

The Signal Report

A Publication of the Greenwood Amateur Radio Society

VOLUME 11 ISSUE 4

APRIL

[HTTP://WWW.W4GWD.ORG](http://www.w4gwd.org)

W4GWD@ARRL.NET

2015 CLUB

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The W4GWD Repeater Network

147.165+ t107.2

Echolink: 584003

443.900+ t107.2

W4DEW/R

146.910- t123.0

W4GWM/R

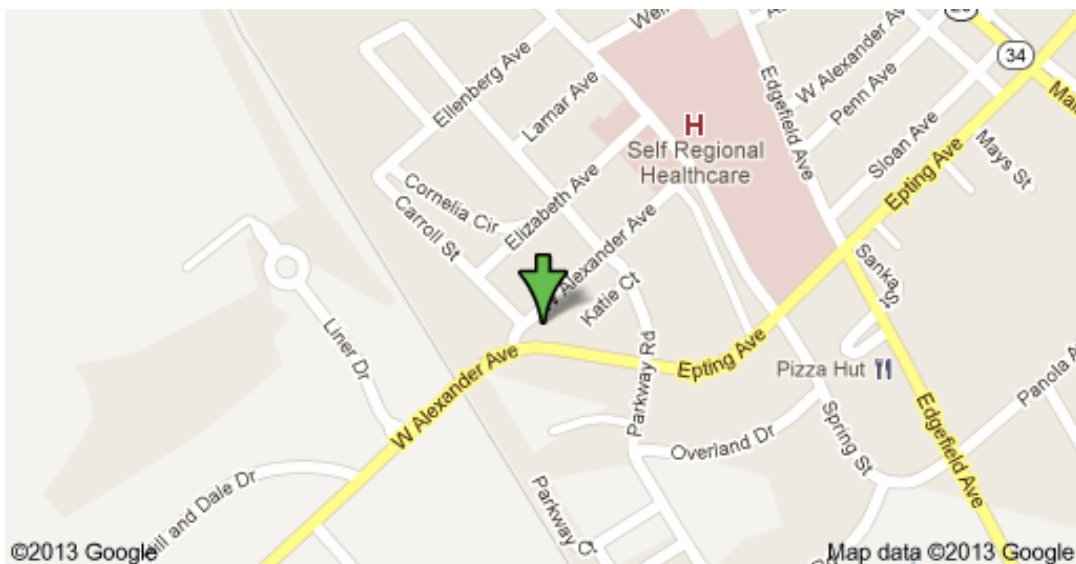
145.420- DV

Packet Radio comes to Greenwood.

Greenwood County is now serviced by a brand new BPQ Switch node. This provides both connections to the Carolinas Packet System and RMS (Winlink). Tune your radio to 145.010 Simplex, and connect your TNC to WJ4X-7 for BBS and Chat access, and WJ4X-10 for Winlink services. Any questions should be directed to Adam, WJ4X (adam@wj4x.net)

April Meeting

This month's meeting will be Monday, April 20th. The Greenwood Amateur Radio Society now meets at the American Red Cross building, 520 Epting Ave. Greenwood, SC. Please join us at 7 for light refreshments, the meeting starts at 7:30 sharp.





Like us on Facebook

facebook.com/
GreenwoodARS

Society Events:

Chat 'N' Chew

Every Friday at 11:30am the members of the Greenwood Amateur Radio society meet at **Ryan's**, Bypass 25 NW, Greenwood.

Everyone is welcome to have lunch or sip your favorite beverage and chat for a while.

(Dutch treat).

VE Exam Session June 2nd, 2014 7:00pm

GARS ARRL Volunteer Examiners (VE) Team will have an exam session 7:00pm Tuesday, June 2nd at The American Red Cross Building 520 Epting Avenue, Greenwood, SC 29646.

Weekly Net

Each Thursday night at 9pm on the 147.165+ machine, The Greenwood Amateur Radio Society holds our weekly 2 meter net. Help spread the word for everyone to check-in to our net. If you would like to fill in or be a backup net control please let Tedd Davidson AI4WN know

Congratulations

Happy Birthday!

Betsy Russ		April 5
Jewell Mimms	KI4WJO	April 24
Cindy Peak	KK4WJO	April 26
Tedd Davison	AI4WN	April 26
Alice Taylor	KC4JWM	May 9
Theaster Willis-Ward		May 10
Elizabeth Meadows	W2LIZ	May 26
Yvonne Simpson		May 26

Happy Anniversary!

David AJ4PU and Margaret KJ4HDK Haynes
May 14

Phil's Corner:

Hamisms #90-

97

Flip connector 3 times, one way will fit.

If you have any ideas for books you'd like to see in the GARS Library, Contact Jim AK4EK

Digital Update

Echolink is Running 100%. D-Star is up, and regularly connected to Reflector 30C. Packet Node is up and connected to the Carolinas Packet System. APRS iGate operational.

Are you an ARRL Member? Joining ARRL helps protect our rights as Amateur Radio Operators as well as providing education, QSL Bureau, technical advise, and the ARRL VEC. <http://www.arrl.org>



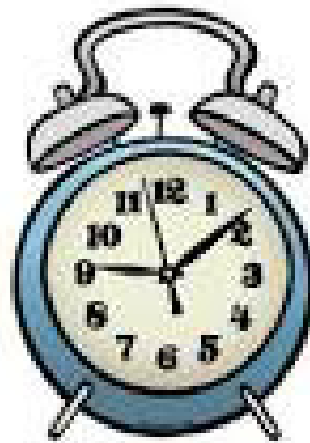
Contest Sleep from Fred K1VR via Kevan N4XL

At the February 1988 meeting, YCCC member, Thomas Scott Johnson, KA1QXI (now NW1I, who now lives in Concord, MA), a physician at [Brigham & Women's Hospital](#) specializing in sleep problems, spoke on sleep deprivation strategies - or how to sleep four hours out of 48. This is the first program we can remember where the majority of those present took notes! He began by telling us that most people come to the Hospital's Sleep Clinic complaining that they have trouble sleeping, and it is interesting to speak before a group that wants to learn how to avoid or minimize sleep. After a brief overview of the physiology of sleep (90 minute cycling, REM sleep, and so forth), he gave his recommended schedule. On Friday afternoon, have a reasonably good meal (but no alcohol) and take a three-hour nap, preferably from 4:30 to 7:30 PM EDT (for CQ WW Phone, which starts at 8 pm EDT), or 3:30 to 6:30, if the contest starts at 7 pm EST. When you get up, have some coffee. Eat no large meals during the contest, just snacks with high carbohydrates, low fat, and reasonable protein. Two hours before your normal waking time, take a 90-minute nap (this allows a full sleep cycle so that you will wake up refreshed), or sleep for 180 minutes. Then have another cup of coffee.

Only drink coffee when you awaken from your naps; otherwise you will have trouble falling asleep and will not awaken rested when you do sleep. The first afternoon of the contest, Saturday afternoon, schedule a 30-minute nap for sometime between 3 and 4 PM. Take another 90 or 180 minute nap the second morning. Optionally, take another nap the second afternoon, Sunday afternoon. [Ed. note: However, since you don't care what happens after the contest ends only a few hours later, you may load up on caffeine Sunday afternoon to avoid that Sunday afternoon nap.]

Avoid alcohol during the contest. Avoid heavy physical activity (such as tower or tree climbing) right before the contest since it promotes deep sleep. Keep the shack very brightly lit to keep you alert. When you do nap, do so in a darkened room.

Keep the shack warm, 72 to 74 degrees, since low body temperature encourages sleep.



HAMFESTS and EVENTS:

Mark your Calendars! Greenwood Amateur Radio Society Hamfest at Piedmont Technical College January 2016

05/02/2015 *South Carolina Section Convention* Piedmont Interstate Fair of Spartanburg 575 Fairgrounds Road Spartanburg, SC 29301 <http://brars.org> Blue Ridge Amateur Radio Society Talk-In: 146.610 Contact: Robert Webster, WR8RW 864-663-9792 WR8RW@arrl.net

07/25/2015 *WCARS Hamfest* Haywood County Fairgrounds 758 Crabtree Road Waynesville, NC 28785 <http://wcars.org> Western Carolina Amateur Radio Society Talk-In: 146.91- T91.5 146.775- T127.3 Contact: Jeff Weller, KJ4TEI 828-275-3297 kj4tei@gmail.com

Greenwood Amateur Radio Society Meeting Refreshments List:

2015

April 2015: Tyrone & Warn

May 2015: Tedd & Gail

June 2015: Joe & Jewell

July 2015: Kevan

August 2015: Buddy

September 2015: Tyrone & Warn

October 2015: George & Betty

November 2015: Phil & Jo

January 2016: Open

February 2016: Open

Let's fill those open slots!

Send an email to adam@wj4x.net to reserve your spot!

We will ask for volunteers for the refreshments list over the next few weeks, so be thinking of what month you'd like to volunteer!

Packet Cluster:

- ◆ The American Radio Relay League protects our rights as Amateur Radio Operators <http://www.arrl.org>
- ◆ Support for SERA supports proper coordination! <http://www.sera.org>
- ◆ Remember your local and regional interest clubs!
- ◆ Southeast DX Club <http://www.sedxc.org>
- ◆ Spread The Word! 147.165 Net Thurs. 9pm
- ◆ Callsign info <http://www.ae7q.com>
- ◆ Track us on APRS: <http://aprs.fi>

Classifieds:



Excellent HT package, upgrade from your Chinese radio: Yaesu FT 60R Handheld Radio – 2m/440 Speaker/ Mic, Desktop Rapid Charger, Extra NI-MH Battery Pack, RT Systems Programming Software and Cable \$200 Contact Fred K9PIN fredepinson@gmail.com

Kenwood TM-D710A Dual Band Dual Receive VHF/UHF. Built in TNC for APRS and other digital modes. \$400 Contact Joe Mimms K4GBH k4gbhjoes@gmail.com 864-746-9517

Kenwood TS-2000 All mode, All Band, complete shack in a box. Built in TNC, sub receiver for V/UHF and packet. \$1100; LDG AT-200 Autotuner. Brand new in box. \$200 Contact Adam WJ4X adam@wj4x.net

If anyone has any Ham radio stuff to sell or trade... list it in this column by calling Buddy, w4dew@arrl.net, 864-445-7574

If you want to see your article or wish to advertise in The Signal Report, please send an email to the newsletter staff via newsletter@wj4x.net