTRATION...**

is free, but we'd like to know how many to expect, especially for dinner Saturday evening. Please register by contacting Steve Harris, at [slh@valleycenterinternet.com](mailto:slh@valleycenterinternet.com). If you would like to eat lunch at Joel's in Brawley on Saturday, please let him know so he can be sure to have enough sandwiches (\$5 charge). E-mail Joel at [jfshank@yahoo.com](mailto:jfshank@yahoo.com).

Schedule details will be posted on our web page, at [www.ngontheborder.com](http://www.ngontheborder.com) by the time you read this.

Contact Steve Harris with any questions, at the e-mail address above. And be sure to **HAVE FUN!**

## SCHEDULE OF PSR-NMRA EVENTS

## OTHER EVENTS OF INTEREST

Assembled from various sources. Events may have been submitted by sponsors. Send corrections, additions, and future events to the editor at grobbiedobbie@yahoo.com or (760) 839-5877. Events should be of interest to San Diego Division members. Division-sponsored events are listed in **bold**.

2007

### November

- 3 San Diego Division Fall Meet**, San Diego Model Railroad Museum, 11:30 - 3:00

### December

- 8 Division Open House and Holiday Pot Luck**  
The Fowler residence, 10768 Sayers Ct, Santee, CA. 3pm to ??

2008

### January

- 19 San Diego Division Layout Tour**, North County Model Railroad Society, 1820 Oceanside Boulevard, Oceanside CA 92054, (over Boney's Market) 12-3.

### February

- 9 San Diego Division Winter Meet and Swap Meet**, Short Track Railroad, Antique Gas & Steam Engine Museum, 2040 N. Santa Fe, Vista. Hours TBA.

### May

- 10 San Diego Division Spring Meet**, Location TBA

### July

- 13 - 19 2008 NMRA Convention**, Anaheim, CA

### CLUB CAR

*This feature will run every issue that I receive input from the clubs. use this space to keep us up to date on your current activities. Submit announcements to the editor at any time for the next edition.*

No submissions were received for the Club Car for this edition.

2007

### November

- 3, 4, 6, 10, 11 Pasadena MRC Fall Show: Our 67th Year.** Saturday, Nov 3, 10 1:00 p.m. - 5:00 p.m. and 7:00 p.m. - 10:00 p.m. Sunday, Nov 4, 11 1:00 p.m. - 5:00 p.m. Tuesday, Nov 6 7:30 p.m. - 10:00 p.m. 5458 Alhambra Ave., Los Angeles CA. (323) 222-1718. Open House Donations: Adults \$3, Children \$1 (under 7 free when accompanied by an adult). Contact Joe Behan [jnbehan@charter.net](mailto:jnbehan@charter.net), <http://www.pmrcc.org>.

- 7, 10, 11 Highland Pacific Society of Model Railroad Engineers Open House.** Wed 7-10 pm, Sat & Sun noon to 5 pm. 854 E. Broadway, San Gabriel, CA 91776 - (626) 285-1031 Free, Jerry Duncan (626) 444 3317 <http://www.highlandpacificrr.com/events.html>

- 9- 11 Cajon Division Barstow Annual Train Show** Ramada Inn, Barstow, CA. For more info see the Order Board at [http://www.trainnet.org/documents/CJ\\_0207.pdf](http://www.trainnet.org/documents/CJ_0207.pdf)

- 15-18 Narrow Gauge on the Border.** Open houses, and clinics at El Torito, 271 Bay Blvd, Chula Vista, CA, from 5-8:30 11/17, \$25. For more info contact Steve Harris at [slh@valleycenterinternet.com](mailto:slh@valleycenterinternet.com)

### December

- 1-2 Great Train Expo** Del Mar Fairgrounds, Jimmy Durante Blvd, Del Mar. For more info see <http://www.trainexpoinc.com/>

2008

### January

- 12-13 World's Greatest Hobby On Tour** Del Mar Fairgrounds, Jimmy Durante Blvd, Del Mar. Vendors, layouts, clinics. For more info see <http://www.wghshow.com/>

## November 2007

## San Diego Division - Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<b>1</b>	<b>2</b>	<b>3</b> SD Div Fall Meet SDMRRM
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b> Cajon Div Barstow Meet
<b>11</b> Cajon Div Barstow Meet	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b> Narrow Gauge Meet	<b>17</b> Narrow Gauge Meet
<b>18</b> Narrow Gauge Meet	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	

## December 2007

						<b>1</b> Great Train Expo
<b>2</b> Great Train Expo	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b> SD Div Holiday Open House
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
<b>23</b> / / 30	<b>24</b> / / 31	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>

## January 2008

		<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b> WGH On Tour
<b>13</b> WGH On Tour	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b> SD Div Layout Tour - NCMRS
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>28</b>	<b>26</b>
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>		

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### **Mail Hook**

The "Mail Hook" is the official publication of the San Diego Division, Pacific Southwest Region, National Model Railroad Association (NMRA®), and is published quarterly in San Diego, California. The "Mail Hook" is free to all members of the NMRA® who live in San Diego and Imperial Counties.

**Responsibility:** Except for official reports, all opinions expressed are those of the authors, and do not necessarily represent those of the San Diego Division or its parent organizations.

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**Submissions:** Contributions of articles on any railroad or model railroading topic of interest to the membership are welcome. There is no compensation, but published articles can be credited to the NMRA® Author Achievement Certificate. If you are interested in submitting articles, event information, or other information of interest to members of the Division, please follow these guidelines:

1. Preferred method is by email to the editor, with the submission attached as a text document. Also accepted are: text document on floppy disk, printout from laser or ink jet printer, or typed using new ribbon.

2. Keep in mind that submissions may be edited for length or formatting, or not used, at the discretion of the editor.

3. Submission deadlines for 2007: January 15,

2008; April 15, 2008, July 15, 2008; October 15, 2008.

4. If you wish submission materials returned (i.e., photos), please include a stamped, self-addressed envelope with your submission.

### ***From the Editor...***

Smoke was billowing over the house as I began to put this issue together. Thankfully, our home was never in danger. Many of us have friends who have suffered a loss, or perhaps you are one of those whose own home was lost. I hope you are all safe, and all our thoughts and prayers go out to all those who've suffered a loss in this terrible time.

But the good news is, November is Model Railroad Month! And the Division has planned some fun. The Fall Meet on November 3 will introduce some new things (well, new to the meet) that should be interesting. The traditional pot luck lunch will kick things off, followed by a short business meeting, and a clinic on a drawing program you won't want to miss. The Model Railroad Museum is always a gracious host, and I can't wait to see what they've done since the last time I visited! Bring a friend, and introduce someone to the World's Greatest Hobby.

The weekend following our Division meet, the Cajon Division is having its annual meet in Barstow. I highly encourage you to attend this meet, if you've never been. There are excellent clinics to attend, good food, layouts in the historic Harvey House, and lots of fun with the Chinese Auction and door prizes. Not to mention that you'll be right on the BNSF mainline to watch trains to your heart's content. The registration and room rates are very reasonable for what you get.

*See "From the Editor" on Page 8*

The same comments apply here about the type of kits. The idea is to show that you can do more than glue a simple plastic kit together. Painting or weathering are good things to consider. Remember that "structures" aren't just buildings. Things like bridges and trestles also fall into this category

### 3. Engineering (Civil & Electrical)

**Three (3) types of trackage are required (turnout, crossing, etc.). All must be properly ballasted and installed on proper roadbed. Commercial trackage may be used.**

This requirement sounds a lot harder than it is. First, notice that last sentence about commercial trackage; you don't have to hand-lay anything - you can just install a store bought turnout. "Types of trackage" can be just about anything: turnouts, crossings, and grade elevation (a change in elevation of the track) are all examples of "types of trackage". Also, note that the three types DO NOT have to be different. For example, just having three simple turnouts will qualify. The "proper roadbed" requirement can be met by laying the track on a raised roadbed, ( such as cork ) and ballasting it. The purpose of this requirement is to show that you understand roadbed profile, drainage, etc.

**All installed trackage must be properly wired so that two trains can be operated simultaneously (Double-track main, single-track main with sidings, block or command control, etc.).**

This requirement can also be easier than it sounds. Notice the option for a single track main with sidings. This means that as long as you can cut power to the sidings individually, you can run one train, park it on a siding while you run another, then park it and run the first again. This meets the requirement.

**Provide one additional electrical feature such as powered turnouts, signaling, turnout indication, lighted buildings, etc.**

Don't read more into this than is there. A powered turnout can be something as simple as an Atlas turnout with a switch machine. Think in terms of anything that runs off the 'Accessories' terminals of a power pack and you're half way there.

One other thing to remember: Not all of these requirements need to be met on the same layout (or piece of layout). They don't even need to be met in the same scale! If you want to build G scale rolling stock, an N scale Model Railroad setting, and an HO scale layout for trackage and wiring, go ahead.

The Golden Spike Award is an easy way to begin your skill-building process. Call the AP or Contest Chairman (*see staff roster in this Mailhook*) to start on the AP trail.

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Editor, Cont'd from Page 7

Then there is the Narrow Gauge on the Border meet the third weekend in November. This is only the second year for this event, and it's another great time. There are four fantastic layouts you can visit and operate on, and a couple of excellent clinics as well. The modeling talent we have in this Division continues to amaze me. You won't want to miss this opportunity to see some great layouts, meet some great guys, and maybe learn something.

After a short break for turkey and football, December starts with the Great Train Expo at the Del Mar Fairgrounds. This is always a fun event for the whole family.

December 8th will be the Division Open House and Holiday Party at Don and Kim Fowler's home. I never know which layout to spend time at when I visit them. With Don's N scale layout, and their G scale in the back yard, then Kim's Z scale layout, and Don's small O-27 under the N scale, there's so much to see, and then you have the activities that have been planned... This is going to be a fun event as well.

After the holidays, when I hope Santa will have been good to all of us, January brings another great train show to town. The World's Greatest Hobby On Tour will be coming to the Del Mar Fairgrounds January 12 and 13, 2008. This show has never been to San Diego before, but I attended the one in Long Beach a couple of years ago, and these folks have their act together. National vendors, clinics, layouts... this is truly a show you won't want to miss.

And we don't let up. The following weekend the Division will be visiting the North County Model Railroad Society up in Vista. Dick Miller tells me they have been busy improving their layout, and are anxious to show it off. It's going to be a full three months, hope we all survive it. Have Fun!



## **Model Railroad Clubs in San Diego**

### **San Diego Model Railroad Museum**

Balboa Park, San Diego

Info: [www.sdmodelrailroadm.com](http://www.sdmodelrailroadm.com)

### **La Mesa Model Railroad Club (HO)**

Info: [LaMesaClub@att.net](mailto:LaMesaClub@att.net)

### **San Diego 3-Railers (O)**

Info: (619) 690-4358

### **San Diego Model Railroad Club (HO & O)**

Info: [www.sdmrrc.org](http://www.sdmrrc.org)

### **San Diego Society of N Scale (N)**

Info: [www.sdsons.org](http://www.sdsons.org)

### **North County Model Railroad Society (HO)**

Oceanside

Info: (760) 722-7366 [ncmrs@cox.net](mailto:ncmrs@cox.net)

### **Poway Station All Scale Modular Club**

Old Poway Park, Poway

Info: [www.powaystation.org](http://www.powaystation.org)

### **Short Track Railroad Club (N)**

Antique Gas & Steam Engine Museum, Vista

Info: [modeltrains@agsem.com](mailto:modeltrains@agsem.com)

### **San Diego Garden Railway Society**

Info: [www.sdgrs.com](http://www.sdgrs.com)

If you would like your club listed, contact the Club Liason, San Diego Division

## **Online - Web Sites of Interest**

Train Net: [www.trainnet.org](http://www.trainnet.org)

NMRA: [www.nmra.org](http://www.nmra.org)

PSR: [www.getnet.net/~dickg/nmra/psr/psr.html](http://www.getnet.net/~dickg/nmra/psr/psr.html)

NMRA National Convention <http://www.nmra.org/convention/>

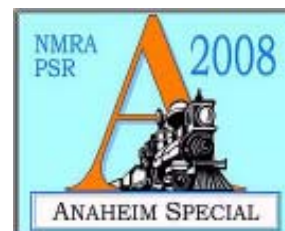
San Diego Division: <http://www.sandiegodivision.org/>

Cajon Division: [www.cajondiv.org](http://www.cajondiv.org)


San Diego Model Railroad Museum: [www.sdmodelrailroadm.com](http://www.sdmodelrailroadm.com)

San Diego Rail: [www.sandiegorail.com/index.html](http://www.sandiegorail.com/index.html)

The Overland Trail: [www.overlandtrail.com](http://www.overlandtrail.com)



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**San Diego Model Railroad Museum**

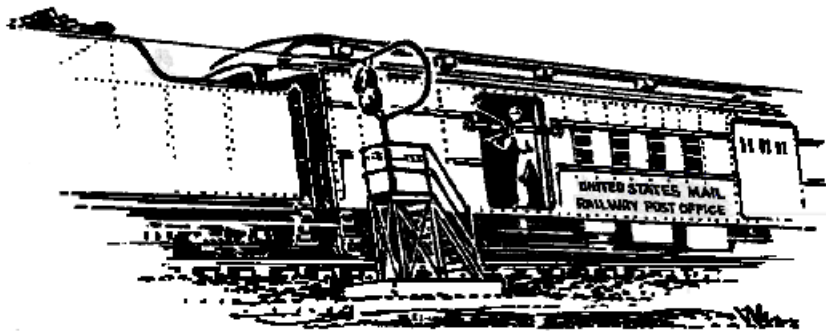
World's Largest Operating Model Railroad Museum

1649 El Prado, Balboa Park

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# MAIL HOOK

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- Fall Meet Preview
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## MAIL HOOK

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