

<u>MORVAC HamFest 3-11-2023 Bidwell Ohio</u> <u>RV Radio HamFest 5-13-2023 Berlin Ohio</u> <u>HamFest Convention 5-19-5-21-2023 Dayton Xenia</u>

**Remember** Our Thursday ATARA Night Net

8:00 PM on 145.210 Repeater



We at "ATARA" would like to join our fellow Ham Radio operators with the Southwest Columbus Ham Radio Club to offer our deepest sympathy and prayers to the family and friends of John C Hamler (K8BAT) as we mourn the passing of one of our cherished members.

John brought many fine skills, principles, and friendship to the club. Everyone looked forward

to socializing with John at the Ham and Eggs Breakfast each month, as well as Field Day Events. John mentored new Amateur Radio Operators and gave them a good foundation to build on. John was our clubs Net Control Operator for many years

educating us in many technical aspects of the hobby.

### John loved CW and often referred to himself as a Brass Pounder and taught CW classes on the air.

John earned his Novice Class License in 1974, Technician Class License – Oct 2012, General Class License - June 2013, and Extra Class License – Oct 2014. John received his Certificate of Code Proficiency from the American Radio Relay League on February 8, 2013.

John had earned many coveted awards during his time in amateur radio. Among these were...

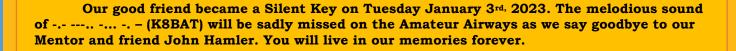
Worked All States CW	June 2014
Worked All States Phone	Sept 2014
Worked All States eQSL	Nov 2014
Worked All States Digital	May 2016

John belonged to and participated in several Amateur Radio Clubs including

DX Century Club

Straight Key Century Club

The International Morse Preservation Society CW FISTS Club







When Jim called me about being the featured person in the ATARA newsletter, I was a little surprised. My first thought was, I'm a new ham with very little experience. I don't even have my own "Shack". What are people going to learn from me? As I thought about what to write, I decided to discuss some of my struggles and how I figured out what parts interest me. When you're just getting started, it can be very daunting. If you're like me and didn't know anything about Ham Radio, just learning the terminology was overwhelming. There's nothing more frustrating than sitting in a training session and it sounds like a foreign language to you. If that's how you feel, you're not alone. It may take some time, but get involved with different club activities. You will begin to learn the terminology and start figuring out what skills you want to develop.

How did I get started? My husband Jeff (KE8OUO) was interested in Ham Radio, so of course that's how I was introduced. We would listen to Jim, Steve, Lowell, Dennis, and many others on the Lithopolis repeater. It's amazing what you can learn, but the best part is you get to know everyone and they become family. I learned quickly the Ham Radio community is about helping others. If you have a problem, someone has probably had the same issue and can help. They're even willing to come to your house. That's what ATARA is all about and why we joined. We know we can ask anyone a question because there are a lot of knowledgeable people (aka Elmer's) that are there to help.



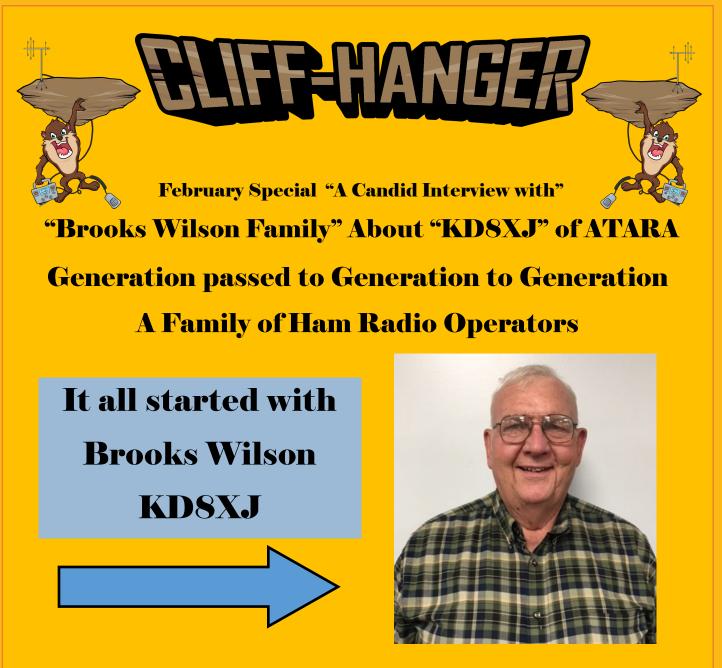
One of the other things we liked about ATARA was how active they are in the community. Doing community events are probably my favorite thing to do. Working with the kids this past summer was great. It took me back to my Girl Scout days when we learned basic outdoor survival skills. As part of the Off-Grid Radio Team, we worked in teams when we did the pumpkin hike, fox hunt and other events which built relationships with my ATARA family.

Over the past year, I'm excited that more women have joined! The guys are great, but it's nice having the ladies to talk to as we learn Ham Radio together. It seems we all have the same struggle; where to start. While I've had my technician's license since April 2022, I haven't really been on the radio very much because I lack confidence. I've accidently used CB terms when signing off the net or forgotten my call sign. I'm reminded that it's about getting out there, doing it and not worrying about messing up. Keep practicing.

On January 10<sup>th</sup>, I passed the general test! While studying, I learned quickly there's so much out there to do and there's no way to know it all. You can learn specialties such as Parks on the Air (POTA), Morse Code (CW), emergency/disaster relief, work community events and a multitude of other things. There's so much you can do and some of it doesn't even require a license.

There's a lot to look forward to this year. There will be special ATARA groups started so you can try different things to see if that's what you want to do. My goal is to get on the air more, become a Volunteer Examiner (VE), continue working community events as well as figure out what other skills I want to develop. I also look forward to being the ATARA secretary this year.

I hope you have found this helpful in some way. I wish everyone the best in their Ham Radio journey. 73, Mary Moore (KE8UOS)



### "Turn down that noise!"

A young pre-teen boy had scrounged supplies from junk radios and old TV sets to cobble together a short-wave radio. He had found plans in an electronics magazine, and the first station that came through was in Spanish. While the boy thought this was astounding, his parents had no concept of his achievement and did not appreciate what they considered to be "noise" blaring from his upstairs bedroom.

Regardless of their lack of appreciation, young Brooks Wilson (A.K.A. KD8XJ) learned several valuable lessons that day. First, he learned that he loved working with electronics, and he loved building things. Second, he knew that when *he* was an adult, he would do his best to always encourage the young people in his life.



February Special "A Candid Interview with"

# Brooks Wilson Family About "KD8XJ" of ATARA Generation passed to Generation to Generation <u>A Family of Ham Radio</u> Operators

First licensed at age 13, one of his earliest Ham Radio experiences involved handling emergency traffic. While scanning the bands on a home-brew radio at the age of 14, he responded to a call from a Ham in the mountains of Chile who was trying to reach medical assistance for a man who had broken his leg and needed medical evacuation. They didn't have any phones back in the mountains, so they were trying to reach someone via Ham Radio. The young Brooks didn't know how to proceed, so he contacted an "Elmer", Ham slang for someone who mentors younger Hams, who in turn communicated with the US Embassy, and eventually got the message to the proper local officials who evacuated the injured person.

Spurred on by these early experiences, Brooks' love of electronics continued, leading him to earn a First-Class Commercial Radio Operator License, open a CB radio repair shop, and eventually take a job as Master Electrician on the AEP's Big Muskie dragline. While he tried to get his two boys interested in Ham Radio, Morse Code was still a requirement for a Ham License in the 1980's, and his boys could never seem to get the hang of it.

Fast forward a few decades and he had an opportunity to introduce a new generation to Ham Radio. With the Morse Code requirements dropped, it wasn't hard to get his sons and grandsons interested this time around. While studying electronics may not always seem like a lot of fun, participating in field days, talking to people from other countries, going on "fox" hunts, and the annual pilgrimage to the Dayton Hamvention sufficiently interested the younger generation to get involved! Within the span of a year, his two sons, and four of his grandsons took the plunge, netting 3 General and 3 Amateur-Extra licenses among them. Since then, one more grandson earned a general license, and several more of his 12 grandchildren are working toward getting licenses as well.

February Special "A Candid Interview with" Brooks Wilson Family About "KD8XJ" of ATARA Generation passed to Generation to Generation A Family of Ham Radio Operators

CLIFF-HANGER



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# Generation passed to Generation to Generation A Family of Ham Radio Operators

So, what's next? With eight great-grandchildren and counting, who knows what interests the next generation might have, but if their great grandpa has anything to say about it, Ham Radio will be on the list. Regardless, it's fair to say that they will never hear him say "Turn down that noise!" Well, unless they just want to use a radio to play music!



#### Note from the Editor:

Brooks and his family are what, in my opinion, how we are to be able to keep Ham Radio hobby alive. This is a wonderful hobby, and it can be if we let become a "Hobby for the Family".

They truly are a perfect example of how we get our youth involved, our wives involved, and our sons and daughters equally involved. "JB"



Safety Officer: Kevin Frank, K8KDF safety@atara-w8atr.fun

### **#1 Watch for signs of seasonal affective disorder**

Seasonal affective disorder (SAD) is a pattern of depression that most commonly affects people during winter months. SAD often happens as a result of the fall time change, shortened daylight hours and impacts to our routines or sleep schedules.

### Symptoms of SAD include:

Difficulty concentrating

• Low energy

- Changes in sleep
- Depressed mood
- Withdrawing socially
- Thoughts of suicide

#### • Irritability

- Changes in weight
  Changes in annatit
  - Changes in appetite
- #2 Lean into your relationships

Social support is important, whether you're experiencing SAD or just feeling down.

While you may not feel like you have the energy or motivation to socialize, catching up with friends, roommates or family members can help improve your mood and energy levels. Try to make plans or schedule events that you can look forward to.

More importantly, try to avoid the urge to cancel plans at the last minute. Reaching out to trusted friends or family to let them know how you're doing or asking for an occasional check-in with each other can help.

### #3 Move your body

Oftentimes, when we think of movement, we automatically associate it with a sweatinducing workout at the gym. However, movement can take a number of forms, and there's no one-size-fits-all approach. Focusing on activities that make us feel good can help relieve stress, boost our mood and give us more energy.



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Try to set consistent and realistic goals for yourself each week during winter months. For instance, you may commit to going on a 10-minute walk during the day, attending one fitness class per week or planning a short hike with friends on the weekends. If you need extra motivation, invite a friend or roommate to join you. Having a workout buddy can help make it easier to stick with your goals and make physical activity more enjoyable. If you're not sure where to start, check out this <u>physical ac-</u> <u>tivity interest worksheet</u> to figure out what activities might be most enjoyable for you.

### #4 Get outside

While it may be cooler outside, winter is a great time to enjoy the outdoors. Even if you're not a skier, there are plenty of activities to keep you busy outside during the winter months.

### #5 Set your own pace

Between finals and the holiday rush, winter months may feel like a time to speed up and do more. However, for many of us, our bodies might actually need the opposite. Listen to your body and go at your own pace this season. If socializing gives you energy, build that into your schedule or routine. If alone time is more your speed, focus on activities that can help you relax, reflect and feel rejuvenated.

### #6 Focus on self-care

It can be challenging to think of self-care ideas in the moment. Help yourself prepare for stress by creating a list of go-to self-care activities. Here are a few ideas you can try:



Safety Officer: Kevin Frank, K8KDF safety@atara-w8atr.fun



- Walk outside for 10 minutes
- Write down 3 to 5 things you're grateful for
- Buy yourself a treat to eat or drink and take time to savor it
- Light a scented candle or try aromatherapy to change the mood of your room
- Doodle! Give your brain a break with some unstructured creativity
- Call someone you enjoy talking to or haven't seen in a while
- Take a vacation from social media or screens in general
- Use your phone to go on an impromptu photo shoot around your neighborhood
- Spend 10 minutes decluttering or cleaning your space.
- Open your blinds to let the light in during the day
- Plan a vacation for yourself, even if you don't take it
- Watch a show or movie that makes you laugh



Safety Officer: Kevin Frank, K8KDF safety@atara-w8atr.fun

### **#7 Reach out for support**

If your symptoms persist for more than two weeks or are worsening, it may be time to seek out additional support.

### WHY DOES THIS HAPPEN IN WINTER?

So, why does winter bring about such stress and unhappiness? Well, there are varied reasons, some personal and some relating to the season.

To begin, the weather is colder, the days are shorter, and winter is filled with big, stressful events. It's easy to understand why we start to feel a little overwhelmed — especially when simple tasks are just harder to do.

<u>Getting out of bed when it's still dark and cold</u>, running to the shop, planning parties, presents, events. It all becomes too much.

This along with the actual physical effects of winter. Yes, we're talking about those nasty little cold and flu illnesses. We can easily feel like the world is turning against us.



Check out the message at the bottom of the Calendar. Never miss a meeting again. It ZOOM Time.

FF-HANGER

# **February Calendar**

# of Events

CLIFF-HANGER February 2023 Wed. Sun Mon. 2 8:00 ATARA Club Net 10 11 8:00 OGRT 8:00 ATARA 8:00 ATARA Club Net Breakfast Simplex Net 12 13 14 15 16 17 18 8:00 OGRT 7:00 VE 8:00 ATARA Simplex Net Testing Club Net Session 25 19 20 21 22 23 24 8:00 OGRT 7:00 Off-8:00 ATARA Simplex Net Grid Radio Club Net Team Mtg. 26 27 28 8:00 OGRT 7:00 ATARA Simplex Net Club Mtg.

Zoom Meeting Link will be sent out



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#### Lancaster OH 43130-4048

#### EXAM SESSION

02/14/2023 Sponsor: ATARA Date: February 14th, 2023 Time: 7:00 PM (No Walk-ins / Register or Call ahead) Contact: Jarrod K. Combs Email: ke8mbL@outlook.com VEC: <u>ARRL/VEC</u> Location: Grace Comm Church and Fellowship 904 E Main St Lancaster OH 43130-4048

#### Lancaster OH 43130-4048

#### EXAM SESSION

03/14/2023 Sponsor: ATARA Date: March 14th, 2023 Time: 7:00 PM (No Walk-ins / Register or Call ahead) Contact: Jarrod K. Combs Email: <u>ke8mbL@outlook.com</u> VEC: <u>ARRL/VEC</u> Location: Grace Comm Church and Fellowship 904 E Main St Lancaster OH 43130-4048

#### Lancaster OH 43130-4048

#### EXAM SESSION

04/11/2023 Sponsor: ATARA Date: April 11th, 2023 Time: 7:00 PM (No Walk-ins / Register or Call ahead) Contact: Jarrod K. Combs Email: ke8mbL@outlook.com VEC: <u>ARRL/VEC</u> Location: Grace Comm Church and Fellowship 904 E Main St Lancaster OH 43130-4048

#### Lancaster OH 43130-4048

#### EXAM SESSION

05/09/2023 Sponsor: ATARA Date: May 9th, 2023 Time: 7:00 PM (No Walk-ins / Register or Call ahead) Contact: Jarrod K. Combs Email: <u>ke8mbL@outlook.com</u> VEC: <u>ARRL/VEC</u> Location: Grace Comm Church and Fellowship 904 E Main St Lancaster OH 43130-4048

#### Lancaster OH 43130-4048

#### EXAM SESSION

06/13/2023 Sponsor: ATARA Date: June 13th, 2023 Time: 7:00 PM (No Walk-ins / Register or Call ahead) Contact: Jarrod K. Combs Email: <u>ke8mbL@outlook.com</u> VEC: <u>ARRL/VEC</u> Location: Grace Comm Church and Fellowship 904 E Main St Lancaster OH 43130-4048

#### Lancaster OH 43130-4048

#### EXAM SESSION

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07/11/2023 Sponsor: ATARA Date: July11th, 2023 Time: 7:00 PM (No Walk-ins / Register or Call ahead) Contact: Jarrod K. Combs Email: <u>ke8mbL@outlook.com</u> VEC: <u>ARRL/VEC</u> Location: Grace Comm Church and Fellowship 904 E. Main St Lancaster OH 43130-4048



### **A Simple Dual Band Dipole**

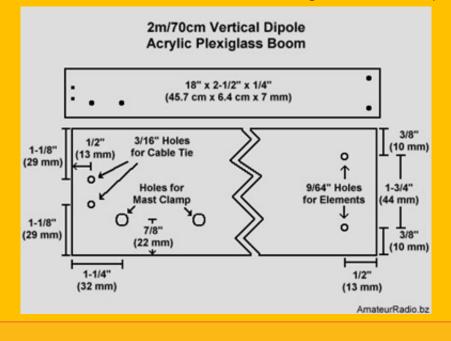
### A Simple 2 m/70 cm Vertical Dipole Antenna

This easy to build dual band VHF/UHF antenna makes a great project for the new ham that is ready to get on the 2 meter and 70 centimeter amateur radio bands. It can be mounted on a roof top for use as a fixed antenna and it also folds conveniently for travel making it an excellent backpack antenna. The design is simple and so is construction.

### Construction

The antenna elements are made of 1/8" diameter stainless steel rod. Each rod is bent into a tight "U" shape and fastened to the acrylic plexiglass boom with stainless steel hardware. Flat washers large enough to fit across the gap in each element are used to hold the elements in place. A piece of 1/4" thick cast acrylic plexiglass, 18" long and 2-1/2" wide, is used for the boom.

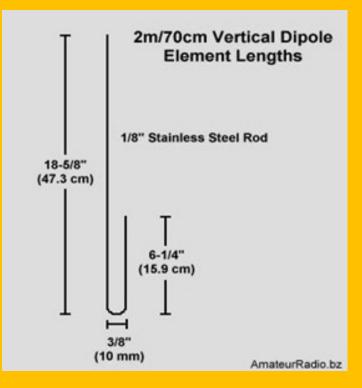
Drill the holes in the boom as shown in the diagram. The position and hole size for the mast mounting clamp is determined by the size and width of the clamp or U-bolt that you use. I used a TV antenna mast clamp that fits a 1-1/4" mast.





### **A Simple Dual Band Dipole**

Probably the hardest part in making this antenna is bending the stainless steel rod. But the rod can be bent without heating it first with a torch. I was able to bend the rod by placing it in a bench vise. The tricky part is to bend two pieces of rod that come out looking similar is shape. Use two pieces of stainless steel rod that are longer than needed then trim them to correct lengths after the rod has been folded into a U shape. Make each element section as shown in the next diagram.



The hardware for mounting the antenna elements to the boom is also used to connect the feed line to the antenna. The coaxial cable center and shield are separated and the leads kept as short as possible. Crimp-on ring connectors, with the plastic insulation removed, are soldered to the ends of the cable. The coaxial cable center lead is connected to the top section and the shield is connected to the bottom section of the antenna. This antenna was fed with RG-8X (Mini 8) 50 ohm coaxial cable. The feed line used was a random length and was not cut to any specific length.



I used mostly all #6 stainless steel hardware to attach the antenna elements to the boom. Start by placing an external tooth lock washer on a machine screw then insert it into the hole drilled in the boom. Next install a flat washer, then the antenna element, then another flat washer. The ring connectors with the coaxial cable attached go on next then finally fasten with a split lock washer and a wing nut. Repeat for the opposite side.



### **Tuning the Antenna**

To tune the antenna for minimum SWR simply loosen the wing nuts and slide the antenna elements in or out as needed. Keep in mind that changes made to one band will affect the other band. For example if you shorten the 2 meter length then you also shorten the 70 cm length. Some fine tuning by again trimming either the 2 meter or 70 cm sections may be done if desired but this should not be needed.



### **Parts List**

All stainless steel element mounting hardware. Use larger size hardware if flat washers do not extend across both sides of the antenna element.

- 2 each 1/8" Stainless steel rod, 3' (.9 m) long.
- Acrylic Plexiglass, 18" x 2-1/2" x 1/4" (45.7 cm x 6.4 cm x 7 mm).
- 2 each #6 x 32 x 1" (25 mm) Machine screws.
- 2 each #6 x 32 Wing nuts.
- 4 each #6 Large flat washers.
- 2 each #6 Split lock washers.
- 2 each #6 External tooth lock washers.
- 2 each #6 Crimp-on ring connectors.
- Mast mount clamp.
- Plastic cable tie or small U-bolt.

Came from article by "Dave Taddock"





### A look back in time...



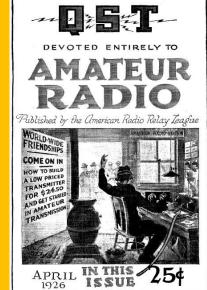


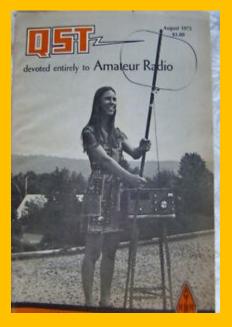




"THE 100% WIRELESS MAGAZINE"









# Have News??? Send all your news to Jim Breibach KE8SWY at

**KESSWY-ATARA@outlook.com.** Please send before the 1st of each month to have it added to the newsletter. Tell us what you are working on, new members, items that you are trying to sell or trade, and any news that is new and exciting. Or you may call me at 614-296-7987.



### Want to know who is a Ham around you????

Click the Link. <u>Ham Radio Information with map</u> All you need to do is insert your call sign in place of mine and have fun getting to know all those Ham Radio Operators right in your neighborhood.



Tom Sly, ARRL Ohio Section Manager: Tom spoke at the December club meeting on the History of Amateur Radio. Thank you Tom for coming the ATARA club meeting and

presenting!





### **ARRL's Mission Statement:**

### To advance the art, science, and enjoyment of Amateur Radio.

ARRL is the national association for **Amateur Radio** in the US. Founded in 1914 by Hiram Percy Maxim as The American Radio Relay League, ARRL is a noncommercial organization of radio amateurs. ARRL numbers within its ranks the vast majority of active radio amateurs in the nation and has a proud history of achievement as the standard-bearer in amateur affairs. ARRL's underpinnings as Amateur Radio's witness, partner and forum are defined by five pillars: Public Service, Advocacy, Education, Technology, and Membership.

A *bona fide* interest in Amateur Radio is the only essential qualification of membership; an Amateur Radio license is not a prerequisite, although full voting membership is granted only to licensed radio amateurs in the US.

#### **ARRL's Vision Statement**

As the national association for Amateur Radio in the United States, ARRL:

- Supports the awareness and growth of Amateur Radio worldwide;
- Advocates for meaningful access to radio spectrum;
- Strives for every member to get involved, get active, and get on the air;
- Encourages radio experimentation and, through its members, advances radio technology and education; and

• Organizes and trains volunteers to serve their communities by providing public service and emergency communications.



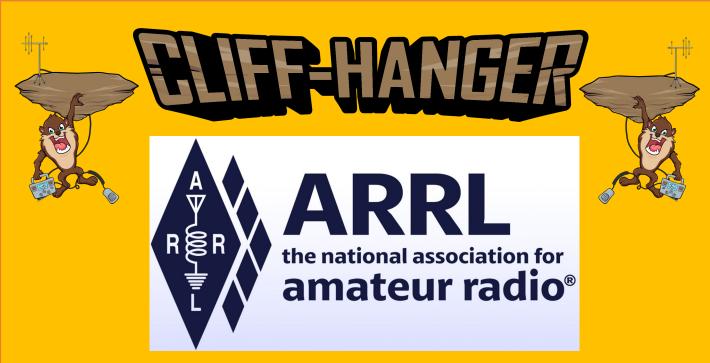
### Why Join the ARRL?

The American Radio Relay League (ARRL) was established in 1914. Radio was in its infancy but growing in popularity among Maritime services and among hobbyists (I'm not talking about Broadcasting – that hadn't even been conceived of yet). Then World War I came about. All amateur radio operations were ordered to cease. After the War concluded, all radio operations came under the regulation and control of the Department of the Navy. They did not want "Amateur" radio to be allowed. It was only by an act of Congress that Amateurs were returned to the airwaves. And that only happened because of the lobbying efforts of the American Radio Relay League.

Today, the ARRL provides a wide array of products and services to the radio amateur. But government, military and business would all still like to have access to the frequency allocations that belong to the "Amateur Radio" service. The commercial value of our frequency allocations could probably be measured in billions (if not Trillions!) of dollars. They are ours to lose. There is only one organization that represents our interests to Congress to maintain our ability to enjoy our hobby, and that is ARRL. We (collectively) need the ARRL, and the ARRL needs us (individually) to be able to represent our interests and prove the value to society of our activities.

I want to encourage every Ham Radio operator to belong to the ARRL. They compliment and support your local club. And through the "Club Commission" program they offer a financial incentive to your club for you to become an ARRL member!

If you are not currently a member of ARRL reach out to KE8SWY-ARARA @outlook.com to find out how to join.



"Tom Sly" Ohio Section Manger.

WB8LCD



**ARRL Ohio Section** 

http://www.arrl.org/

