

The MODULATOR



The NEWS and VIEWS of
The Fort Myers Amateur Radio Club, Inc.
P.O. Box 061183,
Fort Myers, Fl. 33906
Visit our website WWW.FMARC.NET

The FMARC meets every last Tuesday night 7:15 PM

The President's Message

Well we have come to the end of another year already. We have lost some friends and gained some new ones. The Holidays are here and we communicate with our family and friends with the hope of a good new year to come. We hope that the club and its members will grow in the coming year . Thanks for the opportunity to be your president for another term. I hope to do an excellent job in the coming term. We say goodbye to GE Sammons as an officer of the club. He has served for longer than I have been a member and he was my first contact in Florida when I arrived her 13 yrs ago. He can now look forwarded to being a member and enjoy the hobby once more without care we thank him for his great service. We have a lot of things coming up the Christmas Dinner /instillation of officers. The hamfest, the Edison event, and the skills event and I believe some fox hunts. So it will be a busy time then we go to the Hurricane season when we hope it won't be busy. So come and participate in some or all of the events upcoming remember it is your club we need the members. Don't forget dues are due.

Merry Christmas, Happy New Year And Happy Hanukkah

Joseph Ryan N3NAI

F.M.A.R.C. INFORMATION:

The Fort Myers Amateur Radio Club, Inc., is a non-profit corporation of both Federal Communication Commission and internationally licensed radio operators who volunteer themselves and their communications equipment in support of emergency and community services.

BOARD OF DIRECTORS:

President,	Joe Ryan
(239) 458-9721	N3NAI
Vice President,	Mike Meehan
(239) 283-4026	KI4PTZ
Secretary,	Susan Sherman
(239 772 4274)	KI4ZXL
Treasurer,	Norma Remson
(239) 543-5487	KI4JFN
Director,	Len Foster
(239) 989-6186	VA3LGF
Director,	Larry Zimmer
(239) 282 1526	W4LWZ

COMMITTEE CHAIR PERSONS:

Larry Zimmer, W4LWZ,	Education
John Sholtis, KI4JFO,	Program
John Anderson, KE0TG,	Membership
Edward Radke, K9GTZ,	Greeter
Susan Sherman, KI4ZXL	Social Activity
Jim Niccum, AF4YH,	Public Relations
Joe Ryan, N3NAI,	Scheduled Contests
Larry Zimmer, W4LWZ,	Annual Hamfest
Don Marzonie, KF4PHB,	Property Control
Bill Pavela, KD4VDS,	Interference
Larry Zimmer, W4LWZ,	W4LX Trustee
Mike Branda, K4HN,	VE Coordinator
David Penezic, WA4GUK,	A.L.E.R.T.
Joyce Botchford, KJ4BEI,	Mail Manager
Mike Meehan, KI4PZT,	Webmaster
Rich Greenberg, N6LRT	The Modulator
"Butch" Brown, KE4CB,	The Swap Shop

The club's web site can be found at:
<http://www.fmarc.net>

A list of local repeaters can be found at:
http://www.fmarc.net/local_repeaters.htm

A.L.E.R.T.

The All Lee Emergency Response Team (A.L.E.R.T.) is looking for volunteer licensed amateur operators. We need volunteers to man the shelters, hospitals, fire and police departments and other critical facilities during and after severe storms. If you would like to provide a much needed service to your community, Call Dave Penezic, WA4GUK, R.A.C.E.S. Officer at:
Phone: (239) 368-2552 Email: wa4guk@arrl.net

REGULARLY SCHEDULED MEETINGS:

REGULAR CLUB MEETING & PROGRAM: is the "**last**" Tuesday of each month. Membership, friends and interested persons meet at the Riverside Community Center (3061 E Riverside Dr Fort Myers, FL 33916 239-461-3788) at **7:15 PM** for reports from all Committee Chair Persons, announcements of present and future activity, old business issues, any new business for the Club and a program and/or speaker for the meeting.

BOARD OF DIRECTORS MEETING is the **2nd** Wednesday of each month at the Araba Shrine on Hanson Street in Fort Myers at **7:30 PM**. The purpose of this meeting is to discuss plans and issues for the club. Members are encouraged to attend.

THE GULF COAST AREA REPEATER CLUB membership also meets at the Riverside Community Center (3061 E Riverside Dr Fort Myers, FL 33916 239-461-3788). The club's board of directors meet on the **FIRST** Thursday of "**odd**" months at **7:30 PM** for conducting business and discussing issues for the club. The regular meeting of the membership and friends is on the **FIRST** Thursday of "**even**" months at **7:30 PM**.

The SWAP SHOP gathering of Hams and friends is on the **2nd & last** Saturdays at **noon** at the Club House area in Waterway Park Estates at 5820 Poetry Lane in North Fort Myers. Sell, Swap and Bargain.

VOLUNTEER EXAMINERS conduct testing for Amateur Radio FCC License application qualifications on the **2nd** Thursday at **6:30 PM** at the Emergency Operations Center on Ortiz Avenue.

The Modulator is a organization publication for the purpose of informing members of F.M.A.R.C. of educational and training opportunities, club events, relevant news articles and a monthly calendar of daily activities, meetings and dates. All inquiries can be made to F.M.A.R.C., Inc. at P.O. Box 061183, Fort Myers, FL 33906

THE MODULATOR STAFF

It was determined at the March Board of Directors meeting that the revised Staff for the FMARC monthly newsletter, "THE MODULATOR", is now complete.

Editor & Publisher: Rich Greenberg, N6LRT.
(239) 543 1353, 1705 Coral Way, North Fort Myers, Florida, 33917, e-mail: modulator@richgr.users.panix.com.

Reporter: Darrell Phillips, N4OKS, 1719 NW 21st Street, Cape Coral, FL, 33993. (239) 282 1526, e-mail: N4OKS@arrl.net, FAX: (239) 282 1536.

A second reporter slot is open.

Also, it was reconfirmed that the deadline for news and articles is the 15th of the month to the Reporters.

Modulator Submissions of articles and ads should be sent as early as possible by email to modulator@richgr.users.panix.com. **IMPORTANT:** To avoid my spam trap, the subject **MUST** start with [**Modulator**] including the square brackets or it may be missed. Plain text is preferred and please DON'T send all upper case. Call me at 239 543 1353 if you have any questions or problems submitting an item. Ads are free to members and are accepted on a space available basis and may be edited for clarity or space.

Every member of F.M.A.R.C., not just the reporters, are invited to submit articles for the Modulator.

Nov General meeting minutes

Call to order, Sick call no new, Minutes approved, treasures report sent to auditor. We need 2 people to volunteer to audit 2008. Hamfest going as planed. Education see Larry. Alert will have a sky warn class in Feb. no major call up this year 1 shelter opened. Election held new Secretary Susan Sherman, new board member Larry Zimmer, other members re elected. Collection taken up for Osin for his Eagle radio antenna project. Len gave a power point on club ham radio promotion project He Susan and Darrell have bee working on this for a while. (Check neoham.com for info) Adjourned for coffee and donuts.

Submitted from memory for WA4DQE By N3NAI

Dec board meeting minutes

Open 7:30 board present ex Mike KI4PTZ present were: AE4DP, KI4GED, N6LRT, K9GCF, K9GZT, N4OKS, W4LWZ, KG4VDS. Minutes accepted. Treasurers report given and accepted. We are receiving 2009 dues and our major expenses as of now. We discussed skills day, March 14 if no Hamfest conflict at the swap shop. Will check with parks and rec. (we have the ok as of 12-12-08 got conformation and the date will be March 21 due to Charlotte Hamfest) Len brought forth a mission statement for discussion we are close to choosing will bring up at reg meeting next yr. Ham of year Plaques have been ordered and will be ready at the dinner. The lunch bunch remains popular. Insurance riders are required to be renewed, and Premium has been paid. We want anyone who knows of a group to invite them to the skills day. Meeting adjourned and Hamfest planing started.

Submitted N3NAI For WA4DQE

Wanted Items for club table.

We are looking for items for our club table. We accept donations for sale or club use. We also will take consignments if you have 1 or more items we will sell them for you. We will also take consignments or donations of radio estates. If you know an item needs repair or you don't know if it works or not please mark it. People will buy repairable items. Call or bring to swap shop or Hamfest.

Joe N3NAI 458-9721 n3nai@arrl.net Larry 282-1526 w4lwz@arrl.net or Don ki4phb 542-7274

Annual Christmas Dinner December 30th @ 6pm

This is a reminder to RSVP by December 23rd for dinner at Sam Seltzer's. You can email your RSVP to KI4ZXL@arrl.net. This will be a very nice evening to enjoy each other's company and witness the installation of club officers for 2009.

Editor's Note: Keep an eye on your local fish wrapper. Sam Seltzer's has been running discount coupons in the Sunday News-Press and possibly other papers.

NEW 2009 FMARC OFFICERS At the November meeting of the Club, a new slate of officers was elected for installation at the Annual Dinner on Tuesday Evening, December 30th, 6:00 PM at Sam Shelters Steak House. These new officers are: President, Joe Ryan N3NAI; Vice President, Mike Meehan KI4PTZ; Secretary, Susan Sherman KI4ZXL; Treasurer, Norma Remson KI4JFN. All members are encouraged to attend this annual event and share the beginning of a new year of activities for FMARC. The deadline for reservations to Susan Sherman is December 23rd. Call her at 239 772 4274.

Edison's Birthday

SPECIAL EVENT - Feb. 16th-Feb. 20th The Ft. Myers Amateur Radio Club is celebrating Thomas Edison's Birthday at the Thomas Edison estate in Ft. Myers. This will be our 17th year. We would appreciate volunteers to operate and or log, any day they can attend and any time.. Please call me to put you on the list. My land-line is 239 303 3383 or email stellagurka@embarqmail.com. Thank You. 73 & 88.

Stella J. Gurka WB2FAU

Volunteers Needed

We are looking for volunteers to help with two tables at Hamfest, January 17th, 8am-3pm. The first table is the FMARC Club information table. All you need to do sit at the table, greet the folks and answer any questions about the club or ham radio. The second table is the Club Consignment table. Here you can help sell items donated by club members for consignment. Ideally it would be great to have 2 people at each table throughout the day. You can sign up for as little as 1 hour or work as long as you like. Remember, many hands make for light work and much more fun for all. To find out what times are available contact Susan at KI4ZXL@arrl.net.

COMMUNICATORS WANTED

Amateur radio operators are needed for the Naples Daily News Half Marathon. Your role is to communicate information from your station about the marathon runners who pass through your station. Your only job is communication. Date: Sunday, January 18, 2009. You must be on station by 6:30am and plan to stay until 11am. A 50 watt mobile radio is preferred. A brunch (self-pay) and debriefing will be held afterwards. This is a great opportunity to

practice your communication skills - the same skills you will need if called upon to help during a disaster. To volunteer or if you have questions, contact KI4DBI, Rodney Smith, 239-451-2382

Lost

At Nov swap shop: 1 pair sunglass wraparound with bifocal

Joe Ryan N3NAI 458-9721

Suggested Software to use

Need office programs and don't want to pay Microsoft ridiculous prices try this, it is free.

OpenOffice.org

I have used it for several yr's now it will save in office word and PDF.

Joe N3NAI

The Healthy Ham

This is the first in what will hopefully be a monthly feature in the Modulator. This feature will provide general information on a variety of health topics with the intent to help you, the active amateur radio operator, stay healthier. The information you read is researched and presented by an Advanced Registered Nurse Practitioner (KI4ZXL). The information is of a general nature and is in no way meant to be a substitute for any advice you may have received from your own health care provider.

JUST STAND UP!

This is the advice of one researcher at the University of Missouri-Columbia. In a 2007 study, Dr. Marc Hamilton and his research team looked at the effects of sitting in office chairs, using computers, reading, talking on the phone and watching TV. Not too surprisingly, they found evidence that sitting had negative effects on fat and cholesterol metabolism. The also

found that inactivity throughout the day stimulated disease-promoting processes, and that exercising, even for an hour a day, was not sufficient to reverse the effect.

Only 28 percent of Americans get the minimum amount of recommended exercise. Most people spend the majority of their day sitting with relatively idle muscles. Health professionals advise that at least 30 minutes of activity at least 5 days a week will counteract health concerns, such as cardiovascular disease, diabetes and obesity that may result from inactivity. Now, researchers say a new model regarding physical activity recommendations is emerging. New research shows that what people do during the majority of their waking day is just as important, or more so, than the time they spend actively exercising.

There is a misconception that active exercise is the only way to make a healthy difference in an otherwise sedentary lifestyle. However, Dr. Hamilton's studies found that standing and other non-exercise activities burn many calories in most adults even if they do not exercise at all. Many activities like talking on the phone or watching a child's ball game can be done just as enjoyably upright instead of sitting, and you burn double the number of calories while you're doing it.

FMARC WEB SITE

Have you visited the Club's Web site lately? Ever?? You should. There is a wealth of information there. Here are a few of the topics covered on the site:

HAMFEST 2009
FMARC MEETINGS
CLUB ROSTER
SWAP MEET INFORMATION
EDUCATIONIONAL INFORMATION
LINKS OF INTEREST TO HAM RADIO

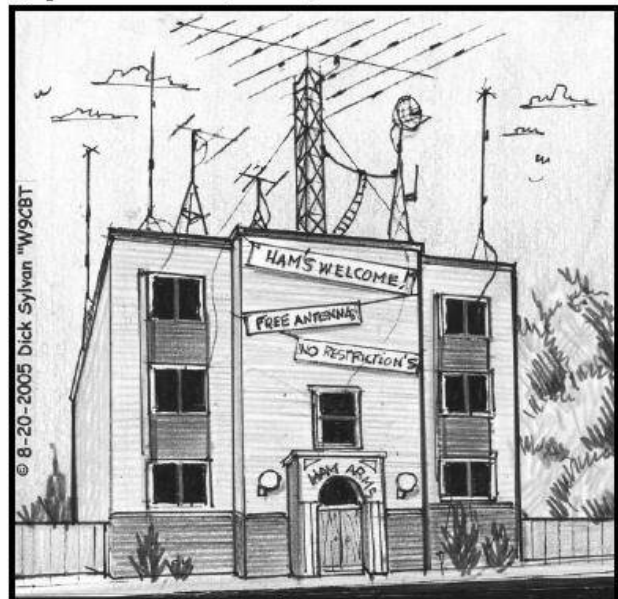
LOCAL REPEATER LISTING
FIELD DAY INFORMATION
CLUB ACTIVITIES
VE TESTING INFORMATION
SPECIAL EVENTS INFORMATION

The information includes schedules, details and Mapquest links for most of the locations for the events that are listed. The education section has the new General Class question set and the schematics that go with that exam. There is information about upcoming classes that the club sponsors. You will find a link on the home page that will take you to electronic "pdf" files of "The Modulator".

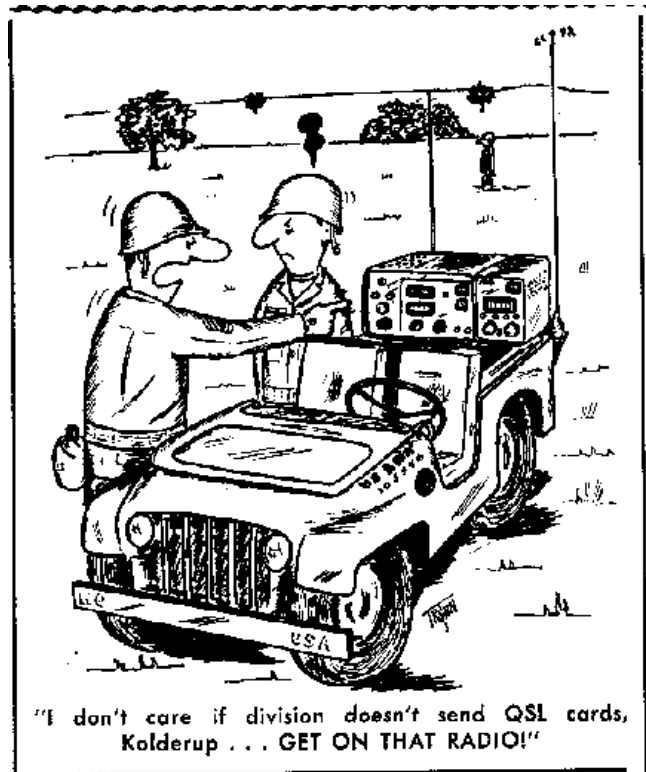
If you have any information that would be good for the Club's Web site, please send it to the Web Master, Mike Meehan, KI4PTZ. You can find a link on the home page of the Web site to email Mike.

THE FEDERAL COMMUNICATIONS COMMISSION is calling on all Amateur Radio Clubs for assistance with Digital TV Conversion. Earlier this month, the ARRL received a request for all Hams of Clubs to provide technical educational assistance in their communities concerning the FCC mandated digital television (DTV) conversion scheduled for February 17, 2009 <http://www.dtv.gov/>. In early January the FCC will ask Section Managers for the names and contact information of the volunteering groups. The FCC will then make contact with groups, learn their plans and provide them with media, brochure or other materials groups may need for this effort. FCC regional staff members may even come and visit with larger groups to aid in implementation of the group's plans. This information comes from Paul Ramsden W1RP of our Club and we'll probably hear more about how members might volunteer to provide this important service to the Lee County community. It is not often that the FCC extends a request for assistance. There are some specific procedures and limitations all Clubs are asked to observe.

Apartments For Rent



"Looking For an Apartment Where You Can Put Up an Antenna? — Dream On!"



Cartoons courtesy of Edward Radke K9GZT.

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>JANUARY 2009 NETS OF RECORD, Daily & Weekly Round Table (club news) 147.345 MHz, Daily, 7:30 AM S.W. Florida Traffic Net, 147.345 & 15.170, Mon-Sat, 10:00 AM Gulf Coast Area Repater Club, 147.345, Mon., 7:30 PM All Lee Emergency Response Team, 146.880, Wed. 7:30 PM Loggerhead, 146.790 MHz, Sunday, 7:30 PM Cape Coral Gabfest, 146.490 MHz, Thursday, 8:00 PM</p>	<p>4 Round Table, 7:30 AM Loggerhead, 7:30 PM</p>	<p>5 Round Table, 7:30 AM SWFT Net, 10:00 AM GCARC, 7:30 PM</p>	<p>6 Round Table, 7:30 AM SWFT Net, 10:00 AM</p>	<p>7 Round Table, 7:30 AM SWFT Net, 10:00 AM Lee ALERT, 7:30 PM</p>	<p>8 Volunteer Examiners at EOC building, 6:30 P Round Table, 7:30 AM SWFT Net, 10:00 AM C.C. Gabfest, 8:00 AM LUNCH BUNCH at Buddy Freddy's US 41 & Pine Island N Fort Myers 11:30</p>	<p>9 Round Table, 7:30 AM SWFT Net, 10:00AM</p>
<p>11 Round Table, 7:30 AM Loggerhead, 7:30 PM</p>	<p>12 Round Table, 7:30 AM SWFT Net, 10:00 AM GCARC, 7:30</p>	<p>13 Round Table, 7:30 AM SWFT Net, 10:00 AM GCARC, 7:30</p>	<p>14 Round Table, 7:30 AM SWFT Net, 10:00 AM Lee ALERT, 7:30 PM FMARC Board of Directors , Araba Shrine, 7:30 PM, Hanson St, FM, FL</p>	<p>15 Round Table, 7:30 AM SWFT Net, 10:00 AM C.C. Gabfest, 8:00 PM LUNCH BUNCH at Buddy Freddy's US 41 & Pine Island N Fort Myers 11:30</p>	<p>16 Round Table, 7:30 AM SWFT Net, 10:00 AM</p>	<p>17 Round Table, 7:30 AM SWFT Net, 10:00 AM SOUTHWEST FLA, HAMFEST & COMPUTER SHOW WITH LOTS OF VENDORS AND NEW FORUMS.</p>
<p>18 Round Table, 7:30 AM Loggerhead, 7:30 PM</p>	<p>19 Round Table, 7:30 AM SWFT Net, 10:00 AM GCARC, 7:30 PM QCWA Luncheon 11:30 AM, Buddy Freddy's Buffet, 60 Pine Island Road North Fort Myers</p>	<p>20 Round Table, 7:30 AM SWFT Net, 10:00 AM</p>	<p>21 Round Table, 7:30 AM SWFT Net, 10:00 AM Lee ALERT, 7:30 PM</p>	<p>22 Round Table, 7:30 AM SWFT Net, 10:00 AM C.C. Gabfest, 8:00 PM LUNCH BUNCH at Buddy Freddy's US 41 & Pine Island N Fort Myers 11:30</p>	<p>23 Round Table, 7:30 AM SWFT Net, 10:00 AM</p>	<p>24 Round Table, 7:30 AM SWFT Net, 10:00 AM FMARC Swap Shop 12:noon, Buy, Sell, Swap, Trade Bargains, at Waterway Estates Park, C.C.</p>
<p>25 Round Table, 7:30 AM Loggerhead, 7:30 PM</p>	<p>26 Round Table, 7:30 AM SWFT Net, 10:00 AM GCARC, 7:30 PM</p>	<p>27 Round Table, 7:30 AM SWFT Net, 10:00 AM FMARC, 7:15 PM monthly meeting at Riverside Community Center, Fort Myers, FL</p>	<p>28 Round Table, 7:30 AM SWFT Net, 10:00 AM Lee ALERT, 7:30 PM</p>	<p>29 Round Table, 7:30 AM SWFT Net, 10:00 AM C.C. Gabfest, 8:00 AM LUNCH BUNCH at Buddy Freddy's US 41 & Pine Island N Fort Myers 11:30</p>	<p>30 Round Table, 7:30 AM SWFT Net, 10:00 AM</p>	<p>31 Round Table, 7:30 AM SWFT Net, 10:00 AM</p>

• MODULATOR •

The Fort Myers Amateur
RADIO CLUB, INC.
P.O.Box 061183
Ft. Myers, Fl. 33906

PRSRT STD
U.S. POSTAGE
PAID
FORT MYERS, FL
PERMIT NO:
543

Dues
Are
Due
!!!!!!

Hamfest
Saturday
Jan 17
!!!!!!