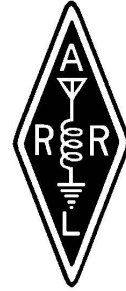


# The M O D U L A T O R



*The NEWS and VIEWS of*  
**The Fort Myers Amateur Radio Club, Inc.**  
**P.O. Box 061183**  
**Fort Myers, Fl. 33906**

Founded 1957

Visit our web site at [WWW.FMARC.NET](http://WWW.FMARC.NET)

The FMARC meets the last Tuesday of every month at 7:15pm

## *The President's Message*

Well fall is almost here and it will be slightly cooler and we hope the hurricane season will go out as mild as it came in.

Our snow birds should be starting down welcome them back.

We have an election coming and the ham of the year.

Also our ballot for the club mergers is due on the 31st.

And hamfest season is here we are planing for a good one this January Larry has been to several and has gotten commitments from many inside venders so tell your ham friends to reserve time for our hamfest.

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:

John Anderson, KE0TG,	Membership
Joyce Botchford, KJ4BEI,	Mail Manager
Larry Stiles, WF4LS,	VE Coordinator
"Butch" Brown, KE4CB,	The Swap Shop
Rich Greenberg, N6LRT	The Modulator
Don Marzonie, KF4PHB,	Property Control
Mike Meehan, KI4PZT,	Webmaster
Jim Niccum, AF4YH,	Public Relations
Bill Pavela, KD4VDS,	Interference
Larry Zimmer, W4LWZ,	A.L.E.R.T.
Edward Radke, K9GZT,	Greeter
Joe Ryan, N3NAI,	Scheduled Contests
Susan Sherman, KI4ZXL	Social Activity
Open	Program
Larry Zimmer, W4LWZ,	Annual Hamfest
Larry Zimmer, W4LWZ,	Education
Larry Zimmer, W4LWZ,	W4LX Trustee

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\\_repeater.htm](http://www.fmarc.net/local_repeater.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 Larry Zimmer, W4LWZ, R.A.C.E.S. Officer at:  
Phone: (239) 282 1526 Email: [w4lwz@arrl.net](mailto:w4lwz@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

**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

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@arrrl.net**, FAX: (239) 282 1536.

A second reporter slot is open.

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.**

**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, 12:30am

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 Roger L Diekema, KI4NQM, diekema4@hotmail.com or 239-656-6709 239-247-2725 cell.

## YOUR VOTE IS IMPORTANT!!!

You should have already received your ballot for voting on the FMARC/GCARC merger. If you haven't already done so, please vote and return the ballot. Re-fold id so the FMARC address is on the outside and the opposite side is blank, tape closed, add a stamp and mail it. Ballots **MUST** be postmarked on or before October 30, 2009. Any ballots postmarked after October 30, 2009 will not be counted.

### General Meeting Minutes 9/26/09

Call to order at 7:15pm. Pledge of Allegiance. Silent Keys: WA2MHZ, Wally Goldenberg. Illnesses: KF4WBN. New members: Nancy Docherty N1UKZ, Paul Jahnig - KF4CMB, Brittany McDonnell - KJ4WVN.

COMMITTEE REPORTS: ARES: Dave Penezic, WG4K announced he is stepping down as ARES coordinator and EC. Dave is thanked for his many years of dedicated service to the club and the community. Larry Zimmer, W4LWZ will take over for Dave.

EDUCATION: no news.

HAMFEST: Flyers are at the printer. There will be a Hamfest committee meeting after the next Board meeting on October 14.

501c3: A draft of the revised bylaws is completed. A certified copy of the Incorporation papers has arrived. Now awaiting the results of the merger vote before moving ahead.

VE: Six candidates all passed at last session. Still need more VE's to attend testing session. Contact Larry Stiles or stop by the EOC, 2nd Thursday of any month when the testing occurs.

MODULATOR: Correction for last month's issue - Silent Key was W4SEM. Rich still plans to move, probably in December. We still need an editor. Rich will train the new person.

SPECIAL EVENTS: Still no word from the letter Joe sent to the CEO at Edison. Stella Gurka, special events chairperson, will try to make contact with Edison authorities and try to secure approval for FMARC to participate in the event. It will be our 18th year.

SOCIAL: Starting to make plans for the annual

Christmas dinner. Suggestions are welcomed.  
CLUB HOUSE: The County has been making repairs. No guarantee the ceiling fans will stay. Motion made and carried to purchase 3 commercial grade ceiling fans for installation in the club house at Waterway Estates Park.

OLD BUSINESS: GCARC/FMARC MERGER: Member feedback shared with meeting attendees. Discussion and questions followed. Clarifications: Both clubs must vote affirmatively for the merger to go forward. If either club votes "no", then the merger is dead. If a ham is a member of both clubs, then that person will have two votes - one for each club membership. If the vote is to merge, the official merge date would be January 1, 2011. For 2010, each club would maintain separate boards but the boards would work together for a smooth transition to one club.

FMARC DUES INCREASE: Motion from August meeting reviewed - Yearly dues: Full membership \$20; Family \$25; Associate (non-ham) \$10; Family (non- ham) \$15. Vote taken and motion carried with one dissenting vote. New dues rates apply for the 2010 fiscal year.

NEW BUSINESS: Elections for 2010. Nominating committee chair requested. No one present offered to take on this short lived task. Larry Zimmer, W4LWZ, volunteered after no other member volunteered. Larry has been the committee chair for the last several years. Officers will be needed for President, Vice-President, Secretary, one Board member and possibly the Treasurer. ALL FMARC Club members are eligible to run for any office. Meeting adjourned at 8:35pm.

Submitted by KI4ZXL

### **Board meeting minutes 10/14/2009**

Meeting was cancelled due to lack of a quorum.

### **146.880 repeater change**

New freq is 147.165+ 127.3 pl

### **Silent keys**

KE4ECF Klaus L. Hueppes, 72, of N. Fort Myers, died Sunday 11/4. Klaus donated his shack last year as he was unable to operate.

Eileen Mary Thorburn, 84, N4PFX

PAUL KAMPA, SR KB2HAA. The Kampa family has donated his shack to the FMARC

### **The Healthy Ham: Do You Know Your Numbers?**

Do you know what your Blood Pressure (BP) is? These days it is easy to check as there seems to be a BP machine in every pharmacy, grocery store and even in some malls. But do you know what those numbers mean? You should have you BP checked at least once a year and more frequently if you've been diagnosed with hypertension (high BP). Normal BP should be below 130 systolic (top number) and below 85 diastolic (bottom number). Systolic is the pressure in your arteries when your heart is contracting and diastolic is the pressure in your arteries when your heart is at rest. Consistently high reading of over 140 systolic or over 90 diastolic is considered high BP. BP can change with activities throughout the day. Systolic pressure can rise with exercise or stress and then return to normal when at rest.

High BP can be caused by one or a combination of factors. Family history: Immediate family who has high blood, heart disease or has had a stroke, African American. Current Medical Condition: Overweight. Age 60 or over. Cholesterol level over 200. Diabetes, kidney disease, or heart disease. Life Style: Smoker. No regular exercise. High stress. Excessive alcohol consumption. Salty, hi fat diet. High BP is known as the silent killer because the patient often has no noticeable symptoms. Unless checked with a BP machine you may never know you have high BP. If your BP is consistently high, over time it eventually causes changes in the arterial walls. Arteries can thicken and the opening within the artery can become narrowed. This decreases the ability of the arteries to carry blood throughout the body. It also increases the workload of the heart to pump blood throughout the body. It can eventually damage heart muscle. Prolonged hypertension can cause blindness, stroke, or even heart attack. It can also lead to kidney or heart failure. If lifestyle changes are not enough to control your BP, your physician may prescribe medication. It is important that a medication schedule be maintained. Try to take your medication at the same time each day. Use a pillbox so you don't miss a

dose.

KI4ZXL

### Still more notes from the north

My youngest son was married in Alexandria, Minnesota this past September 19th. The wedding was outdoors, and the weather was absolutely perfect! Amos lives in central Minnesota where he wears several on-air and off-air hats for Leighton Broadcasting, a four station AM/FM cluster in St. Cloud. He's not a "ham", but he's sure had broadcast radio in his blood for many years.

My second-floor apartment-based stealth PSK-31 activity continues to be a real eye-opener and learning experience for me. I still use just my one antenna, a fixed 20M N/S inside wire dipole, driven by 25 watts (at the very most) from an ICOM 706MKIIG. While some folks might consider this setup a significant operating handicap, I'm beginning to realize that using this "compromised" station on a constant basis has actually made me a better operator, and has produced some amazing results as well. Since I can't rotate my antenna, or prudently increase my power out, or change bands, or even move very far from side to side within the narrow 20M digital sub-band that I use (14.069.5-14.072.5+/- MHz), I find that I tend to make much better use of the one variable that I surely can control, "the operator"!

I carefully monitor this 20M sub-band for openings. I note the times that it is most commonly open to me, and I operate during those times. I watch (on the screen) for a station I'm interested in, noting that station's QTH, its grid square, the operator's name, and the station's operating patterns. How is this station's signal propagating, I ask myself? Who is it working? Does it call CQ? Does it accept tail-enders? Does it move around? Does it prefer long QSOs, or short QSOs? Can I hear it well enough so that it can probably hear me? As I use this operating method, I realize more and more that it's actually me picking the other station to work, rather than the other station picking me to work! This can become like fishing in a barrel.

I get to know this narrow sub-band segment as if it were mine. And when I finally choose to make a call, I can almost guarantee a response. I recently worked a station in Slovenia (S51AY) using just this technique. By the time I called him, I knew everything about him. A successful QSO was

almost guaranteed. I just knew he would hear and respond to my call, and he surely did!

K-9 ONE Search and Rescue is a Michigan volunteer organization of specially trained dogs and their handlers who are on-call statewide 24/7 to assist law enforcement in searching for lost children and adults who have, for any number of reasons, "gone missing". My local ARES group has partnered with K-9 ONE Search and Rescue to provide radio communications between the individual search teams and their local base. I've been active in these searches, and I've just recently participated in one of the two annual daytime and nighttime K-9 ONE/ARES field drills. Assisting with these SARs is but another way that ARES provides public service. I'm not particularly a dog person, but I've come to respect highly the magic these dogs and their handlers can perform!

Tom Root (WB8UJ)  
Flushing, MI

### For Sale

Rohn 20 Tower: 4 straight sections and 1 top section, \$100.00

Charles, KI4GED 239 694 2493

IC-730 icon hf, pc730 power supply, misc items  
Don Fair N4TFX 466-4441

### For Sale

NIC cards (2): D-Link for PCI bus \$5, Cardbus for PCMCIA laptop port \$10.

Video cables: 6' VGA \$2, 6' DVI \$4.

Laptop vinyl case: for 14' laptop see: <http://www.panix.com/~richgr/case.jpg> Plenty of room for cables mouse etc & a weekend worth of spare clothes (for a guy). \$10

Rich, N6LRT  
239 543 1353

### Wire, Wire, Wire

I have a HUGE collection of assorted wire, lengths from feet to big rolls, sizes from #4 down. Come dig thru it and you can have it very cheap. (No coax, some shielded audio)

Rich, N6LRT  
239 543 1353

# Dues are now Due for 2010

- Full single membership . . . . . \$20 per year
- Family membership . . . . . \$25 per year
- Associate membership (Non-licensed only) . . . \$10 per year
- Family membership (Non-licensed only) . . . . \$15 per year

Amount enclosed \_\_\_\_\_ Check  Cash  New  Renewal

ALL Members: Please do not submit your dues without this form. Make checks payable to FMARC.

P.O. Box 061183 Fort Myers, Fl 33906-1183

Check which of the following committees you would like to work on:

Education  Program  Membership  Public Relations  Ham fest  Social  VE Testing   
Interference  Newsletter  Nomination  Field Day  Social Events

Other \_\_\_\_\_ FOX Hunting  Special events  contesting

License N T G A E (circle one) exp date \_\_\_\_\_

ARRL member (Y) (N) ALERT (y) (n)

Name: \_\_\_\_\_

Call: \_\_\_\_\_

Spouse Name (Opt) \_\_\_\_\_ Call: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone with area code Fl \_\_\_\_\_ optional Cell \_\_\_\_\_

Summer \_\_\_\_\_

Summer Address \_\_\_\_\_

Months Gone From \_\_\_\_\_

Until \_\_\_\_\_

E-MAIL \_\_\_\_\_

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>November 2009</h1>						
1 Loggerhead 7:30pm Windmill, 9pm.	2 SWFI net 10:00am GCARC Net 7:30pm	3 SWFI net 10:00 am	4 SWFI net 10:00 am Lee ALERT 7:30pm	5 GCARC board 7:30pm SWFI net 10:00 am CC gabfest 8:00pm Lunch Bunch 12:30 Buddy Freddys	6 SWFI net 10:00 am	7 SWFI net 10:00 am
8 Loggerhead 7:30pm Windmill, 9pm.	9 SWFI net 10:00am GCARC Net 7:30pm QCWA lunch 11:30am at Buddy Freddys	10 SWFI net 10:00 am	11 SWFI net 10:00 am Lee ALERT 7:30pm FMARC board 7:30pm	12 SWFI net 10:00 am CC gabfest 8:00pm Lunch Bunch 12:30 Buddy Freddys	13 SWFI net 10:00 am	14 SWFI net 10:00 am Swap Shop Waterway Park Noon
15 Loggerhead 7:30pm Windmill, 9pm.	16 SWFI net 10:00am GCARC Net 7:30pm	17 SWFI net 10:00 am	18 SWFI net 10:00 am Lee ALERT in person at EOC 7:30pm	19 SWFI net 10:00 am CC gabfest 8:00pm Lunch Bunch 12:30 Buddy Freddys	20 SWFI net 10:00 am	21 SWFI net 10:00 am
22 Loggerhead 7:30pm Windmill, 9pm.	23 SWFI net 10:00am GCARC Net 7:30pm	24 SWFI net 10:00 am FMARC Gen 7:15pm	25 SWFI net 10:00 am Lee ALERT 7:30pm	26 SWFI net 10:00 am CC gabfest 8:00pm Lunch Bunch 12:30 Buddy Freddys	27 SWFI net 10:00 am	28 SWFI net 10:00 am Swap Shop Waterway Park Noon
29 Loggerhead 7:30pm Windmill, 9pm.	30 SWFI net 10:00am GCARC Net 7:30pm			Daily & Weekly Nets of Record:  SW FI Traffic Net, 147.345 & 145.170, Mon-Sat 10:00am Gulf Coast Area Repeater Club, 147.345, Mon 7:30pm All Lee Emergency Response Team, 146.880, Wed 7:30pm Loggerhead Net, 146.790, Sunday 7:30pm Cape Coral Gabfest, 146.490, Thursday, 8:00pm Windmill, 28.475usb, Sunday, 9pm.		

★ MODULATOR ★

The Fort Myers Amateur  
RADIO CLUB Inc.  
P.O. Box 061183  
Ft. Myers, FL 33906

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