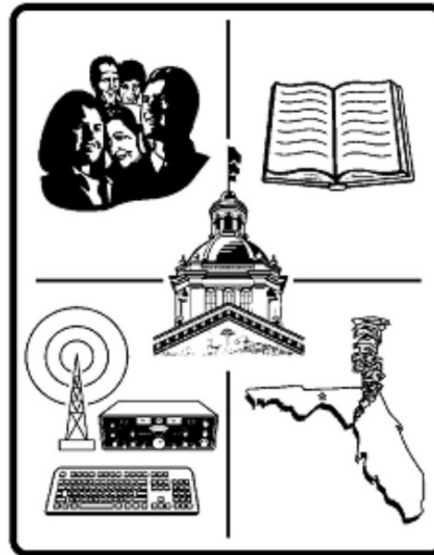


The Printed Circuit

The Monthly Publication of the
Tallahassee Amateur Radio Society

August 2022



TALLAHASSEE
AMATEUR
RADIO
SOCIETY



K4TLH
.NET

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K4TLH

P.O. Box 37127
Tallahassee, FL 32315



TARS Officers

- President Alan Terrell N4KGT
- Vice President Phil Ashler N4IPH
- Secretary Todd Clark KN4FCC
- Treasurer Doug Ferrell KD4MOJ
- Member at Large Don Pace KK4SIH

Committees

Repeater Trustee #1	Randy Pierce	AG4UU
Repeater Trustee #2	Doug Ferrell	KD4MOJ
Education & Training	Phil Ashler	N4IPH
Equipment Manager	Vacant	
Newsletter Editor	Paul Eugenio	K00KE
Testing	Norm Scholer	K4GFD
Public Information Officer	Jason Ford	W4JMF
Webmaster, Web Content, and Social Media		GD4U
Server Administrator	Don Pace	KK4SIH

MINUTES of the August 2022 TARS Meeting

7PM on August 4, 2022

American Red Cross Building, Tallahassee, FL

Visitors: Jenna, K4GNA; Paul, KO4JTG.

Attending the Meeting:

Doug, KN4MOJ

Norm, K4GFD

Chief, KA5USN

Terry, KI4MWL

Hughston, KQ4BSK

Paul, KE4IQY

Sarah, KD4ESM

Gerald, KG4BLL

Phil, N4IPH

Dave, WA4WES

David, KB2NUI

Adrienne, KO4UMY

John, KD5OTJ

Randy, AG4UU

Terry, KO4ZVZ

Dave, KB4JB

Theo, K4MVL

Jerry, N4JL

Jack, KC4EMS

Paul, KO4GQZ

Stan, K4SBZ

Bill, KF4KHJ

Gina, W4GNA

Alan, N4KGY

Gerald, WA6POZ

Don, KK4SIH

Bill, AE4S

Todd, KN4FCC

Austin, KO4YGV

Bob, NJ4B

Daniel

Alan, N4KGT called the meeting to order at 7pm and led the club in the Pledge of Allegiance.

Approval of the Minutes -- no objections to the meeting minutes. The meeting minutes were approved with no objections.

Treasurer's report: \$260 in revenues; we will have some expenses for fuel for Field Day. There will be some money moved to savings prior to the next club meeting.

Program

"Memory, Aging, and Ham Radio" by Dave Davis, WA4WES.

As you age, remembering call signs gets more difficult. There are things that can improve memory and reduce memory loss. About 34% of Americans have noticed signs of forgetfulness. Your brain size decreases after 20 years old. Blood flow to the brain decreases and in your 40s there is a slight decline in memory. Most commonly is a decline in verbal fluency and you have to work harder at “executive function” – planning and organizing activities. Mood issues can reduce the desire to see friends and family; isolation can raise your risk of dementia.

There are different types of brain change – episodic, source, flashbulb, semantic, and procedural. And you have to remember which button powers up your radio. Research shows that not all types of memory decline. There are techniques you can use to slow memory decline. It is important to have routines (put your reading glasses in the same place). Simple behaviors / habits can help. It’s never too late to make lifestyle changes that will slow or reverse declines. Factors that affect memory loss include: being overweight, high blood pressure, high cholesterol, controlling your blood sugar levels.

Bad for your brain: smoking, junk food, too much alcohol, air pollution, lack of exercise. These factors account for 40% of dementia cases. Lifelong learning helps improve memory. You need to be interested and motivated. You can still acquire new information and skills as you age. Storage capacity is not the issue. The problem is encoding and retrieving information.

What can you do to slow or reverse memory decline? Control blood pressure and lipids, get at least 7 hours of sleep; an afternoon nap can help. Shouldn’t be more than 9 hours per day. Review the medications you are on. Eat lots of fruits and nuts, lots of fish, at least ½ cup of dark leafy greens (such as spinach). Exercise should be aerobic – 150 minutes each week. Yoga, walking, swimming, biking are good activities. Mental workouts – crosswords, sudoku. Be engaged with life – OLLI course through FSU. You can do simple things – write letters, keep a journal, play board games, do puzzles, learn Morse Code. Use tools such as making lists, slow down, rehearse, try memory aids. Organize your living space. Have routines.

For Ham radio, get on the air, try new antennas, play with digital modes, contesting, learn Morse Code, participate in Field Day, upgrade your license. Do a lot of things, don’t get stuck in a rut. Come to club meetings, join the Thursday lunch group. More details in the June 2022 Consumer Reports issue.

Business Meeting:

Education: Phil, N4IPH – not much response from Field Day 2022. We will put classes on hold, folks are using ARRI and YouTube for license testing prep. No current plans for a class anytime soon. There was a question about maybe having classes to support a license upgrade.

Testing: we had 4 in the last session and everyone passed. Testing on September 10 at the ARC. Walk-ins are acceptable, no registration is required. Don asked that we review the website to ensure that the testing information on the TARS website is correct.

Repeaters: Randy said that all repeaters are working. He will purchase the new antenna for a later time. The SARNET station in Jacksonville is back up working again.

Old Business:

Holiday Party, Gerry said the party will be outside on the ARC patio on Saturday, November 5 with Mission Barbeque catering. You will need to pay ahead of time to reserve a spot. Time to be determined.

Paul said that he had difficulty finding the location of the Field Day set up. Thanks to the Face Book updates.

New Business:

Elections in November of 2022. Chuck will head up the nominations committee to determine a slate.

Bill – school in WV in need of supplies for electricity course. Looking for old rheostats to use for the class. Please provide any donations to Bill.

Bill – 17 ft antenna available for free to anyone who has a need for it.

Don is aware of a radio tower antenna that is also available. Tower is 30 feet. Will require work to take down and transport.

Todd -- October 8, 2022 is the Spaghetti 100 Bike Ride.

Phil would like to see more articles by local authors in the TARS newsletter, the Printed Circuit. Phil would like to encourage people to write and submit articles if they would like to. We need to update the contact information for the PIO who is putting together the newsletter.

Theo still has some gear from silent keys. Mainly small pieces. Two antenna tuners, one manual, one automatic. Theo will bring the materials and have them available at the September club meeting.

Meeting was adjourned at 2015 hours local time.

Essential Tallahassee Frequencies

Don KK4SIH

Tallahassee is blessed with a large number of repeaters. As a new radio operator or just a new operator in Tallahassee this can be confusing. What repeater should I monitor, where can I find people to talk to?

The Primary Repeater in Tallahassee (TLH-PRI) is the 147.030 repeater, affectionately known as the OH-THREE repeater. This repeater is located in North East Tallahassee and has a huge footprint. With a 50 watt mobile radio in a car it can be reached from the coast and north deep into South Georgia. Many of the nets are held on the 03 repeater and in an emergency this is where everyone gathers.

The Alternate Repeater in Tallahassee (TLH-ALT) is the 146.910 repeater that is generally referred to as the NINE-ONE repeater. It is located just east of downtown Tallahassee. When there is an issue with the 03 repeater, this is the backup. The TARS Thursday night net is held on this repeater

The 442.100 Repeater (SARNET) is the primary repeater in Tallahassee for SARnet. SARnet, the Statewide Amateur Radio network. It is a network of 30+ UHF repeaters covering the Florida. When you transmit on any of them your signal is heard from Key West to Pensacola.

Information on SARnet can be found at: <http://www.sarnetfl.com>

The 444.000 (TMH) and the 444.400 (CRMC) repeaters are located at the 2 hospitals in town. The 146.655 (AE4S) and the 443.950 (A4ES-U) are private repeaters that are open for general use as well.

There are two repeaters outside of Tallahassee that are used for public service events that amateur radio operators help with in the area. 145.170 (RENO) and 147.195 (METCALF) are located in South Georgia. These may not be reachable from all of Tallahassee but are still important ones to have programmed in your radio if participating in public service events is something you will be doing.

All of these repeaters are available for regular amateur use. Exercising the repeaters is a good practice that makes sure they are in good operation during a disaster so feel free to use all of them.

Remember that there are nets and other scheduled and unscheduled events on all of these repeaters. If someone asks you to change frequencies (QSY) to another repeater please be a good neighbor and accommodate their request. There are plenty of other repeaters to choose from and most people won't ask unless it is important. Remember that emergencies have priority on all repeaters. Observe all of the FCC rules including ID'ing yourself with your callsign every 10 minutes and at the end of your conversation.

A link to a CSV file with the essential frequencies is located here: <http://k4tlh.net/wp-content/uploads/2022/08/TLHessential.csv> . This can be imported directly into the free CHIRP programming program using the file/import function and then be downloaded into your radio.

Save the Date

TARS Holiday Party

Saturday, November 5th

12:30 - ??

American Red Cross

1115 Easterwood Dr

Rear Patio

Price

\$18-\$20 per person

Cannot be finalized until Oct

Mission BBQ

Meats - Pulled Chicken, Chopped Brisket

Sides - Mac-N-Cheese, Bakes Beans, Cold Slaw

Misc Items - Sliders/Cornbread, Unsweetened Tea

Sweet Tea, Lemonade

Desert

TARS Treasurer's Report

Submitted by Doug Ferrell, KD4MOJ, Treasurer

	<u>for period</u>	<u>year-to-date</u>
	24-Aug-22	1-Jan-22
<u>Beginning Balances:</u>		
Cash on hand	\$ 104.00	\$ 33.00
Checking Account:	\$ 6,264.83	\$ 5,224.09
Savings Account:	\$ 3,105.39	\$ 3,104.62
Total:	\$ 9,474.22	\$ 8,361.71
<u>Summary of Month's Activity:</u>		
Total Receipts:	\$ 46.00	\$ 1,560.65
Total Expenditures:	\$ -	\$ 473.14
<u>Receipts Derived From:</u>		
Members Dues:	\$ 20.00	\$ 765.00
Fifty/Fifty*	\$ 26.00	\$ 190.00
Donation	\$ -	\$ 520.00
Red Cross Donation	\$ -	\$ -
2022 Holiday Picnic	\$ -	\$ -
Veteran's Radio Fund	\$ -	\$ -
Field Day Radio Fund	\$ -	\$ -
Interest (Savings)	\$ -	\$ 0.77
smile.amazon.com	\$ -	\$ 64.88
Equipment sales	\$ -	\$ 20.00
Total	\$ 46.00	\$ 1,560.65
<u>Expenditures:</u>		
American Red Cross:	\$ -	\$ -
Fifty-Fifty	\$ -	\$ -
ARRL Insurance	\$ -	\$ -
Spagetti 100 - TARC	\$ -	\$ -
TARS & Feathers Plaque	\$ -	\$ -
Storage & Supplies	\$ -	\$ -
Field Day	\$ -	\$ 175.00
VE Expenses *	\$ -	\$ 32.89
Tower/Repeater Maintenance AG4UU	\$ -	\$ -
Florida Dept of State	\$ -	\$ 61.25
Post Office Box:	\$ -	\$ 204.00
Misc. 2022 Holiday Lunch	\$ -	\$ -
Total:	\$ -	\$ 473.14
Transfer Checking -> Savings:	\$ 3,000.00	\$ 3,000.00
<u>Ending Balances - August 24, 2022:</u>		
Cash on hand	\$ 104.00	\$ 104.00
Checking Account	\$ 3,310.83	\$ 3,310.83
Savings Account	\$ 6,105.39	\$ 6,105.39
Total	\$ 9,520.22	\$ 9,520.22
*Veteran's Radio Fund		\$ 500.00
*Field Day Radio Fund		\$ 697.00

* Thanks Bill, KF4KHJ for the 50/50 donation!

LOCAL AMATEUR RADIO NET

NET	TIME	QSY
North Florida Amateur Radio Emergency Communications Net	Daily @ 9:00 AM EST except Sunday's	3950 kHz
Capital District EmComm Training Net	Sunday @ 7:30 PM EST	147.030 MHz, K4TLH
Capital District ARES Net	Sunday @ 8:00 PM EST	147.030 MHz, K4TLH
Leon County ARES net	Tuesday @ 8:15 ET	147.030 MHz, K4TLH
Florida Phone Traffic Net	Daily @ 6:55 AM EST	3940 kHz
Florida Midday Traffic Net	Daily @ Noon EST	7242 kHz
North Florida Phone Net	Daily @ 7:30 PM EST	3950 kHz
TARS News and Info Net	Thursday @ 8:00 PM EST	146.910 MHz, K4TLH
Kid's Net	Tuesday @ 8:00 PM EST	145.170 MHz, KE4URL - 600, 141.3
Jefferson County Net	Monday @ 8:00 PM EST	145.430 MHz, WX4JEF, 94.8
The Morning Drive-Time and Welfare Net (Informal Check-In / Rag Chew)	Mon-Fri @ 7:30 - 9:00 AM EST	147.030 MHz, K4TLH + 600, 94.8
Southwest Georgia HF Weather Net	Third Thursday @ 7:30 PM EST(or following GA SSB Net)	WX4TAE, 3975 kHz (+/-)
SKYWARN Net	First Sunday @ 7:30 PM EST	WX4TAE, 3810 kHz (+/-)
Navy Amateur Radio Net	Daily, 0700-0900 Eastern	7245 kHz
Worldwide DMR-MARC Net	Saturdays @ 1600 UTC in Summer, 1700 UTC in Winter months	Worldwide Talkgroup (1)
Florida D-STAR Net	Thursday @ 9:00PM Eastern	D-Star REF046C
North Florida Digital Net	Sunday @ 7:00 PM ET	3590 KHz PSK-31
Madison ARES Net	Sunday @ 2100 Eastern	145.190 PL 123
Taylor County Amateur Radio Club Net	Sunday @ 1900 Eastern	145.350 PL 123.0
Wakulla County Weekly Monday night net.	Monday @ 1930 Eastern	145.450 MHz K4WAK

SKYWARN

The first Sunday of every month, we have a special ARES/SKYWARN net. At 1930 hours EST, the net starts on 75 meters, on or near 3810 KHz (+/- for QRM). After check-in on this initial frequency, operators attempt to trade RST reports with WX4TAE. After check-ins on 75 m the net moves to 40 m around 7245 KHz (+/- for QRM), and picks up the roundtable there. At 2000 hours EST, the regular weekly Capital District ARES net meets on 147.030 MHz, and we are joined by station WX4TAE, at the National Weather Service Office in Tallahassee. During the first portion of this net, one of the staff meteorologists joins us on the air and provides a retrospective of the previous month's weather patterns, a brief forecast of what we might expect for the coming month and season, and also takes specific questions from stations whom have checked in to the net. Please join us for these very informative ARES/SKYWARN nets – the first Sunday of every month.

The most current repeater list is available on the TARS website: www.k4tlh.net/repeaters

For SARnet information see: www.sarnetfl.com

Location	County	Call Sign	Backup Power	Digital Mode	Output Freq	PL	Special Configuration	Height ft.
Crawfordville	Wakulla	K4WAK	No		145.450 -	94.8		300
Crawfordville	Wakulla	KB5IKR	Yes	Fusion	444.450 +	94.8	Yaesu System Fusion C4FM WIREX Connected (Auto)	400
Crawfordville	Wakulla			Fusion	442.850 +	94.8	Yaesu System Fusion (Auto)	
Greensboro	Gadsden	NX4DN		Fusion	147.390 +	94.8	Yaesu System Fusion DCS 023 WIREX Connected (Auto)	300
Greensboro	Gadsden	NX4DN		NXDN	444.125 +	94.8	NXDN World Wide Network	300
Monticello	Jefferson	WX4JEF	No		145.430 -	94.8		270
Quincy	Gadsden	W4EAF	Yes		147.165+	94.8		250
Tallahassee	Leon	AE4S	Yes	P-25	146.655 -	94.8		550
Tallahassee	Leon	N4PG	Yes		146.610 -	203.5		200
Tallahassee	Leon	K4TLH	Yes	P-25	146.910 -	94.8	Temp TARS Talk-In	375
Tallahassee	Leon	K4TLH	Yes		147.030 +	94.8		750
Tallahassee	Leon	KA4EOC	Yes		147.285 +	94.8		350
Tallahassee	Leon	K4TLH	Yes		442.100 +	94.8	Statewide Amateur Radio Net (SARnet) See Next Page	600
Tallahassee	Leon	K4TLH	No		442.850 +	94.8		275
Tallahassee	Leon	KJ4G	Yes		443.400 +	131.8	Host of Echolink Node #3950	575
Tallahassee	Leon			Fusion	444.800 +	94.8	Yaesu System Fusion (Auto)	
Tallahassee	Leon	AE4S	Yes	P-25	443.950 +	94.8		550
Tallahassee	Leon	N4NKV	Yes		444.400 +	131.8	NXDN World Wide Network	CRMC (200)
Tallahassee	Leon	KD4MOJ	Yes		444.000 +	94.8		TMH (200)
Tallahassee	Leon	NX4DN		NXDN	444.175 +	94.8	NXDN World Wide Network	175
Tallahassee	Leon	NF4DG	Yes	D-Star	146.835 -	DV		180
Tallahassee	Leon	NF4DG	Yes	D-Star	443.450 +	DV		180
Tallahassee	Leon	NF4DG	Yes	D-Star	1293 -	DV		180
Tallahassee	Leon	NF4DG	Yes	D-Star	1253	DD		180
Wacissa	Jefferson	K4TLH	No		147.000	94.8		300
Wacissa	Jefferson			Fusion	444.050 +	94.8	Yaesu System Fusion (Auto)	
Thomasville	Thomas				145.370 -	141.3		
Thomasville	Thomas				442.600 +	141.3		
Reno	Grady	KE4URL	Yes		145.170 -	141.3		600



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Tallahassee Amateur Radio Society

New Membership / Renewal Form

Updated 09/16/20/21

This form can be used for new members or for renewals.

Membership Status:

- **Individual**; Single member; full voting privileges.
- **Family**; Single member, plus participating family members residing at the same address; all members have full voting privileges. Complete a form for each member.
- **Student**; Free for students (elementary school through college) with ID; all rights and privileges except voting.
- **Introductory**; Free until the end of year (next year for November) for anyone who passed Amateur Licensing Exam facilitated by TARS; all rights and privileges except voting.

For renewals, if **no** personal information has changed, merely complete the form with your name, call, indicate your member type and ARRL membership status and make payment to TARS.

You must be a licensed Amateur Radio operator to *join the Society*; however, any non-licensed radio enthusiast may attend the TARS business meetings and functions. Membership dues for the Tallahassee Amateur Radio Society are only **\$20 per individual or family** (complete a form for each family member.) **Students** (with valid ID) **can join for free!**

TARS is a “not-for-profit” organization and dues are used to help defray the cost of repeater maintenance and TARS events. Most of TARS’s revenue is derived from donations, which are gladly accepted.

Please make your dues check payable to the **Tallahassee Amateur Radio Society** (or **TARS**). Bring your check (or cash) along with the completed form provided below (including e-mail address please) to the next monthly TARS business meeting and give it to the Treasurer - or mail your check and completed form to:

Tallahassee Amateur Radio Society, C/O Treasurer, P. O. Box 37127, Tallahassee, FL, 32315

Name:		Call Sign:	
Address:			
			Date: / / 20__
City:		State:	Zip: -
Member Type: <input type="checkbox"/> Individual <input type="checkbox"/> Family <input type="checkbox"/> Student <input type="checkbox"/> Introductory (Check One)			
Home Phone: () -		Work Phone: () -	
Cell Phone: () -			
E-Mail Address:			
ARRL Member: <input type="checkbox"/> Yes <input type="checkbox"/> No		“Elmer”: <input type="checkbox"/> I would like a ham mentor <input type="checkbox"/> I can be a ham mentor	
Interests: <input type="checkbox"/> EmComm <input type="checkbox"/> Contest <input type="checkbox"/> Phone <input type="checkbox"/> Digital <input type="checkbox"/> CW Other: _____			