

Eastern Arizona Amateur Radio Society

EST. 1974

INC.

www.eaars.com

facebook.com/k7ear

Club Address: EAARS, PO Box 398, Solomon, AZ 85551



March, 2017

LIKE EAARS on Facebook

EAARS has a presence on Facebook and you are invited to **LIKE** the page. This is a great media to quickly share news, photos and events that are EAARS related or might be interesting to the members. If you utilize "Notifications" on the EAARS Facebook page, you can receive club updates AS THEY HAPPEN. To reach the page, please visit facebook.com/k7ear and **LIKE** the page. Face book accounts are not needed to "visit" the page, you will only be able to read and not participate.



Welcome New EAARS Members!

Tom	W7DOG
Ken	KI7JPZ
Kevin	KI7EKT
Kirk	N7VGJ
Joe	KI7JWA
Mike	K7GPT
Dirck	KI7JEL
Terry	WF7D
George	WYEYN

RIGHT ON!

EAARS Open Repeaters

PL 141.3 unless noted otherwise

Echolink: 614350 **IRLP:** 7787

Heliograph Peak at Safford, AZ:

146.860, 440.700 Linked
146.900

Jacks Peak at Silver City, NM:

145.210 Linked

West Peak at Ft Thomas, AZ:

145.350 Access to link to network

Pinal Peak at Globe, AZ:

145.410 Linked

South Mt at Alpine, AZ:

145.270 Linked

Caballo Mt at TorC, NM:

145.470 Linked

Greens Peak at Show Low, AZ

146.700 Linked

Little Florida at Deming, NM:

147.060 Linked

Mule Mt at Bisbee, AZ:

147.080 Linked

Mt Lemmon at Tucson, AZ

147.160 Linked

Guthrie Peak at Clifton, AZ:

147.280 Linked

Gals on the Air!

Calling all Gals of any class ... Join us every Monday night for the
Gals Night Net @ 7:30 pm (AZ) on the EAARS system!

Upcoming Events

*Would You like to see your event posted for the membership to see?
Email your information to emberfire@cox.net.*

March 4, 2017 A Mountain Climb to Conquer Cancer - N7EMB

April 30, 2017 March for Babies - N7EMB

May 6, 2017 7QP Contest - Graham/Greenlee County

Sept 16, 2014 EAARS Picnic - Safford, AZ

Did you know that you can see the Public Service Opportunities on soazhamservice.net? The events are posted by dates and who leads them. If you are interested in participating or have any questions, please feel free to contact them.

WEEKLY EAARS' NETS

Every day:

Down Under Net - 4:15 am

Weather Net - 5:30 am

NTS Traffic Net - 6:30 pm

Sunday:

EAARS Net - 7:00 pm

Monday:

Gals Night Net - 7:30 pm

Wednesday:

Skywarn Net - During Monsoon, Every Wednesday at 7:30 pm,
Off Season, every second Wednesday of month at 7:30 pm

Saturday:

ERC (Emergency Response Communications) Net - 8:45 am ,
2nd Saturday of the month (20-25 min duration)



2016 Officers and Staff

Board Officers

President	Dave Wells	N7AM
Vice President	Dan Quaintance	AF7EF
Secretary/Treasurer	Larry Grigs	N5BG

Staff

Site Trustee	Joe Montierth	K7JEM
Net Manager	Chris Buchanan	N7JND
Newsletter Editor	Angie Buchanan	N7EMB

Net Control Operators

Rick	KE7EDP	1st Sunday
Angie	N7EMB	2nd Sunday
Mike	K7BUM	3rd Sunday
Chris	N7JND	4th Sunday
Karl	N7DMA	5th Sunday



2017 ARCA Young Ham of the Year (from the ARCA website)

Nominations for the 2017 ARCA Young Ham of the Year are currently being solicited. Nominees must be under the age of 18 years and should have made contributions to the hobby. Letters of nominations must be made by an ARCA Affiliated Club on club stationery and signed by a club officer (not related to the nominee). The letter should list the reason(s) the club feels the nominee is deserving of the honor. Nominations must be received by ARCA no later than May 1, 2017 to allow time for compilation of the nominations, voting, and plaque preparation. Voting is done by the last 11 recipients of the Ham of the Year award. Results will be announced at the 2017 July hamfest.

Letters of nomination should be sent U S Mail to:

**ARCA - Young Ham of the Year Award
16845 N 29th Ave., #312
Phoenix, AZ 85053-3041**

**Remember - Nominations must be received by ARCA
no later than May 1, 2017.**

ARISS Opens Window for Proposals to Host Contacts with Space Station Crew

The Amateur Radio on the International Space Station (ARISS) program is seeking proposals from schools and formal or informal educational institutions and organizations — individually or working in concert — to host Amateur Radio contacts next year with ISS crew members. The window to submit a proposal is open through April 15. ARISS anticipates that contacts will take place between January 1 and June 30, 2018. Crew scheduling and ISS orbits will determine the exact contact dates. Proposal information and documents are on the ARRL website.

To maximize these radio contact opportunities, ARISS seeks proposals from schools and organizations that can draw large numbers of participants and integrate the contact into a well-developed education plan. Each FM-voice contact lasts about 10 minutes — the length of a typical overhead ISS pass from horizon to horizon.

Scheduled ham radio contacts with ISS crew members allow students to interact with an astronaut or cosmonaut through a question-and-answer format. Participants and audiences alike can learn firsthand from the astronaut or cosmonaut what it's like to live and work in space and to learn about space research on the ISS. Students will be able to observe and learn about satellite communication, wireless technology, and radio science.

Because of the nature of human spaceflight and the complexity of scheduling activities aboard the ISS, organizations must demonstrate flexibility to accommodate changes in contact dates and times.

To help organizations prepare proposals, ARISS offers 1-hour online information sessions, designed to provide more information regarding US ARISS contacts and the proposal process, as well as provide an avenue for interested organizations to ask questions. Attending an online Information Session is not required but is strongly encouraged.

Information Sessions

Information sessions for the current application window will take place on Monday, March 6, at 7 PM EST (0000 UTC on March 7) and Tuesday, March 16, at 4 PM EDT (2000 UTC). Contact ARISS to sign up and take part or for more information.

ARRL Letter, February 23, 2017



Bob - KD7LMV Steps Down as an EAARS Net Control Operator

Bob – KD7LMV has decided to step down as one of the EAARS Sunday Night Net Control Operators. Bob has served this position since 2012.

Bob held this position every 3rd Sunday evening at 7pm. The professionalism that Bob brought to the net every month, was nothing short but excellent. Bob always made sure that everyone had a chance to check into his net and always offered to add them to his roll call list. Due to a busy life, Bob has decided to step down, but I'm sure we will continue to hear Bob every week on the Sunday Evening EAARS net. Thank You Bob for being one our Net Control operators. You will truly be missed. Please take a moment to thank Bob when you hear him on the air.

Chris – N7JND

7QP Contest Preparation

At Winter Field Day, there was talk about utilizing the bus more. EAARS will again travel out to the Graham/Greenlee county line on **May 6th** to participate in the **7QP Contest**, field day style. We need an idea of who will join us so we can decide on the level of participation. We have radios, beams, computers, towers, etc, but we need people to set them up! It's an out in the boondocks location. For those that like to camp, set up can be done on Friday, with operations from 6 am until midnight Saturday and then tear town on Sunday. Makes for a nice weekend of radio.

If you are interested please contact Dave Wells N7AM.

Mike – K7BUM

Welcome Mike as our new Net Control Operator



We would like to welcome Mike – K7BUM as a new EAARS Sunday Night Net control operator. Mike comes to EAARS with a lot of Net Control experience. If you are involved with Skywarn, you have heard Mike conduct the Skywarn nets right here on the EAARS system. Mike is also heavily involved with OEM and many other aspects of this great hobby. Mike will be taking over Bob – KD7LMV's position every 3rd Sunday of the month. Mike is extremely knowledgeable with it comes to running a net. Please welcome Mike when you hear him. He's a regular on the EAARS system.

The EAARS Sunday Night Net consists of the following...

1st Sunday – Rick – KE7EDQ
2nd Sunday – Angie – N7EMB
3rd Sunday – Mike – K7BUM
4th Sunday – Chris – N7JND
5th Sunday – Karl – N7DMA

What a great team. Thank You All.

Chris - N7JND
Net Manager



Baby Monitors

This month I want to talk about baby monitors. Now you ask, why would I want to talk about baby monitors in a Ham Radio Newsletter? Because this is information you can pass along to friends and family who uses a Baby Monitor or who might use one in the future. Keep in mind, I wrote this article a few years ago and NOW, most baby monitors are totally encrypted. But there are still those who insist on handing down their old baby monitors and this article might benefit them.

Just about everyone I know who has a new born baby, has purchased a baby monitor so that they can hear what's going on in baby's room. Baby monitors are a radio device that transmits a signal from the baby's room to a receiver that's carried with you. Most people who aren't educated on the "How It Works" side and who own baby monitors don't think about the radio signal being transmitted as much as the radio signal being received. Most people are also not aware that a baby monitor's signal can be transmitted up to 1/4 of a mile. It's also known that the microphones on a baby monitor are extremely sensitive and can pick up the slightest sound.

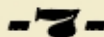
So, now that I have given you a brief introduction to how baby monitors work, here's the part you probably haven't thought of, but really need to know. Most baby monitors transmit their signal on standard radio frequencies that can be picked up by anyone who owns a police scanner. If the police scanner owner has an antenna up high enough outside, baby monitors can be picked up over a mile away. If you don't think people are listening in on your private home, think again. As stated above, the microphones on a baby monitor are so sensitive; anyone listening in with a police scanner is probably hearing what's going on in every single room of your house.

People drive around with their portable scanners searching for people that have baby monitors turned on. There have been reports of people in their private homes on their private phones, buying something over the phone with a credit card not thinking they just read that card number out over the air through the baby monitor up to a mile or more away. Can we say ID Theft?

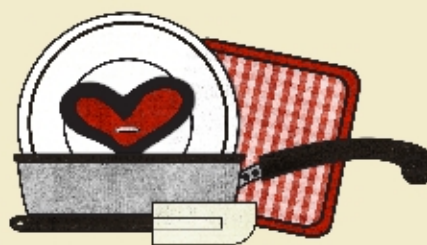
So, now that I know that my Baby Monitor has transmitted every single word spoken in my house, to total strangers, I should not have one, right? Wrong!!! Baby Monitors are one of the best tools to keep an ear on what's happening in your baby's room. But, when you go out and purchase a baby monitor, make absolutely sure it has been encrypted digitally which means it's secured and extremely difficult to decode. Look for 900 MHz and above. You will find your encrypted baby monitors in the 900 MHz and above frequency range. But just because it states 900 MHz, this does not mean it's encrypted. Make sure it says "Encrypted". You will spend a little more money for a digitally encrypted baby monitor, but you will have more peace of mind knowing that you are not broadcasting your private conversations to the world (as much).

We Ham Radio Operators already know how all this works. But, do a good deed and spread this article to those who only know they can hear their baby in another room and not realize they might be transmitting to the world.

73...Chris – N7JND



Cooking up Some Magic



In this healthy corn chowder recipe, heavy cream is replaced with milk and flour-thickened chicken broth and we keep sodium amounts reasonable with lower-sodium broth. By making your own homemade creamy vegetable and corn chowder, you'll save up to 300 calories, 20 grams of saturated fat and 500 milligrams of sodium per serving compared to many store-bought or restaurant chowders.

Squash & Corn Chowder

Ingredients

3 tablespoons extra-virgin olive oil
1 cup diced onion
1 cup diced celery
1/2 cup all-purpose flour
1 1/2 teaspoons dried marjoram
1/4 teaspoon salt
1/4 teaspoon ground pepper
4 cups reduced-sodium chicken broth
1 cup whole milk
3 cups diced summer squash
2 cups diced red potatoes
1 cup corn kernels
3/4 cup diced ham
Sliced scallions for garnish
Shredded pepper Jack cheese for garnish

Steps

1. Heat oil in a large pot over medium heat. Add onion and celery; cook, stirring frequently, until softened and beginning to brown, 3 to 6 minutes. Sprinkle flour, marjoram, salt and pepper over the vegetables and cook, stirring, for 1 minute more. Add broth and milk; bring to a gentle boil, stirring constantly.
2. Stir in squash, potatoes and corn; bring just to a simmer. Simmer, uncovered, stirring occasionally, until the potatoes are tender, 12 to 15 minutes.
3. Add ham and cook, stirring frequently, until heated through, about 2 minutes. Serve topped with scallions and cheese, if desired.

Nutrition Facts

Nutrients per serving (recipe makes 6 servings)

Calories.....237
Total Fat.....10g
Saturated Fat.....2g
Monounsaturated Fat.....6g
Cholesterol.....12mg
Sodium.....737mg
Carbohydrates.....28g
Dietary Fiber.....3g
Total Sugars.....7g
Added Sugars.....0g
Protein.....11g
Potassium.....795mg

Diabetic Exchanges 1 starch, 1 vegetable, 1/2 lean meat, 1 1/2 fat

