

DELAWARE LEHIGH AMATEUR RADIO CLUB Inc.

August 2012



W3OK

CORRAL

Club Meeting August 2nd 7:30PM

At the Bethlehem Area Vo-Tech School

AUGUST MEETING PROGRAM

“REPEATER ETIOUETTE”

Bob / KE3AW



George / N3SQD “Standing Waves Demystified”



FROM YOUR PRESIDENT'S SHACK

Wow! What an exciting time we are having as a club.

We have had some great programs this year as well as successful events. We continue to get 50 60 members out to meetings (even with the change of venue for the July meeting at the last minute; almost 40 at a heavy vacation time)! There continues to be great activity at the W3OK Club Station (Milkhouse).

I am truly sorry if you missed this last meeting (July). What a great presentation by George N3SQD. I have become even further entrenched in my belief that I could listen to him talk about paint drying. That is to take nothing away from the topic he covered though (SWR). If the opportunity comes that he does this again for another group, go see it. Modeled from another presentation, he homebrewed all his demonstration gear! Really a treat for the Members of the DLARC.

We have closed out another successful ARRL Field Day. A great turn out by the membership and we had a lot of visitors as well which was great, including some Scouts and channel 69 news (we were on TV).

All in all a very exciting time to belong to the DLARC! Encourage some friends that have not been out to a meeting in some time to come on out or bring a friend or family member who may not be licensed. Enthusiasm spreads.

The club needs someone to be the official "talk in person" on the repeater. The catch is that you need to know the area fairly well and if you get someone calling in, you'll need to leave the meeting for a bit (the hallway) so the meeting is not disturbed. More than one volunteer would be great.

Also, on the heels of not interrupting the flow of the meeting... I am not telling anyone to turn off their phones because mine is staying on as well, BUT, put it on silent. If you are going to answer it, please, get up and at the very least move to the side of the room. I don't think anyone needs to answer their phone just to say, "I can't talk right now." Believe it or not, that message is conveyed by not answering! I have found that people will leave a message if it has some importance (sometimes not even) and if its an emergency, they will continue to call till you answer.

Okay, here we go into August! Stay cool and drink lots of water. Staying hydrated in the heat is paramount to being a good operator. Stay safe and I hope to see you all soon.

AUGUST 2012 QUICK CHECK CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 DLARC RACES/ARES Net (N3SQD)	2 DLARC MEETING	3 NO VE SESSION	4
5	6 QCWA Net 8:30 PM	7 D-Star Mid – Atlantic 7:30 PM	8 DLARC RACES/ARES Net (KR3U)	9	10	11
12	13 QCWA Net 8:30 PM	14 D-Star Mid – Atlantic 7:30 PM	15 DLARC RACES/ARES Net (KB3CTX)	16	17	18
19	20 QCWA Net 8:30 PM	21 D-Star Mid – Atlantic 7:30 PM	22 DLARC RACES/ARES Net (NB3R)	23	24	25
26	27 QCWA Net 8:30 PM	28 D-Star Mid – Atlantic 7:30 PM	29 DLARC RACES/ARES Net (KB3WYJ)	30	31	

AUGUST CONTESTING AT THE OK CORRAL

August 4 & 5 10-10 Int. Summer Contest
 August 11 & 12 WAE DX Contest – CW
 August 18 & 19 SARGT WW RTTY Contest
 August 25 & 26 YO DX HF Contest



VE TEST SESSION

There will not be a test session this month. The next session will be September 7th at 7:00 PM at the Northampton County 911 Center. Pretest registration is required. Contact George / N3SQD at george@bioserv.com or Al / W3CE at w3ce@arrl.net.

NEW MEMBERS

The DLARC is continuing to grow, so be sure to greet our new members, shake their hands, and give them a warm welcome to our club. The newest members are Leslie Malcolm Jr. / KD2BDA, Matt Malcolm / KD2BJB and Andy Young / KB3ETO



MINUTES FROM THE JULY 5th MEETING

A general meeting of the Delaware-Lehigh Amateur Radio Club Inc. was held at the Bethlehem Township Community Center on Farmersville Road in Bethlehem Township, PA, on July 5, 2012. Bethlehem Area Vocational/Technical School at 3300 Chester Avenue, Bethlehem, PA, DLARC's current location for the general meetings was closed for July 4th.

Call to Order: The meeting convened at 1934 hrs. with Charlie Lazarchak / W3OPA, President, presiding.

Pledge of Allegiance: Led by Charlie / W3OPA

Members in Attendance: 28

Members Share Stories: In what has become a monthly ritual, Charlie / W3OPA opened the meeting by asking individual members to reveal a recent experience they have had that they would like to share with the membership. Not missing a beat, Ray / W3TDF asked Charlie / W3OPA how *recent* the experience had to be? He then proceeded to charm the members with a story about a radio contact with East Rhodesia that he had made on the 6 meter band about 55 years ago. The QSO lasted about 40 minutes and Ray received his QSL card from the Rhodesian gentleman along with the other QSL cards for all the Hams in the U.S. that had made the same contact that afternoon. Ray explained that he had made an offer to the gentleman from Rhodesia to distribute all the Rhodesian's cards addressed to the United States so that he was sure to get his. Pete / NL7XM shared that his son was born this day 30 years ago. Blair / K3YD had a slightly more recent experience to share. Within the past month Blair made a trip to Asheville, NC, for a family wedding. He related how nicely he was received on the radio on the trip down and back. Southern hospitality is alive and well on the radio. Charlie / W3OPA recalled working a station on a train caboose as Charlie traveled to Pittsburgh several years ago and what a great QSO it was. George / N3SQD shared that we had several Cub Scouts at Field Day this year to observe the event and help with the equipment. He observed that it would be neat if the experience caused some of them to pursue Amateur Radio in the future.

Minutes Approved: Charlie then moved the discussion to the minutes of June. Any errors or corrections, he asked? No objections. A motion was received from Dave / KA3IWC to approve the minutes; 2nd by Jay / N3OW. **Motion passed.**

Treasurer's Report: On a prompt from Charlie / W3OPA, Mike / KB3LOD gave the Treasurer's Report. Gary / N2AUO motioned to accept the report; 2nd by Ken / N3IYX. **Motion carried.** Bill / K3ANS took a moment to question whether DLARC's list of personal property is up to date for insurance. Pete / NL7XM answered by stating that a property list is being maintained, and maintaining the list is much more complicated than one would think. Pete went on to say that Jay / N3OW has done a great job, keeping the list of property current. Jay received a round of applause for his effort.

Membership: George / N3SQD announced three new candidates for membership: Leslie Malcolm Jr./ KD2BDA, Matt Malcolm / KB2BJB, and Arden (Andy) Young / KB3ETO. Mark / M2MB sponsored the Malcolm's. George / N3SQD sponsored Arden Young. After a brief introduction by George / N3SQD, a motion was made by Mark / W2MB to accept the candidates as members of DLARC; 2nd by James / N3DW. **Motion carried.**

Honorary Lifetime Members: Kerri, a reporter with the Northampton Press, had come prior to the meeting to interview Club officials and joined the meeting at this point to witness a brief ceremony during which the Club's Honorary Lifetime Members were asked to stand and be recognized. Carrie took pictures as the Honorary Lifetime Members stood and told of their history, activities, and interests while many years being active members. Seven members were honored: Bill / K3ANS, Ray / W3TDF, Ken / N3IYX, Bob / KE3AW, Al / W3CE, Barry / KU3X and Pete / NL7XM. The membership honored its Honorary Lifetime Members with a round of applause.

Club Station: Dave / NB3R reported that no issues exist at the Club Station at present. He encouraged members to come visit on Tuesday and Wednesday's nights. The recent purchase of Ken / N3IYX's amplifier and auxiliary equipment has created another great station that all members are welcomed to use. Charlie / W3OPA observed what a great job Dave / NB3R is doing as Chair of the Club House and this was met with a round of applause.

Repeater: Charlie / W3OPA stated that recognized problem continue to exist with the repeater. A recent e-mail sent to those members who have signed up to receive e-mails from the DLARC website does a good job explaining the current problems. Barry / N3NVA is very aware of the problems and is working on it as time permits. Dave / N3EYT took a moment to talk-up Barry / N3NVA's efforts and to recognize what a continuously great job he does keeping the repeaters up and running. Pete / NL7XM explained how the members can participate in DLARC's Forum on the DLARC website and encouraged members to sign up if they want to be kept informed about Club matters. Don / KC3II promised a note in the Club newsletter explaining how members can participate in the Forum and receive e-mails. Charlie / W3OPA closed this discussion by reminding the membership that the land where the repeater equipment is located is privately owned and the services provided to maintain the repeaters are donated by Barry / N3NVA and Charley Adams, his employer. The membership should be patient as the work progresses, and refrain from negative comments on air that might mislead someone listening to the mistaken belief that DLARC members are not appreciative or grateful for this kind generosity that the Club enjoys.

Field Day: George / N3SQD reported that on the whole Field Day went very well. The turnout was good and the weather excellent. However, not all the bands cooperated. 6m, 10m, and 15m were not friendly bands. But we made over 1200 QSO's, not too shabby. Jon / NJ3I co-chaired the event. Standout efforts in setting up and providing equipment came from Dave / NB3R, Jon / NJ3I, Jeff / N3QO, Ben / KB3CTX, and Ray / W3TDF. Laurie/KR3Q just amazed everyone with the amount of the delicious food that she prepared for the event. Ed / AA3OU did a great job providing the rest of the food and drink. Dave / N3EYT was grill master.

VE Session: George/N3SQD announced a VE Session scheduled for the next night at the 911 Northampton County Emergency Center at 7:00 PM.

High Altitude Balloon: Charlie / W3OPA announced that the Club match of \$250 has been achieved due the generosity of Club members. Al / W3CE informed the membership that members are trying to contact youth organizations to participate in the project. The plan is to launch the first balloon in August or September when calmer winds can be expected. Al asked the membership for ideas about a site for the launch. Ideally the launch site would be several miles west of the Lehigh Valley with a shelter with power. The concern is that the balloon might come down in the Atlantic Ocean if it were to be launched in the Lehigh Valley. Mark / W2MB mentioned that he has access to a farm in Hamburg, PA, and asked whether that would be an acceptable site. Al / W3CE stated that that might just fit the needs of the project.

Spring Sprint: Charlie / W3OPA, after consulting with Ray / W3TDF, announced the winner for the Spring Sprint was Bill / WORSJ.

Nominations Committee: Charlie / W3OPA reminded the membership that the October election is not too far away. The Club will need a new Secretary and two new Board members. For that effort, we need members for the Nominations Committee. Two members have signed up so far for the Committee, Dave / N3EYT and Bill / NC3P. In answer to this appeal, Doreen / K3PDL (new call sign) volunteered to serve on the Nominations Committee.

New Monthly Fee For Vo-Tech Facility: Charlie / W3OPA announced that, starting in August, DLARC will be charged a monthly fee of \$50.00 for use of the space at the Bethlehem Area Vocational/Technical School for our monthly meetings. We have been using the facility since the beginning of the year at no charge. Charlie / W3OPA stated that with the membership's approval he planned to commit to the Bethlehem Vo-Tech location until the end of the year. Charlie added that within this window of time we will be able to investigate alternate locations for our monthly meetings and we won't be forced to make a hasty decision just to have some place to meet. Pete / NL7XM added that much of our printed materials now list Bethlehem Area Vocational/Technical School as our monthly meeting place. An immediate move would cause some degree of inconvenience and expense. Pete / NL7XM made the motion to authorize Charlie / W3OPA to secure Bethlehem Area Vocational/Technical School through December, 2012, at a cost of \$50.00 per month with the understanding that Club management will investigate and consider alternative sites in the mean time. This motion was 2nd by Ray / W3TDF. Ray / W3TDF observed that Bethlehem Vo-Tech was a very good arrangement in that we have the same room every month and DLARC is not moved from room to room like some locations we've used in the past. Charlie / W3OPA then asked for some discussion of Pete's motion before voting. Pete / NL3XM thought that considering the present level of the dues we ask our members to pay, \$600.00 a year is awful lot of money for the Club to pay. Gary / N2AUO suggested collecting donations before each monthly meeting to defray the \$50 cost of the meeting room. If each member threw in \$1, based on the typical number of members that attend, the meeting room would be paid for with a few dollars more or less. At the very least the donations would pay for part of the bill. No one in attendance seemed to protest the idea of staying at Bethlehem Vo-Tech until the end of the year. One member thought the payment of the additional rent should come from general funds, while the rest of the comments concerned alternative type locations that members thought Club management should consider. Mark / W2MB did not like the idea of a collection box at Club meetings to help defray the cost of the room. Mark / W2MB thought that the burden of this increased cost should be borne by the entire membership and come out of Club dues. Mark went on to ask why did the Bethlehem School District increase our monthly rent from nothing to \$50? Is it negotiable? Charlie / W3OPA said he wasn't sure why the BSD decided it needed to charge DLARC for use of the space at this time. He was under the impression that the \$50 per month is not negotiable, but he would ask. Doreen / K3PDL suggested another fire hall like our previous meeting place. Barry / KU3X asked whether Club management had investigated a church as a meeting location? Charlie / W3OPA mentioned that he had approached his Church and the monthly fee there was \$100. Fran / KB3YTG asked whether the Bethlehem Township Community Center had been considered? Pete / NL7XM stated that the Bethlehem Township Center is booked solid throughout the year and is not a possibility. Charlie / W3OPA then closed the discussion and asked for a vote on Pete / NL7XM's motion to stay at Bethlehem Vo-Tech until the end of the year and pay the \$50.00 per month year. All in favor; none opposed. **Motion carried.**

Final Moments: Charlie / W3OPA asked the membership for ideas about where we can meet in 2013. Members should present their ideas now and not wait until a decision is made.

Lyle Myers / KB3SXI: Lyle / KB3SXI stood and thanked the membership for the flowers and the condolences he received upon the death of his wife. It meant a lot to him.

Adjournment: With no other business, the meeting was adjourned at 2035 hrs.

What's in Your Pocket?: Pete / NL7XM led the membership in a game of "What's in Your Pocket?".

Pete asked for sunglasses. No one had sunglasses.

Pete asked for a band aid. Dave / KA3IWC had a band aid.

Pete asked for a piece of tin foil. Doreen / K3PDL had a piece of tin foil.

Two prizes were handed out.

Raffle: The Club held the ticket that won the raffle due to the generosity of Paddy / AJ3B who routinely buys raffle tickets for the Club. Thank you, Paddy!

Program: "Standing Waves Demystified" by George / N3SQD.

Respectfully submitted by Joe / AB3OS, Secretary.

MONTHLY BRAIN TEASER

"A special prize awaits the first Club Member to submit the correct answer to this month's Brainteaser to the Pete / NL7XM at nl7xm@arrl.net. The winner must be present at the next Meeting to receive it, or it goes unrewarded. Officers, Board members, and Brain Teaser Authors are not eligible to win."

de NL7XM



JULY BRAINTEASER ANSWER

The number of letters in each consecutive word represent the digits in pi:

3.14159265358979

The winner is John / NT3P



AUGUST BRAINTEASER

What is the greatest number of pieces into which a pie may be cut with four straight cuts of a knife?

JULY MEETING PROGRAM REPORT

"Standing Waves Demystified"

SWR is used as an efficiency measure for transmission lines, electrical cables that conduct radio frequency signals, used for purposes such as connecting radio transmitters and receivers with their antennas. A problem with transmission lines is that impedance mismatches in the cable tend to reflect the radio waves back toward the source end of the cable, preventing all the power from reaching the destination end. SWR measures the relative size of these reflections. An ideal transmission line would have an SWR of 1:1, with all the power reaching the destination and no reflected power. An infinite SWR represents complete reflection, with all the power reflected back down the cable. The SWR of a transmission line can be measured with an instrument called an, SWR Meter and checking the SWR is a standard part of installing and maintaining transmission lines.



With this information presented, George / N3SQD proceeded to layout a 200 ohm transmission line. This line was laid out as a ladder line type transmission line. This line was connected by means of a 1/2 wave length of RG58 coax to a 2 meter transceiver running 50 watts. George, using various devices which touched both lines of the ladder line and included neon bulbs as indicators, was able to demonstrate how the voltage and current varied under certain conditions on the various spots on the 200 ohm line. George then made changes to the transmission line to demonstrate how reflective waves reduce the maximum signal reaching the antenna. George had a 2 meter yagi set up, while not connected to the ladder line, it had an indicating neon bulb connected to the yagi which would light when the output from the transceiver was traveling through a matched transmission line. And would not indicate when the transmission line was mismatched.

Again another fine program and demonstration from George / N3SQD.

QCWA MONDAY NIGHT NET

Monday evenings at 8:30 PM, the QCWA Chapter 17 Net, convenes on 3962+/- depending on conditions with Mel / W3SQ serving as net control.

WFMZ FIELD DAY COVERAGE

<http://www.wfmz.com/news/Radio-field-day-makes-waves/-/121458/15220732/-/3hbrhfz/-/index.html>

EPA CONVENTION & UP COMING EVENTS

Last Saturday, Bill Edgar, Atlantic Division Director, Bob Wiseman, EPA SEC and I had the opportunity to participate in the EPA section convention/hamfest. The event was sponsored by the Harrisburg Amateur Radio Club. The location for the 'fest was changed this year, and it was obviously a good choice because attendance was great. I enjoyed meeting those who stopped by the ARRL table, and it was fun to run into so many friends like our new EPA Public Information Coordinator, Lloyd Roach, K3QNT.

I had the pleasure of speaking briefly at the EPA National Traffic System meeting at the convention. I encourage you to look into the NTS, because it is an important emergency communications resource – the "long-lines" carrier for ARES traffic in a disaster. It isn't our grandfather's traffic system, as some may believe. I don't support NTS simply out of tradition or nostalgia, but because it is a relevant skill that we must maintain. Please consider becoming more familiar with NTS. Contact our Section Traffic Manager, Scott Walker, N3SW, for more information.

Finally, I will be attending the ARRL sanctioned MARC hamfest on July 8th. I have also been asked to speak at the following radio clubs so far and you are welcomed to attend the meetings even if not a member of the club.

Mt. Airy VHF Radio Club (Pack Rats) on September 20, 2012.

Warminster ARC on October 4, 2012.

Philadelphia Area Repeater Association on November 13, 2012.

Check with these clubs or their websites for details as the dates grow near. I'd be pleased to address questions and hear your concerns when I see you at one of these events.

This Independence Day, please take time to reflect on what it really means to all of us as Americans and, especially, as American radio amateurs.

73 , Bob Famiglio, K3RF - EPA SM

FIELD DAY AIR TOUR

On this year's field day, Jim Goldman, W3JG, and I visited over 21 club field day sites by air and landed at two of them. The flight took us over 500 miles, spending over 5 hours in the air. Many thanks to all of you who listened for us on the air and followed us in real time on APRS. Your response to our aero-mobile tour was amazing – even the Wx was good.

Jim and I were airborne just after 14:00 local and touched down back home at Brandywine airport in West Chester, PA after dark, sometime after 21:00. While I expected 146 & 440 MHz to be active, I was surprised at the amount of activity on 927 MHz. Some clubs worked us on all three bands. Many individual operators also worked us along the way, and there was QRM on occasion, even on 927.500 MHz! We landed at Seaman's airport to visit with the Scranton Pocono Amateur Radio Klub. On our flight back south, we landed at Penn Valley Airport to visit with the Susquehanna Valley ARC. We enjoyed their hospitality; especially, the great conversation and delicious snacks.

Our only regret is that we couldn't visit everyone. People are already asking me, "What are you going to do for an encore?" "Why wait until next year? Do another flyover, this summer." What about ATV for live video from the plane?" Great questions. I'm not sure what we'll do next, but keep those ideas and comments coming. The field day flyover was a great success due to you and pilot-in-command W3JG, whose superb planning, piloting skills and, of course, his plane made this trip possible. Please join me in thanking him, and give yourself a round of applause for making this field day so memorable.

73. Bob Famiglio, K3RF EPA SM

74.

DLARC FORUM

Subscribing to the DLARCforum will insure your accessibility to the DLARC's latest news and information pertaining to the club and its activities. This is also a way to address any questions to the membership in general, on any amateur radio and/or DLARC subject. Additional forum information is available in the January 2009 issue of the OK Corral. Go to <http://mailman.qth.net/mailman/listinfo/dlarcforum> to sign up for the DLARCforum.

REDNERS' SUPERMARKETS SAVE-A-TAPE PROGRAM

Here's how it works:

Redner's has a terrific program to support the Club **AT NO COST TO THEM**, if our members simply sign up for a Gas Card that records their shopping points, and give their cash register receipts to, **Pete / NL7XM**, He'll do the rest.

Note: This does not affect your gas points in any way.

HELP THE ENVIRONMENT

Donate your old, empty printer ink cartridges to the Club for recycling. Any brand, model, size or shape; color or black. Please bring them to the meeting in a leak proof ziplock type baggie and give them to Pete / NL7XM. This simple act can

help your Club by reducing recurring expenses, and make you feel a lot better about our environment.

WEDNESDAY NIGHT NETS

Additional Net Controls are needed for the Wednesday Night ARES, RACES & DLARC net. If we have enough interested operators, it will only be necessary for each operator to have only one net session in each three month period. Actually 13 weeks in a period, so 13 net controls would be ideal, and maybe some extras to fill in if needed. This would give us a pool of experienced controls, for any emergency which would arise. Interested operators should contact Don / KC3II at kc3ii@arrl.net or Al / W3CE at w3ce@arrl.net The NIMS IS-700 and ICS-100 courses are not required to be a net control, but should the need arise and we do supply controls and operators for real emergencies, then the courses requirement will

be in effect.

HOW TO REGISTER ON THE DLARC WEB PAGE

I was recently asked how to register to the DLARC site. First - for those that do not know, the page address is still the same: www.dlarc.org

Only club members can register to the site.

Only club members can post to the site or gain access to the club rosters which includes addresses, phone#, e-mail etc. I believe there will be more added later that members only have access. Scroll down on the front page. You will see on the left a place to log in. Under the log in spaces you will see:

- forgot your password?
 - Forgot your user name?
 - Create an account.
- Click on "create an account"

Now you will see the registration form. All fields must be filled in.

We are a private forum/web page on the site so feel free to use your real name in the first space.

!!!The user name MUST BE YOUR CALL SIGN!!!!

Next a working e-mail address for your confirmation e-mail

Next pick a password

Next space re-type your password

Click the register button to the lower left.

You will then be brought back to the DLARC home page - at the top of the page will be this message:

"Your account has been created and an activation link has been sent to the e-mail address you entered. Note that you must activate the account by clicking on the activation link when you get the e-mail before you can log in."

Wait for the e-mail and follow the directions from there. The web master will check your call sign against the up to date / dues paid roster for 2009. If you are not on it you will be rejected. If you do not use your call sign you will be rejected.

The DLARC web page forum has a for sale section, a rag chew section etc.

Hope to see you on the site.

Any other questions - post them on the e-mail forum or contact the web master.

POISON IVY WARNING

Poison Ivy is going dangerous because of global warming

Increased carbon dioxide in the atmosphere is causing the plants to grow bigger and produce more urushiol, the oil that causes an immune reaction in human skin. **Self-defense:** when in the areas where poison ivy grows, use a barrier cream such as Ivy Block to prevent urushiol from getting on your skin. Wear heavy protective gloves and clothing. Also use gloves to bathe your pet if you think that the animal has been exposed to poison ivy. **If you think you have been exposed:** wear clean clothes when removing clothing and shoes that have come in contact with the plant. Thoroughly scrub exposed skin with lots of soap and lukewarm water within 5 to 10 min. of touching the plant. **Caution:** Never burn poison ivy plants. Doing so releases urushiol which can cause severe lung damage if inhaled.

Silent Key

The D.L.A.R.C. Wishes to honor and to express its sadness at the passing of a club member or former club member.

Robert Daniels / W2AYA ex. WA3MGN

DON'T OVERDO IT WITH VITAMIN SUPPLEMENTS

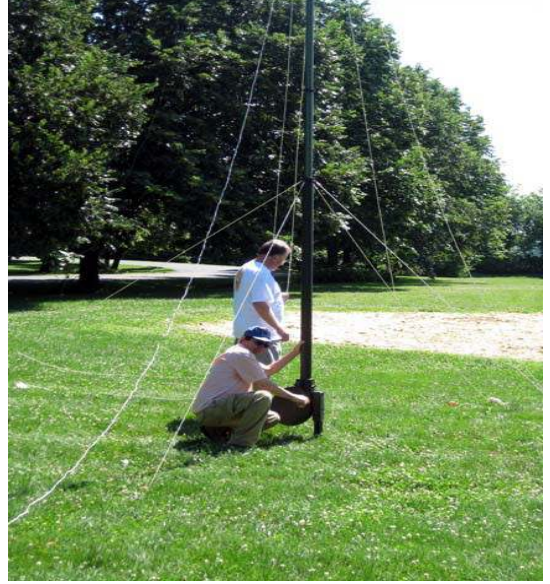
"Take your medicine," Mom always said, you know mother knows best, doctors also know a few things about what your body needs. Their research indicates that too much of a good thing can have a negative effect on your health. Check with your physician if you take any of these common principles.

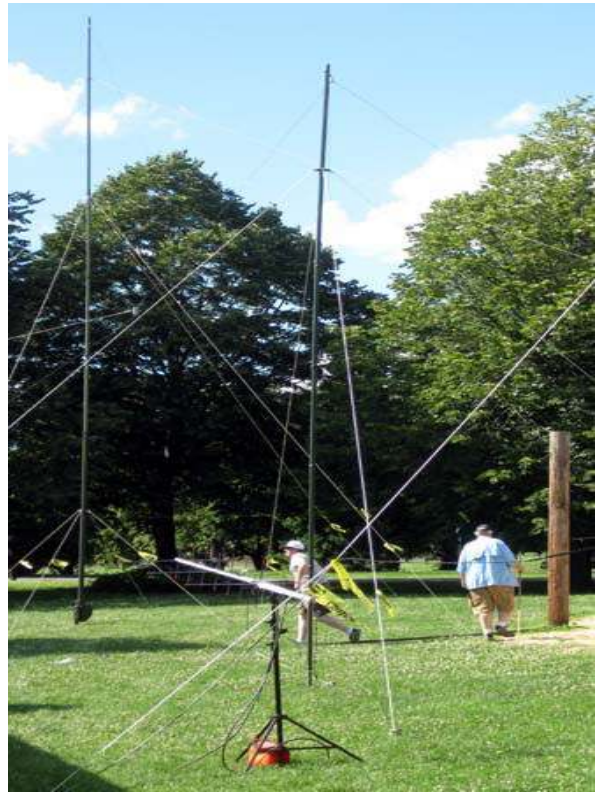
Vitamin A. In the proper amounts, Vitamin A is essential to reproductive health, the bones, and immune functions, and can be beneficial to people suffering from such conditions as celiac disease, pancreatic disorders, and Crohn's disease. Vitamin A deficiencies, usually caused by malnutrition, can lead to problems in vision, skin disorders, infections like measles and other health issues. Such deficiencies over the US and other development so there is no need to overdo it.

Vitamin C, in its natural form, vitamin C has been shown to boost the boost immune functions, but despite his popularity's, no evidence from election to prevention of such diseases as the common cold. It's important to the growth and repair of body tissues and contains antioxidants that help fight cancer. Because it's water-soluble, your body will eliminate any excess vitamin C it doesn't need, but too much of it can cause stomach cramps, nausea, heartburn, diarrhea, and excessive doses may produce kidney stones.

Vitamin E, This essential nutrient is frequently recommended because of its antioxidant qualities, but except in very rare of cases of vitamin E deficiency, evidence of any clear medical benefits of a supplementary dose is slim. In one study of the effects of this vitamin in fighting prostate cancer, results show a 17% increase in the rate of cancer among those taking higher doses. Your best bet is to focus on natural occurring sources of vitamin E in cereals, fruits and green living vegetables such as spinach, meat and nuts.

MORE FIELD DAY 2012













EDITOR'S NOTE

My thanks to Bob / KE3AW, Dave / N3EYT, Dave / NB3R and Pete / NL7XM for the Field day Photos in last month's and this month's W3OK Corral. Their contributions made the extended photo sections possible.

F.Y.I.

The winners of the July Prizes were Paddy / AJ3B, Dave / KA3IWC and Doreen / K3PDL.
The September Program will be "EMP EVENT – First Strike!" - Jon / NJ3I

The D.L.A.R.C. meets the "FIRST" Thursday of each month. Membership, friends and interested persons meet at the Bethlehem Area Vo-Tech School (3300 Chester Avenue, Bethlehem, Pa. 18020) at 7:30 PM. Committee reports and announcements of all present and future activities will be presented at that time. Followed by that month's program.

The EASTERN PENNSYLVANIA District 2 ARES Net meets every Wednesday at 1930 hours local time. (Just after the DLARC Net) On 147.255 (pl 162.2). And linked to 449.375 on Blue Mountain, 443.350 in Allentown and 147.180 in Berks County.

D-Star Mid-Atlantic Regional net meets the second and fourth Tuesdays of each month on the 147.165 port with a number of other repeaters in Eastern Pennsylvania, New Jersey and New York City area .

The OK Corral is an organization publication for the purpose of informing members of the D.L.A.R.C. of educational and training opportunities, club events, relevant news articles and a monthly calendar of daily activities, meetings and dates. Every member of the D.L.A.R.C. Is welcome to contribute articles of interest to this newsletter. Opinions, items of interest, and even suggestions towards the improvement of newsletter and/or the DLARC, itself would also be accepted, as a sort of "Letters to the Editor" section.

The Milkhouse telephone number is 484-895-7038.

EXECUTIVE COMMITTEE 2011 – 2012 OFFICERS

President – Charles Lazarchak / W3OPA ----- president@dlarc.org
Vice President – Dave Blankenship / N3EYT ----- vicepresident@dlarc.org
Secretary – Joe Garvey / AB3OS ----- secretary@dlarc.org
Treasurer – Mike Gower / KB3LOD ----- treasurer@dlarc.org

BOARD of DIRECTORS

Gary De Mave / N2AUO ----- captiangdm@gmail.com
Bob Oppen / NE2C ----- ne2c@arrl.net
Dave Mellman / KA3IWC ----- dbm073@gmail.com
Jon Matson / NJ3I ----- cjfishing@rcn.com
Jay Mason / N3OW ----- n3ow@rcn.com
George Wieland / N3SQD ----- George@bioserv.com

PHONE NUMBERS FOR THE EXECUTIVE COMMITTEE OF THE DLARC CAN BE FOUND ON THE WEBSITE / MEMBERSHIP LISTING CLUB MEETINGS

All regular meetings of the D.L.A.R.C. Are held on the first Thursday of each month at
7:30 PM at the Bethlehem Area Vo-Tech School
TALK IN ON 146.700 (PL 151.4)

THE W3OK TRUSTEE --- Jon Matson / NJ3I

**The W3OK Corral is published monthly and is the Official Publication of the
DELAWARE LEHIGH AMATEUR RADIO CLUB INC.
14 Gracedale Avenue
Nazareth, Pa. 18064-9211**

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