



**DON'T FORGET  
FIELD DAY  
2014!!**

**HAM RADIO MAY  
CAUSE  
BLINDNESS?**

***(YES, FROM LACK OF EXERCISE)***

*Dr. Dave Grubbs, Optometry, N4EF*



Diabetes is the most common cause of eye disease (diabetic retinopathy) in adults and a leading cause of blindness. In diabetes, the tiny blood vessels that perfuse the retina (the light sensing tissue in our eyes) break and bleed causing loss of vision. I see it every day in my eye care practice.

If you're not diabetic, one day you might be. It's a global epidemic. Nine out of 10 people become diabetic from a sedentary lifestyle and excess weight. Divide your height by two: the result should be equal to your waist size. If your waist measurement exceeds half your height, maybe you have too much contesting and long hours of rag chewing and not enough exercise.

We've all heard doctors tell us to exercise. But exercise is boring. The trick is to exercise while you do something enjoyable and keeping active has powerful health benefits. I'm going to tell you how I get my blood sugar sweet-smack-dab in the normal range while I rag chew, reducing my risk of diabetes.

Being physically active will keep your blood sugar in the normal range that minimizes the risk

***Watch for details for  
TARA's Field Day  
activities as they are  
posted on our Yahoo  
TARA-N2TY group.***

of diabetes and diabetic eye disease, but what does this have to do with ham radio? I'll tell you. Better yet, you tell you: ask yourself, "do I spend hours working digital modes, contesting, chasing DX, or rag chewing?" If you said yes -- and I'll bet most of you did -- then you're not only enjoying a great hobby, you're sitting, and inducing some degree "sedentariness". And it may kill you. Or at least contribute to diabetes mellitus and blindness.

Thus, the science of sitting affects our health negatively.



*Using bicycle power to charge a battery.*

Here's how I've invested in my health while I enjoy hamming. I have a treadmill near my rig and I've moved the key-paddle so that it sits on the treadmill control panel. I can work CW and walk the treadmill at the same time. It's not a 4 mph (6.5 km/h) sweaty jog, but a slow 0.7 mph (1.1 km/h) with treadmill on an incline to increase caloric expenditure.

For digital modes, the wireless keyboards and a wireless mouse are perfect for a PSK31 contact. Or better yet, build or buy a desk to straddle the treadmill and put your rig and computer on it so as to better see the monitor. The NEWS.CNET link in the references below shows how it's done.

If you're more of a voice operator, bring your microphone over to the treadmill and use the UP/DOWN buttons on many mics to scan around

the band while you walk until you find a clear spot for a CQ. But you don't have to incur the expense of a treadmill: try a stationary bike. Your VHF/UHF hand-held transceiver is a no-brainer for use at the treadmill or a stationary bike. If you can't afford a treadmill or stationary bike, spend \$12 for a pedometer and aim for 10,000 steps per day while you chat on your hand-held with a walk around the neighborhood.

I've described how I marry ham radio and exercise. You may have found a better way to merge the two, but for those who have sedentariness but don't want to spend money for a treadmill or bike, end your next rag chew with "73", I'm going for a walk".

## **TRUCKERS WARNED: STAY AWAY FROM THE 10 METER HAM BAND**

A CB website is warning trucker CB'ers and Freebanders to keep out of the 10 meter ham band. The home page post on LiveCBRadio.com tells readers that mobile ham operators all over the United States are now observing and reporting truckers talking above 28 MHz. The website notes that the **hams will not just report the truck and its company to the FCC, but that they often include video and audio as evidence with their complaints.**

The website goes on to note that the FCC contacts the trucking company warning them of potential fines. It says that already there have been cases where both truckers and trucking companies have been fined.



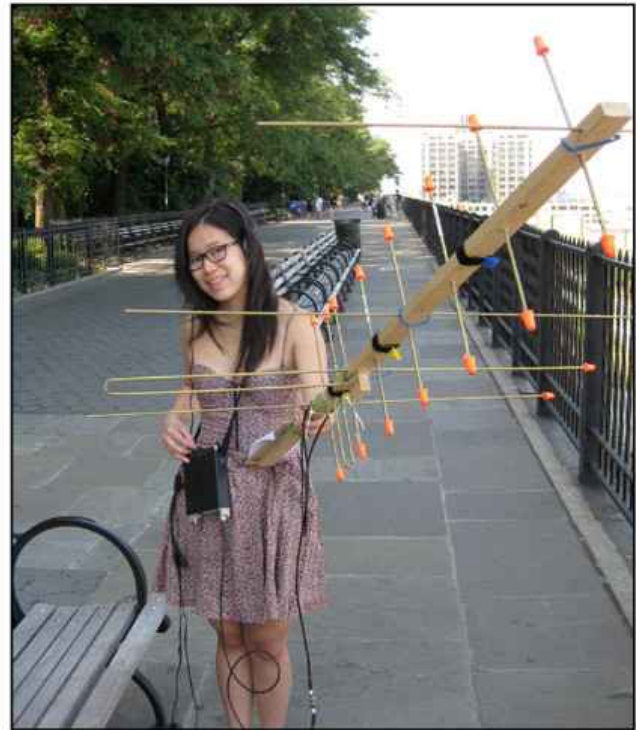
## IF YOU THINK HAM RADIO IS LIMITED TO OLD FOGIES THINK AGAIN

The website warns readers, especially truckers with modified export type CB sets that what is called CB channel 19 High is actually 28.085 MHz. **When someone with one of these illegal export radios tunes to 19 High he or she is transmitting full carrier AM in the Morse code only area of 10 meters.**

The website warns that is best to stay within the common CB channels from 1 to 40. It notes that trucker CB'ers using the 19 High frequency might think that they are gaining extra privacy. In reality what they are doing is drawing national attention from the United States ham radio community and through them from the FCC.

*(from **World Radio Online**,  
Feb. 2010 and other sources)*

<http://www.worldradiomagazine.com/>



During urban AMSAT operation in New York City, KC2UHB points a homebrew dual-band yagi toward a passing satellite.

*The young lady pictured above is Diana Eng,  
KC2UHB, of Brooklyn NY*



In actuality Diana Eng is a little more famous than an active ham operator. As mentioned in **Wikipedia** she is a fashion designer and former competitor on the **Project Runway** reality TV series. She helped popularize the term “**fashion nerd**”. Diana is more familiar with hams as a creator of ham radio instructional videos. She has also developed the use of “**integrated conductive thread**”



that enables a dress to light up without traditional electrical wiring.

Below is a photo on the finished EFHWA of one of her projects.



End-Fed Half-Wavelength Antenna (EFHWA)

[tinyurl.com/k525dky](http://tinyurl.com/k525dky)

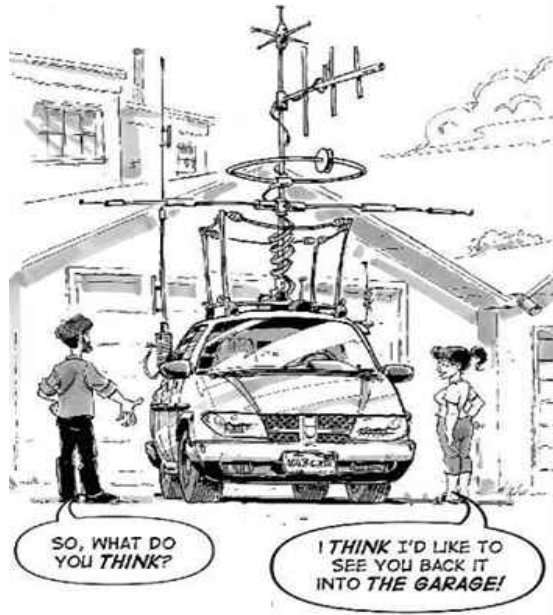
Diana's videos are available on **YouTube**. Just type her name to view both her ham *and* fashion videos.

thepunthatyouwant.tumblr.com

**Two antennas met on a roof, fell in love and got married. The ceremony wasn't much, but the reception was excellent.**



<b>Upcoming Hamfests:</b> (Thanks Tony, W2BEJ)			
Where:	Date:	Location:	Call-in:
East Greenbush	05/10/14	Phillips Road Firehouse	147.27+
Dayton, Ohio	05/16/14	Hara Arena	146.94-
Bergen, NJ	05/24/14	Westwood HS	146.79- pl 141.3
SoBARC	05/31/14	Fairgrounds-Goshen, CT	146.73- pl 77.0
Cortland	06/14/14	Fairgrounds	147.18+
Newington, CT	06/21/14	St. Mary's School	145.45-
MURGAS	07/06/14	Luzerne County Fairgrounds Pennsylvania	146.61- pl 82.5



## Troy Amateur Radio Association

### **Officers:**

Karen Smith, KS2O	President
Randy Stein, KL7TJZ	Vice-President
Beth Whiting, KC2BSC	Secretary
Jack Culliton, N2LBZ	Treasurer

### **Board of Directors:** term expires...

Steve Kopecky, KF2WA	'14
Mike Styne, K2MTS	'14
Dick Neimeyer, W2ABY	'15
Roy Warner, N2OWC	'15
Margaret Warner, N2PEK	'14

Newsletter editor –	Dick, W2ABY w2aby@localnet.com
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## UPCOMING PUBLIC SERVICE EVENTS

### **:: Upcoming Events ::**

CDPHP Corporate Challenge -  
Thursday May 15th - 6 PM

Watervliet Memorial Day Parade -  
Monday May 26th - 10 AM

Freihofers Run for Women -  
Saturday May 31st - 10 AM

MS Bike Hudson River Ramble -  
Saturday September 20th - 7 AM

Watervliet Arsenal City Run -  
Sunday September 28th - 10 AM

Hudson Mohawk Marathon -  
Sunday October 12th - 7 AM

Pumpkin Patrol -  
Thursday October 30th - 6 PM

Pumpkin Patrol -  
Friday October 31st - 6 PM



**Contact Karen, KS2O if you wish to volunteer. It's a rewarding experience.**