

# 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](http://WWW.FMARC.NET)

**The FMARC meets every last Tuesday night 7:15 PM**

## *The President's Message*

Well its 2009 and we are in the busy part of our year as you read this our hamfest will be history and I thank everyone who participated.

With the New Year a reorganized board has begun and I would like all committee chairs to please contact the board and let us know if you want to continue, some we have not heard from for a while and if you cannot do it anymore we can understand. Also we will have some openings so new people can join in it really is not a lot+of work But it can be rewarding.

Feb. will be the Edison special event, please contact Stella Gerka to give her a hand.

March 21 will be a combo swap shop and 1st annual skills fair we need both +talent and visitors it will be a way to show non hams some of what we can do with electronics.

So that is only a few things so come and join in.

73,  
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](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 2<sup>nd</sup> 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 **2<sup>nd</sup> & 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 **2<sup>nd</sup>** 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](mailto: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](mailto: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 15<sup>th</sup> 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](mailto: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.

## FMARC "LUNCH BUNCH"

Buddy Freddy's  
NW Corner of Bus 41 and Pine Island Rd  
North Ft. Myers  
Every Thursday, 11:30am

This is a wonderful opportunity to meet with fellow Hams, share a meal and camaraderie. Bring a guest! Bring a Friend! Bring a Radio! It's also a great way to introduce individuals to the hobby who may be interested in becoming a Ham. See you there!!

Questions? Contact Social Activities Chairperson: Susan Sherman, KI4ZXL, [smnp55@embarqmail.com](mailto:smnp55@embarqmail.com) or 239-772-4274.

## General Meeting Minutes

December 30, 2008

The December meeting was the annual Christmas dinner which was held at Sam Seltzer's and attended by 38 people. After dinner there were two presentations. The first was the Ham of the Year award presented by Don Marzonie KF4PHB to Stella Gurka WB2FAU. Next, a Special Recognition Award was presented to G. E. Sammons WA4DQE and posthumously to Colleen Sammons KQ4TR by Joe Ryan, N3NAI President of the FMARC for their many years of dedicated service to the FMARC.

Finally, there was the installation of officers for 2009. The officers are:

President, Joe Ryan N3NAI, 2nd term  
Vice President, Mike Meehan KI4PTZ, 2nd term  
Treasurer, Norma Remson, KI4JFN, 1st term  
Secretary, Susan Sherman, KI4ZXL, 1st term  
Director, Len Foster, VA3LGF/KJ4HZS, 2nd term  
Director, Larry Zimmer W4LWZ, 1st term

Next general meeting, Tuesday, January 27, 2009  
Susan Sherman, Secretary.

## **BOARD MEETING MINUTES**

January 14, 2008.

Call to order at 7:35pm. Attendance: VA3LGF, KI4ZXL, K9GZT, WA4DQE, M6LRT, KI4JFN, AE4DP, KI4GED, KI4JFO, KF4PHB, W4LWZ, KI4PTZ, N3NAI, N4OKS, W9LPY, K9GCF, KG4VDS, WB8UUJ. Treasurer's report given. December minutes approved as published.

OLD BUSINESS: Mission statement: Extensive discussion about mission statement and applying for 501c3 nonprofit status. The two are closely intertwined. Motion to bring to membership for discussion and vote. Skills Day: Insurance papers received. Waterway Estates Park, March 21. KI4PTZ & KI4ZXL chairpersons. Discussed promotion and advertising. Will have flyers at Hamfest. Hamfest: Araba rental fee checks given to GE who will deliver to Araba. Modulator: Discussed alternative options of delivery. USPS, email and website. Current dues cover cost of Modulator and not much more. Motion to bring to membership for discussion.

NEW BUSINESS: Special events-Edison event. Not on website. Webmaster has not received any information from chairperson. Webmaster will use info from Modulator and post on Website. Discussion of developing "job descriptions" for committee chairpersons so chairs know the expectations of the role. Adjourned at 8:54pm. Hamfest committee meeting followed.

Susan Sherman, Secretary.

### **January Meeting Presentation**

The January topic is "The Ham Radio Promotion Project". Plan to attend the meeting to learn more about promotional tools radio clubs can use to build club membership and encourage new hams. Presentation will include a 20 min. video. This is part of FMARC's future! How might you participate?

### **Lost HT**

At the Christmas dinner, Stella WB2FAU mislaid

Her HT, which is a Kenwood tri-band. If anyone has seen it, please let Stella know by email to [stellagurka@embarqmail.com](mailto:stellagurka@embarqmail.com) or call her at 239 303 3383.

### **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](mailto:stellagurka@embarqmail.com). Thank You. 73 & 88.

Stella J. Gurka WB2FAU

### **HAM SKILLS DAY 2009**

March 21, 2009 will be the 1st Annual FMARC Ham Skills Day. The event will be at the Waterway Estates Park from 11am-1pm. This is a great opportunity to share your unique Ham skills with others who are eager to learn more about ham radio. It will also be a great venue for would-be hams that are thinking of getting into the hobby and want to learn more about it. To make this a successful event, we need members to volunteer to demonstrate their skills. We are looking for the following: PSK 31, CW, APRS, antenna construction, proper grounding, how to solder, basic radio functions, the advantages of cross-band repeat, DX'ing, contesting. If you have a skill not listed that you would like to share, please feel free to volunteer. New hams (and veterans) could bring their radios for advice on how to program and use them. There are likely many more ideas out there and we are looking for you!! Shade and power will be available. Refreshments will be available too. To volunteer, contact Susan at [ki4zxl@arrl.net](mailto:ki4zxl@arrl.net). Sign up sheets will be available at the next club meeting. Please consider how you can contribute to this fun event. And start spreading the word!!

## THE HEALTHY HAM

Water: How much should you drink every day?

How much water should you drink each day? A simple question with no easy answers. Studies have produced varying recommendations over the years, but in truth, your water needs depend on many factors, including your health, how active you are and where you live. Though no single formula fits everyone, knowing more about your body's need for fluids will help you estimate how much water to drink each day.

Water is your body's principal chemical component, making up, on average, 60 percent of your body weight. Every system in your body depends on water. For example, water flushes toxins out of vital organs, carries nutrients to your cells and provides a moist environment for ear, nose and throat tissues. Lack of water can lead to dehydration, a condition that occurs when you don't have enough water in your body to carry out normal functions. Even mild dehydration can drain your energy and make you tired.

Every day you lose water through your breath, perspiration, urine and bowel movements. For your body to function properly, you must replenish its water supply by consuming beverages and foods that contain water. The Institute of Medicine advises that men consume roughly 3 liters (about 13 cups) of total beverages a day and women consume 2.2 liters (about 9 cups) of total beverages a day. If you drink enough fluid so that you rarely feel thirsty and produce 1.5 liters (6.3 cups) or more of colorless or slightly yellow urine a day, your fluid intake is probably adequate.

Factors that influence water needs

You may need to modify your total fluid intake depending on how active you are, the climate you live in and your health status. If you exercise or engage in any activity that makes you sweat, you need to drink extra water to compensate for the fluid loss. How much additional fluid you need depends

on how much you sweat during exercise, the duration of your exercise and the type of activity you're engaged in. During long bouts of intense exercise, it's best to use a sports drink that contains sodium, as this will help replace sodium lost in sweat and reduce the chances of developing hyponatremia, which can be life-threatening. Also, continue to replace fluids after you're finished exercising.

Hot or humid weather can make you sweat and requires additional intake of fluid. Heated indoor air also can cause your skin to lose moisture during wintertime. Further, altitudes greater than 8,200 feet (2,500 meters) may trigger increased urination and more rapid breathing, which use up more of your fluid reserves.

Signs of illnesses, such as fever, vomiting and diarrhea, cause your body to lose additional fluids. In these cases you should drink more water and may even need oral rehydration solutions, such as Gatorade or Powerade. Also, you may need increased fluid intake if you develop certain conditions, including bladder infections or kidney stones. On the other hand, some conditions such as heart failure and some types of kidney, liver and adrenal diseases may impair excretion of water and even require that you limit your fluid intake.

Beyond the tap: Other sources of water

Although it's a great idea to keep water within reach at all times, you don't need to rely only on what you drink to satisfy your fluid needs. What you eat also provides a significant portion of your fluid needs. On average, food provides about 20 percent of total water intake, while the remaining 80 percent comes from water and beverages of all kinds. For example, many fruits and vegetables, such as watermelon and tomatoes, are 90 percent to 100 percent water by weight. Beverages such as milk and juice also are composed mostly of water. Even beer, wine and caffeinated beverages - such as coffee, tea or soda - can contribute, but these should not be a major portion of your daily total fluid intake. Water is one of your best bets because it's calorie-free, inexpensive and readily available.

## Staying safely hydrated

It's generally not a good idea to use thirst alone as a guide for when to drink. By the time you become thirsty, it's possible to already be slightly dehydrated. Further, be aware that as you get older your body is less able to sense dehydration and send your brain signals of thirst. To ward off dehydration and make sure your body has the fluids it needs, make water your beverage of choice. Nearly every healthy adult can consider the following: Drink a glass of water with each meal and between each meal. Hydrate before, during and after exercise. Substitute sparkling water for alcoholic drinks at social gatherings.

Though uncommon, it is possible to drink too much water. When your kidneys are unable to excrete the excess water, the electrolyte (mineral) content of the blood is diluted, resulting in low sodium levels in the blood, a condition called hyponatremia. Endurance athletes, such as marathon runners, who drink large amounts of water are at higher risk of hyponatremia. In general, though, drinking too much water is rare in healthy adults who consume an average American diet.

Excessive thirst and increased urination can be signs of a more serious medical condition. Talk to your health care provider if you experience either. If you're concerned about your fluid intake, check with your health care provider. He or she can help you determine the amount of water that's best for you.

## **The new "Elmer Corps" wants YOU!**

Extending a helping hand to those interested in our hobby is a fine Amateur Radio tradition. It's being continued in South West Florida "Elmer Corps" that's part of the new Ham Radio Promotion Project. The ARRL Handbook defines an Elmer as "an experienced ham or 'Elmer' who personally teaches one or more newcomers about Amateur Radio. This personalized teaching has brought thousands of hams into the hobby." Elmers can be the most important way to convert persons who become interested in ham radio through publicity into licensed operators. Radio clubs also can help by

offering licensing classes and assisting persons who need help getting on the air. While teaching can be part of the Elmer's role, simply being there to answer questions and help individuals learn about our hobby is the main thing. Elmer's can direct persons to club classes, study materials and invite them to visit a radio shack. Elmer's do make a difference. Please consider volunteering for the Elmer Corps. If interested, contact Len VA3LGF at va3lfg@arrl.net.

## **The Ham Radio Promotion Project**

FMARC is about to embark on a new project with the aim to attract new hams and more members to the club. Hopefully this endeavor will also awaken new interest in old members who no longer attend meetings or participate in club activities. At the January meeting there will be a presentation that will outline the program. Part of the presentation will be the viewing of the DVD "Amateur Radio: Wireless Window to the World". Plan to attend the January 27th at 7:15pm meeting to learn more.

## **For Sale:**

I have an old Power Mate generator for sale that works great. I have used it for hurricane power outages and general interruptions. It is 4000 watts with both 240 and 120 receptacles. I am asking \$100 or best offer. I have acquired a new one...so the old one must go.

I acquired another rig for Christmas and I have a TS440S in good shape for sale for \$350. With the MC60 Mic \$400.

Ron KA4EET 574-3451...leave message

## **Wanted to Buy:**

I am looking for a working control head from a Kenwood TM-V7a. Rest of radio doesn't matter.

Rich, N6LRT 239 543 1353

**Sunday**      **Monday**      **Tuesday**      **Wednesday**      **Thursday**      **Friday**      **Saturday**

1 Round Table, 7:30 AM Loggerhead, 7:30 PM	2 Round Table, 7:30 AM SWFT Net, 10:00 AM GCARC, 7:30 PM	3 Round Table, 7:30 AM SWFT Net, 10:00 AM	4 Round Table, 7:30 AM SWFT Net, 10:00 AM	5 Round Table, 7:30 AM SWFT Net, 10:00 AM C.C. Gabfest 8:00 PM <b>LUNCH BUNCH</b> at Buddy Freddy's US 41 & Pine Island N Fort Myers 11:30	6 Round Table, 7:30 AM SWFT Net, 10:00 AM	7 Round Table, 7:30 AM SWFT Net, 10:00 AM
8 Round Table, 7:30 AM Loggerhead, 7:30 PM	9 Round Table, 7:30 AM SWFT Net, 10:00 AM GCARC, 7:30 PM	10 Round Table, 7:30 AM SWFT Net, 10:00 AM	11 Round Table, 7:30 AM SWFT Net, 10:00 AM FMARC Board of Directors, Araba Sharma, 7:30 PM, Hanson St., FM, FL	12 Round Table, 7:30 AM SWFT Net, 10:00 AM C.C. Gabfest, 8:00 PM Volunteer Examiners at EOC building, 6:30 PM <b>LUNCH BUNCH</b> at Buddy Freddy's US 41 & Pine Island N Fort Myers 11:30	13 Round Table, 7:30 AM SWFT Net, 10:00 AM	14 Round Table, 7:30 AM SWFT Net, 10:00 AM FMARC Swap Shop 12noon, Buy, Sell, Swap, Trade Bargains, at Water- way Estates Park, C.C.
15 Round Table, 7:30 AM Loggerhead, 7:30 PM	16 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.	17 Round Table, 7:30 AM SWFT Net, 10:00 AM	18 Round Table, 7:30 AM SWFT Net, 10:00 AM	19 Round Table, 7:30 AM SWFT Net, 10:00 AM C.C. Gabfest, 8:00 PM <b>LUNCH BUNCH</b> at Buddy Freddy's US 41 & Pine Island N Fort Myers 11:30	20 Round Table, 7:30 AM SWFT Net, 10:00 AM	21 Round Table, 7:30 AM SWFT Net, 10:00 AM
22 Round Table, 7:30 AM Loggerhead, 7:30 PM	23 Round Table, 7:30 AM SWFT Net, 10:00 AM GCARC, 7:30 PM	24 Round Table, 7:30 AM SWFT Net, 10:00 AM FMARC, 7:15 PM monthly meeting at Riverside Community Center, Fort Myers, FL	25 Round Table, 7:30 AM SWFT Net, 10:00 AM	26 Round Table, 7:30 AM SWFT Net, 10:00 AM C.C. Gabfest, 8:00 PM <b>LUNCH BUNCH</b> at Buddy Freddy's US 41 & Pine Island N Fort Myers 11:30	27 Round Table, 7:30 AM SWFT Net, 10:00 AM	28 Round Table, 7:30 AM SWFT Net, 10:00 AM FMARC Swap Shop 12noon, Buy, Sell, Swap, Trade Bargains, at Water- way Estates Park, C.C.

# FEBRUARY

## 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  
 Attend your club's events & meetings.

MARCH 2009						
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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

# • MODULATOR •

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

PRSRT STD  
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FORT MYERS, FL  
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