

WRARC PREZ SEZ

Hello everyone. We are just getting ready to start a new month again. June was a very busy month for our club. The first annual Youngstown Marathon is now History, and we have already been invited back next year. Joe and I attended their debriefing meeting and they were very supportive of some ideas put forward by the groups that volunteered their services.

I would like to thank all the Ham Radio Operators that came out and helped us make the marathon the success it was from the Ham point of view. We had some of our Members, members of the Mahoning Valley club, and even a few unaffiliated Hams join forces to help with this full 26-mile marathon. Again thank you to all for your help and dedication in giving your time to make this event a great success.

By the time you read this the 2017 Field day will also be history, and I will thank Steve and Darrin for all their hard work in what I know will be another successful Field Day. Also Thanks to the Maureen and Rose for putting together the baskets and everything else that they did. I will cut this short this month and Say 73 to everyone reading this, and have a happy and safe summer.

Bob N8RCM



FIELD DAY ISSUE



In This Issue

2017 Officers:	2017 Panerathon	9
	A note from Rose, KD8TII - a Survivor	9
President: Bob Mitzel, N8RCM n8rcm@wrarc.net	A Word from our Treasurer	6
VP: Joe Wojtowicz W0JO w0jo@wrarc.net	ARES Corner July 2017	6
,	Birthdays this month	4
Secretary: Jo Wilms, KD8SNW kd8snw@wrarc	Calendar	24
Treasurer: Rose Marko,KD8TII kd8tii@wrarc.net	Could this be You? Dry Drowning: What You Need to Know	6 15
	Eclipse of the Sun	14
Past President: Roy Haren, KD8IJF kd8ijf@wrarc.net		22
Trustees:	Field Day 2017	11
Russ Williams NR8W nr8w@wrarc.net	Field Day 2017 is History	
Darrin Cannon, N8DMC n8dmc@wrarc.net	Field Day Issue	1
Roy Haren, KD8IJF kd8ijf@wrarc.net	Friday Night Nets	8
Appointed Positions:	From Our VP	3
Social: Maureen Stein, KD8NXS	In This Issue	2
kd8nxs@wrarc.net	July 4th	17
Publicity: Joe Wojtowicz, W0JO	June Meeting	23
w0jo@wrarc.net	June Testing	11
Nets: Steve Fabry, KC8SOY	Morse Code - History	16
kc8soy@wrarc.ne	Other Important Web Sites	2
Classes/Testing: Al Avnet ab8aa@wrarc.net	Phishing	18
Newsletter/Web: Jane Avnet K8JAA	Swap'n Shop	12
k8jaa@wrarc.net	We are a Special Service Club	8
Historian: Rose Marko, KD8TII	What is a Net?	14
kd8tii@wrarc.net	What is the Teddy Bear Fund	10
Badges: Al Avnet, AB8AA ab8aa@wrarc.net	What's coming up?	4
222300.711.11101,71207111 a20aa@Walloillot	WRARC Prez Sez	1
Facebook: Terri Mitzel, N1TAM n1tam@wrarc.net	Youngstown Mararthon	7

Officer's Meeting:

July 11, 2017, 7:00 P.M. At Eat 'n Park, Austintown, Eat 'n Park, 5451 Mahoning Ave All members welcome

Chris Monske, WF8U

Harry Harker, KD8PQK

wf8u@wrarc.net

kd8pqk@wrarc.net

Members Meeting:

July 18, Davidsons 3636 Canfield Rd., Cornersburgh

Speaker:



http://www.wrarc.net/

OTHER IMPORTANT WEB SITES

For the ARRL searchable Hamfest calendar, http://www.arrl.org/hamfests-and-conven- tions-calendar>

THE ARRL EXAM SEARCH PAGE <HTTP://WWW.ARRL.ORG/FIND-AN-AMATEUR-</pre> RADIO-LICENSE-EXAM-SESSION>

OHIO SINGLE SIDEBAND NET <HTTP://WWW.OSSBN.ORG/INDEX.HTML>

FROM OUR VP

Many thanks to all our members and other amateur radio operators from the Mahoning Valley Amateur Radio Association (MVRA), and some non-affiliated operators who helped us at the recent Youngstown Marathon. Also, thanks to Liz and Dave Beatty for use of their repeater. Considering it was the first time they held the event, everything went pretty well. All your help was greatly appreciated by your officers and board. We had about 30 volunteers to cover the full Marathon which was 26.2 miles.

President Bob, N8RCM, and I recently attended their de-briefing and they definitely want us back next year. Next year's Marathon is scheduled for Sunday, June 3rd, so you may want to mark your calendars now. I think I can speak for Bob that we were both impressed with the people running this and there was a lot of good, constructive criticism from everyone to change some things to make next year's event even bigger and better. In my opinion, the way this was run by



them and their plans, along with the natural beauty of Mill Creek Park and the challenges it presents to the runners, believe that in several years this is going to be a major national event for these marathons and there will be a lot more participants coming from all over the world to our town. It's great to be on the "ground floor" with them, so to speak, and be able to grow with them.

During the event, the manager of Mill Creek Park, who was in the park, sat in with our net control operators, Jane, K8JAA and Terri Mitzel, N1TAM during the Marathon and was so impressed by what we do, she asked if we would work an event they're having there in Mill Creek Park on Sunday, September 10th. We'll have more information on that event as we get closer to that date, but please also mark your calendars for that date if you can help.

Our next big event is the annual Panerathon 2017 which is fast-approaching on Sunday, August 27th, 2017. This will be our third year working this event and it, too, is getting bigger and better each year and we are proud to be part of it. Again, we'll have more detail as we get closer to the date. We can use as many volunteers as we can get and you don't have to be a member of WRARC.

These type of community events are ideal for amateur radio due to the distances involved and the need for voluntary communications services which, as licensed amateur radio operators, we can provide. In addition, each one of these is done for community charitable purposes and perfectly fit our mission not only as a "hobby", but also a much-needed "community service." Please keep this in mind as a licensed amateur radio operator and, if you haven't volunteered in the past, give it a try. You'll like it and its very rewarding, personally. If you're not sure what to do, contact me at (330) 544-5865, or W0JO@arrl.net, or one of the other officers and we'll help you through it.

The July monthly club meeting will be held on Tuesday, July 18th at Davidson's Restaurant, 3636 Canfield Road, Canfield, OH 44406. We have dinner at 6:00pm EDT and our meeting starts at 7:00pm EDT. Our scheduled guest speaker will be announced later. We invite all of our members to attend our monthly meetings, along with any other licensed amateur radio operators, or anyone interested in learning more about the hobby/service.

Until then, we look forward to seeing you all there at our next club meeting.

73, Joe, W0JO, VP/WRARC

UNITED STATES OF AMERICA WE ARE ONE NATION UNDER GOD



WHAT'S COMING UP?

July 11	Board meeting, Board meetings are open to all interested members.
July 18	Members Meeting
Aug. 08	Board meeting, Board meetings are open to all interested members.
Aug. 15	Member's Meeting
Aug 16	Testing American Red Cross 3530 Belmont Ave #7
Aug 27	Panerathon 2017 - Volunteers needed
Sept. 10 Sept. 12 Sept. 19	Possible new event Board meetings are open to all interested members. Member's Meeting Start the election process - run for an office
September	Semi-Annual Community Service Event, 446 Road Clean up
Oct 02 Oct 07 Oct 18	Youngstown Peace Race - Volunteers needed Walk To End Alzheimer's - Volunteers needed Testing American Red Cross 3530 Belmont Ave #7,

Amateur Radio Operator "Amateur means we're simply professional volunteers" ARRL reflector



Birthdays this month U.S.A. 1776

CONTACT WRARC ELMERS WITH YOUR QUESTIONS - QUESTIONS@WRARC.NET

Beatty, Dave KC8WY Fabry, Steve KC8SOY Haren, Roy KD8IJF Williams, Russ NR8W

Avnet, Allan AB8AA

Wojtowicz, Joe W0JO

Antennas, radio setup, mobile, grounding, classes, anything

anything

Yaesu FT8900, FT8800, Mobile

Electrician, tele-data, Amateur Extra

ICOM radios, D-Star

ab8aa@arrl.net

kc8wy@zoominternet.net kc8soy@yahoo.com harens@juno.com rwiliams@neo.rr.com w0jo@arrl.net

He who is afraid of asking, is afraid of learning Used with permission

Articles from members for the Wave Bender are encouraged. They must be received by the editor on the 20th each month. Please send your articles to: k8jaa@arrl.net, and put WRARC on the subject line of your email. You mayalso send your articles to the editor: Jane Avnet, 2050 E. South Range Rd., New Springfield, OH 44443

Join us for the WRARC Friday night Net 9:00 P.M. KD8DWV - 145.270, PL -110.9 **Upcoming Net Control Operators**

July 07	Rose, KD8TII
July 14	This could be you
July 21	Roy, KD8IJF
July 28	This could be you



If your name has never been on this list Contact Steve, KC8SOY to take a turn at Net Control 330-774-6346

WRARC Simplex Frequency 146.565

Mahoning County ARES® Nets 1st Monday 8.40 PM ET W8QLY Repeater - 146.745 (PL 110.9)

3rd Monday 8.40 PM ET W8QLY Repeater - 146.745 (PL 110.9) ARES thanks MVARA for the use of their repeater

W8SGT is facilitating The Ohio HF net every Tuesday - 7:00 PM The net is run from the State of Ohio EOC on the Ohio ARES Admin frequency 3875 kHz LSB moves to 7240 Khz after 20-min. All are welcome to check in.



The Ohio ARES/OES Digital Emergency Net held every Tuesday at 8:00PM. held on 3585 kHz USB.

Please note all digital communications are Upper Side Band. http://www.http://ohden.org/ for net details. Net Manager Gary NJ8BB

> **COLUMBIANA COUNTY DIGITAL NET** Wednesdays 8:30 pm - 9:30 pm **145.510 MHZ SIMPLEX**

First Wednesday of the Month Mahoning County Skywarn Net is held on the W8QLY repeater 146.745 (-) at 8:30P.M.

Thanks & 73

All of our members (and others) look forward (hopefully) to getting this newsletter every month, so keep sending those articles, jokes, and suggestions!

Thanks goes out to this month's contributors; N8SY, W5YI, the ARRL and the World-Wide Web.

A WORD FROM OUR TREASURER



Here it is, July 2017, the second half of the year. WRARC members have participated in four events so far this year, and the same members have worked all four events, including me. We have lost four silent keys, and twelve members who never renewed.

I joined WRARC in March of 2012, and got my Technician's license in October of that same year. Four years later, I decided to study for my General Class License and received it in April of this year. I became a Net Control Operator in December 2015 and have been doing nets ever since. I have participated in a lot of the events last year and this year, but my only hangup is that I still don't know the first thing about using the radio for General usage.

A few months ago at our monthly General Meeting, we talked about starting a class in the use of the radio. I, for one, would really like to sign up for this, because I need all the help I can get and I'm not afraid to ask for it. So many of our members have their licenses, whether they are Tech., General or Extra, and have not put them to use. If you are interested in learning how to use your radio, come to our meetings, ask for help. I have done that, but I don't want to be the only member asking for it. Come to our meetings and ask questions. You won't learn any other way.

I hope you all have a good, safe 4th of July, and I'll see you at the General Meeting, July 18, 2017.

73 Rose, KD8TII WRARC Treasurer

ARES CORNER JULY 2017

Mahoning County Amateur Radio Emergency Services (ARES) News

Digital Class – Mahoning County ARES will be hosting a class on the "Swiss Army Knife of Digital Communications", FLDGI. If you've been considering trying this software or even mildly interested in its use and capability, your local ARES will be providing a class to get you going or help you use it better. Class is planned for July pending finalizing a location. Dates and times will be forth coming. If you're interested contact Dave Brett, KD8NZF at 330-774-1287 or kd8nzf@zoominternet.net

ARES Net Ops needed -Mahoning County ARES is again looking for net control volunteers to cover the second half of 2017 net operations. The local ARES net convenes the first and third Monday evenings of each month at 8:30 p.m. local time. Contact Frank Sole, WB8YHD at 330-360-1551 or wb8yhd@arrl.com to set your date.

ARES Exercise. The first Mahoning County ARES live training exercise is planned for August. Keep an ear to the MC ARES nets and website for details. The MC ARES website can be found here: http://www.mahoning-ares.org/

73, Dave, KD8NZF - EC

COULD THIS BE YOU?

Could YOU be the one I'm looking for? This is the editor of YOUR Newsletter. We have plenty of room for YOUR article(s)! If something is of interest to you, odds are that we all will enjoy your thoughts and activities! Have a favorite radio? Have some reminiscing to do? maybe you have a question for one of our Elmers. OR, a Tip or Trick you learned that would help one of YOUR WRARC friends. You are warmly invited to contribute! Don't worry about writing or formality - we can help you with that. Your article could go in this spot, or one larger, next month!! The deadline for input is the 20th of each month.



June 2, 2017 - The Youngstown Marathon is history. The day started out sunny, but by noon it was raining. For the second Public Service event WRARC has done this year, it went off fairly well. Net Control had problems which need to be addressed before the next event. We had no idea who our volunteers were, we didn't know who signed up for the event, and we didn't know where, on the course, our volunteers were stationed. All that and the repeater was so noisy we had a hard time hearing our volunteers when they did call Net Control. The Repeater was having it's own problems. All that being said, I think our volunteers did a fantastic job.

Net Control solved the problem of not knowing who our volunteers were and where they were stationed by asking all volunteers to check in with their name, call and location. Location wasn't clear to our volunteers, so they told us where they thought they were. We found out much later two Hams who signed up to work the race, were there, but never checked in. Not every volunteer signed the sign up sheet. Signing this sheet is important for insurance purposes in case there's a problem.

The race itself, which started at 7 A.M., had only two minor problems. Marathon runner #159 looked iffy well into the race, but managed to finish. Later marathon runner #155 was in major pain and had to be sagged in. No other problems were reported. Runner #1 came in first, 2-hours 36-min. There was no volunteer stationed at the start/finish line to give us results as they happened, so I don't know who the first female runner was or her time. We were finished about 1:00 P.M.. Special Thanks to KD8SNV for helping direct traffic on 224.

A big Thank you goes out to the unaffiliated Hams and the Hams from all three clubs in the Mahoning Valley, WRARC, MVARA and 20/9, for the following volunteers who checked in: Net Control, N1TAM; Scribe, K8JAA; AB8AA; AB8OP; K8PRR; KA8YTS; KB3WPD; KC8SOY; KD8IJE; KD8IJF; KD8KMK; KD8NXF; KD8NXR; KD8NXS; KD8QNY; KD8SDZ; KD8SNW. KD8VSF; KD8YMF; KD8YMK; KE8ADY; KE8EYE; KT8TAT; N8DMC; N8RCM; NR8W; W0JO; W3PCF; W8LTB; W8RKY; WB8YHD; . If I missed anyone, I'm truly sorry.

73, K8JAA



FRIDAY NIGHT NETS

We were out of town Friday, June 9, so we were not able to be on the net that night. How disappointing to come home and hear there was no net that Friday. Where was everyone? Friday night at 9:00 P.M. is when the net happens. A number of members were out there checking to see if the net would start, but no one started it. Convention states, if a net is scheduled and it doesn't start, for any reason, any Ham who is there can start it. Guaranteed, other Hams will answer your call.

Steve, KC8SOY, does a wonderful job coordinating these nets, but he can't always be there to take the net when no one else does it. Dave, KC8WY, does a fantastic job keeping the Repeater we use for the nets running. All members should take a turn running the net, if for nothing else - experience. Steve has the Net Control calendar at every meeting for you to pick a date. There is a script on the WRARC web site to help you. It's not cast in stone, it's just a suggestion, but it can be used as is.

Amateur Radio is considered a service by FEMA. Participating in nets and Community or Public Service is practice for helping when and if there is a disaster of any kind. On that subject taking the courses our Section Manager, Scott Yonally N8SY, has been advocating, NIMS / ICS Training, is the way to equip yourself with the knowledge you'll need to be of help when/if that time comes.

From Scott - For those of you just starting out now that you have a real incentive, the Ohio Section web page has all the information about how to get started . . . http://arrl-ohio.org/SEC/training.html. This page contains a lot of information about what is needed. Each course takes about an hour or so to take. You spent way more than that to get your Amateur Radio operators license!

Signing up with Ohio Responds will give you liability protection under the State of Ohio. Where else can you get liability insurance for FREE.

Now, admittedly their system was designed for another purpose, so in some places it doesn't match up well with Amateur Radio Operators, and what we do. Scott has created a web page where you'll find all the pertinent information for getting registered on Ohio Responds website with as little issues as possible. You really do need to read this information BEFORE you attempt to register, and you will need to have all 4 of your NIMS courses completed and in our statewide database first!

There's some very specific information up there that you'll need to know to correctly complete the registration process since it doesn't match up well in some places with what we do. Get your name on the Ohio Responds database. Here's a link to that web page... http://arrl-ohio.org/ohio-responds-page.html . You can also find this link on the main page of the Ohio Section website as well.

How do I know if I'm on the list or not? Here's the link to the list.

http://arrl-ohio.org/SEC/special/nims_roster.html . Don't see your name on the list, and you've submitted your certificates? Contact Scott <n8sy@arrl.org> immediately!



WE ARE A SPECIAL SERVICE CLUB

A club that exists to go above and beyond for their communities and for Amateur Radio is what defines a Special Service Club (SSC). They are the leaders in their Amateur Radio communities who provide active training classes, public service, and actively pursue technical projects and operating activities.

Special Service Clubs are the elite radio clubs. Getting designated as a SSC is an achievement to be very proud of and should be crowed about to the world.

PIR/PIO Reflector

2017 PANERATHON

The Joanie Abdu Comprehensive Breast Care Center (JACBCC) delivers the most accurate prevention, early detection, diagnosis and support services available in an environment of compassionate and coordinated care. We strive to lessen the anxiety of uncertainty by providing the most rapid screening and diagnostic results possible. We helped them donate \$28 milion to charity last year



They provide the entire spectrum of diagnostic breast care services, including screening and diagnostic 3-D digital mammography, breast specific ultrasound with elastography, breast specific MRI, molecular breast imaging, needle localizations, image-guided biopsies, cyst and fine-needle aspirations.

VOLUNTEERS STILL NEEDED CONTACT JOE, W0JO, BOB, N8RCM, OR ROY. KD8IJF

A NOTE FROM ROSE, KD8TII - A SURVIVOR

This month, my article for July's Wave Bender will have nothing to do with Ham Radio or Amateur Radio Clubs. This month I am writing about a challange that I conquered and won 45 years ago. Some of you from the club and outside the club might not know that I am a 45-year cancer survivor. I'm not going to go into detail, except to say, back then the cancer I was diagnosed with was a rare form of uterine cancer and was caused from my son's birth a year and a half before. My son was not affected by the cancer and is doing fine and so am I.

What my article is about a place called Yellow Brick Place. It's an organization that deals with different topics regarding cancer patients, caregivers, services, volunteering, and donations. I learned about this Place from a news story I heard a few months ago on WKBN's 5:00 A.M.. news show. The organization's founder's name



is Donna Detwiler. During her interview, she talked about their Mission which is to support and educate cancer patients by providing individual and group services throughout Mahoning, Trumbull, and Columbiana counties. Their purpose is to provide a hopeful environment for cancer patients, families, and their caregivers.

After I watched this news report, I was intrigued by it and very interested in learning more about it. Forty-five years ago when I was suffering with the disease, there were no such places like this for cancer patients to go to for comfort. I decided then to find out where this place is and visit it to see if it would be something I would be interested in and getting involved with. I had the opportunity to meet and talk with the founder, Donna Detwiler. I explained who I was and that I am a cancer survivor. At the time when I went there, I was told by Donna that she is a cancer patient and her cancer was in remission. We talked for a while and I explained to her what my cancer was and how rare it was and is even now. I was told by my doctor that I was a guinea pig for chemotherapy because it was fairly new then. She was very surprised when she heard that and very glad that I survived and am here today. She invited me to come to one of their sessions to talk about my cancer story.

Sadly, Donna passed away April 18, 2017 from her cancer. I was notified by the organization that sometime in the future, when everyone there is readjusted, that I may be called upon to join them during one of their group sessions to chat about my cancer experience. When that does happen, I am hoping that my friends in WRARC will come to hear me talk. I will let you know when or if that will occur.

I know this is a totally different article coming from me, but I wanted to write about it because I am very proud to be a cancer survivor. If you know someone who is suffering from cancer or is a survivor or care giver, will you could pass along my story and hopefully I can give them some comfort and encouragement to keep fighting as long as they can.

In closing, I want to say that the first half of this year went pretty well with the events WRARC did, and hope we can continue doing well the second half as well.

WHAT IS THE TEDDY BEAR FUND

I was asked to explain what the "Teddy Bear Fund" is that we've mentioned at our monthly club meetings. Earlier this year at one of our monthly Board Meetings, we established a separate fund whereby those who win our monthly 50/50 raffles at our club meeting, at their choice, can donate some of their winnings either back to our club's general fund or the "Teddy Bear" fund.

Money donated to the "Teddy Bear" fund will be set aside so that eventually, when there is enough money in there, we will either buy stuffed animals for area children over the Christmas holidays who are hospitalized, or donate the funds to a similar charity on behalf of our club. Of course, if any of our members (or non-members) also want to donate to this fund, we will be happy to accept their donations at anytime and recognize them in our monthly newsletter. I hope this clears up any confusion or misunderstandings of this matter.

73, Joe, W0JO VP/WRARC



HELP WANTED!

ELECTIONS - in September we start our election process. Consider running for an office to help run WRARC. Contact the Nomination Committee to run for an office. President, V.P., Secretary, Treasurer and one Trustee are all up this year. Our VP, Joe W0JO. and Russ,, NR8W are

unable to run again they have been their offices office for two terms. Yes, we have term limits. Joe has done a wonderful job, as has Russ, thanks to them for all their hard work,. The officers currently holding the other offices are able to run for their office one more term. Some of which are choosing not to run again. Running unopposed is not fun, it's more like being railroaded. The duties of these offices are spelled out in the Standard Operating Procedures found on the Web site under the Members Only tab. If you have a problem accessing this document, contact Al, AB8AA, for the logon and password.

NET CONTROL OPERATORS NEEDED - We're looking to add a few more Net Control Operators to the current list of regulars. New voices, new styles keep the net interesting! How about giving it a shot? It's not tough, there's a script to work from, and everyone is pretty easy going on the net! Being a net control operator will help you experience a skill that you might need to put to use during an emergency, but without the pressures that would go along with that emergency situation. It also helps you put names and call signs together so that you'll be familiar with your other club members, and them with you, it also helps with chronic mic-fright. There's really no downside to it!

If you'd like to give being our Net Control Operator a try, please send Steve, KC8SOY, an email to <kc8soy@wrarc.net> so he can get working on the net schedule for the next couple of months. Don't forget to check into the WRARC net every Friday night at 9:00 P.M. Remember, don't feel we will pressure you into being Net Control Operator just because you check in. You'll be surprised what you can learn from the members who check in regularly. Join us!

Do what you fear most and you control fear. -- Tom Hopkins



Page 10



FIELD DAY 2017 IS HISTORY

WRARC Field Day is over for 2017. It was a success, not in the traditional sense, but we had fun and lots of good food - a club picnic. We even had baskets filled with goodies that were raffled off. Maureen spent hours contacting vendors and getting these baskets ready. I understand Rose was a big help. Speaking of good food, thanks to the members who made all that delicious food. I think we have the best cooks in the valley as members of WRARC.

Field Day is supposed to be training for a disaster, setting up our antennas and radios, then operating off the grid for 24-hours. We had a few operators working traditional Field Day - Russ, NR8W, Bill, KD8HCQ, Roy, KD8IJF, Bob, N8RCM, and Noah, N3DZHP. My thanks goes out to them, they, like me, like the Field Day traditions. Three Hams did make their first contact at Field Day this year at N8RCM's GOTA station - Rose, KD8TII, Rocky, N8RKY, and Bob. Bob just got his Tech. a couple hours earlier at our Field Day test session.

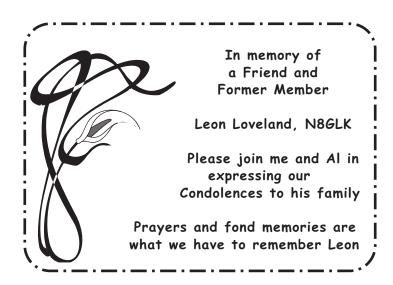
I'm beginning to see a trend, not only with WRARC, but with local Hams in general. Hams who are affiliated with other Amateur Radio Clubs, not working Field day, but traveling to multiple Amateur Radio Clubs to see how Field Day is going with that club. Others came and spent Field Day with us. Hummm . . . ?

JUNE TESTING

Amateur Radio Exam

WRARC had two test sessions in June. No one showed up to test at the June 21 session. The VEs were there, and waited for a half hour to see if anyone would make it. Al, AB8AA, contact VE for W5YI, Dave, KC8WY, Roy, KD8IJF, and Jane, K8JAA, were the VEs who came out.

The test session at Field Day was better, one person showed up and aced his Tech., missed his General by one, hadn't looked at the book, Bob Kramer. We had lots of VEs: Al, AB8AA, contact VE for W5YI; Dave, KC8WY; Jane, K8JAA; Roy, KD8IJF; Darrin, N8DMC; Bob, AB8OP; and Jim, KB8QDZ. Thanks to you all.



SWAP'N SHOP



Antennas, Tower, and Radios plus other stuff for sale

Kenwood TH-22AT 2 Mtr HH	\$ 15
Nye Viking, MBI-001 Tuner,	\$ 50
Shure model PE515, Microphone	\$ 15
Shure model 444D, Microphone	\$ 15
AEA model QT-1, Antenna tuner	\$ 15
Radio Shack 2 meter HTX-202	\$ 15
Pyrmid Power Supply model PS-25	\$ 40
Swan SWR-1A SWR/ Pwr Meter	\$ 5
Andrew F4PNMV2-HC N Male connector	\$ 10 ea

Code Keys, MFJ and Misc. Equipment for sale

Bencher ST-1CW Paddle Coax Switches (3) Code Keys Straight (3) Code Key McElroy Streamkey Model 200 Code Key J-37 key on a J-44 Base	\$ 50 \$ 5 ea \$ 5 ea \$ 15 \$ 10
Dentron Jr. Monitor	\$ 25
HEIL ICM Mike	\$ 20
Ilcom IC-AG1 430Mhz Preamp	\$ 10
KENT Single Paddle	\$ 15
MFJ MFJ-204B Antenna Bridge	\$ 25
MFJ MFJ-906 6 Mtr Antenna Tuner	\$ 50
MFJ MFJ-9040 40 Mtr CW transceiver	\$ 40
MFJ MFJ-971 Antenna Tuner	\$ 25
MFJ MFJ-492 Memory Keyer	\$ 25
MFJ MFJ-464 CW Reader/ Keyer	\$ 50
MFJ MFJ-105B 24 hour Clock	\$ 5
MFJ MFJ-484 Grandmaster Memory Keyer	\$ 20
MFJ MFJ- 812 VHF SWR/ Power Meter	\$ 5

Heathkit and Ten-Tec Equipment for sale

Heathkit HM-9 QRP Wattmeter	\$ 20
Heathkit HFT-9A Antenna Tuner	\$ 20
Heathkit HG-10 VFO	\$ 20
Heathkit AM-2 SWR/ Power Meter	\$ 10
Heathkit HM-11 SWR/ Power Meter	\$ 10
Heathkit SB-600 Speaker	\$ 15
Heathkit IM-10 VTVM	\$ 15
Heathkit DX-60 10 thru 80 Meters HF	\$ 50
Heathkit 75 Meter Single Bander	\$ 50
Heathkit GR-88 152-174Mhz Receiver	\$ 10
Heathkit VTVM Model IM-11 (A)	\$ 5
Ten-Tec Argosy II Model 525-D	\$150
Ten-Tec Antenna Tuner Model 247	\$ 25
Ten-Tec Kit Shortwave Receiver Model 1253	\$ 50

Continued page 13

JULY 2017	Western Reserve ARC	VOLUME 8.7
	SWAP'N SHOP - CONTINUED FROM PAGE 12	
Ten-Tec Kit 6 Mtr Transverte Ten-Tec Power Supply 2520		\$ 20 \$ 25
	Y-Gain Ham IV Rotor, HY-Gain Explorer 14 Beam dd-on kit, and HY-Gain DB-12/17 meter. Price for all	\$1000.
	Will accept all reasonable offers. Misc tower parts, lots contact me if interested. AI, AB8AA, 330-207-3296 or ab8aa@arrl.net	
20a 12v Homebrew supply Alpine HF Screwwdriver Mo ARRL Ham Manual Bird Moddel 43 Watt meter in B&K Precision PS-500 Pres Devry Institute VTVM Eico Mod 1064S variable be Fluke Mod 8030A Dgitial Mu GAP Titan HF Antenna	no slug caler ench supply	\$ 10 \$125 \$ 2 \$150 \$ 5 \$ 5 \$ 20 \$ 15 \$100
Heathkit capacitor checker I Heathkit FET checker IT-12 Heathkit HW-2036 2mtr mob Heathkit Ocilloscope calibra	1 bile&pwer supplyHeathkit IM 5228 VTVM	\$ 75 \$ 20 \$ 15 \$ 40
Icom 02AT with batteries,mi Icom 02AT with batteries,mi Icom 2AT with batteries, ant Icom 2AT with batteries, ant Icom 4AT with batteries Icom IC-756 ProII service m	c, ant	\$ 20 \$ 20 \$ 10 \$ 10 \$ 10 \$ 10
Micronta VOM Olson SWR & Power meter Power Sonic 6v battery char Realistic HTX 202 s meter F Timex Sinclair 1000 comput Waveteck 310B LCD Digital FlexRaio SDR-1000 QRP xo Winradio WR-G31DDC Exce	HT er Multi meter evr no ATU	\$ 5 \$ 5 \$ 5 \$ 20 \$ 15 \$ 10 \$100 \$500
MFJ 616 Speech Intelligibili Hewlett Packard 5381A freq Daiwa CN-101L swr/pwr me Kenwood TS-50 with CW filt Ten Tec Argonaut II Kenwood TM-241 moblie 2 i Realistic Pro-2005 400 char Complete Davis Weather Mc Kent Single Paddle CW key	counter ter 1.8-150 mhz ter meter xcvr n scanner rcvr ponitor II weather Station	\$ 75 \$ 50 \$ 45 \$525 \$400 \$ 60 \$ 40 \$ 80 \$100
DSI Model 3550 550mhz fre Large 12 inch Quatz 24 hou rake TR4C HF xcvr with AC	r clock	\$ 30 \$ 30 Continued page 14

SWAP'N SHOP - CONTINUED FROM PAGE 13

Contact Frank Sole <younghotdog@yahoo.com>

- dillo - - dillo -

Hygain AV-620 20-6 meter vertical.

No traps, no coils, no radials--just a compact counterpoise--bands individually tuneable. 22.5 ft. long--can be partially disassembled for easy transport. Includes manual.

\$125

Cushcraft Ringo AR-6, 6 meter vertical. Very Good condition--used for one year and has been in storage since. Compact size, wide bandwidth, a low radiation angle--no radials needed.

½ wave antenna that includes built-in lightning protection. Includes manual.

\$45

Both items local pickup only. Contact Mark, K8MSH, mh@zoominternet.net

WHAT IS A NET?

Local nets a

Local nets are those covering small areas such as a community, city, county or metropolitan area, not a complete ARRL section. They usually operate at VHF (typically 2-meter FM) at times and on days most convenient to their members. Local nets and Special Event nets are intended mainly for local delivery of traffic. Some local nets operate on a weekly basis, just as do other nets of the system, to provide outlets for locally originated traffic. Special Event Nets route incoming traffic as closely as possible to its actual destination before delivery—a matter of practice in a procedure that might be required in an emergency. Most local nets and even some section nets in smaller sections are using repeaters to excellent effect. Average coverage

on VHF can be extended tenfold or more using a strategically located repeater, and this can achieve a local coverage area wide enough to encompass many of the smaller ARRL sections.

Taken in part from the ARRL web site.



ECLIPSE OF THE SUN

the total solar eclipse of August 21, 2017,



DRY DROWNING: WHAT YOU NEED TO KNOW

Dry drowning can happen after someone breathes in water, typically while swimming. It can happen in adults, but is more common in children. It may happen after being dunked, a near drowning incident, or something as simple as getting water in your mouth.

With dry drowning, the inhaled water will not actually reach the person's lungs. Instead, the water that has been breathed in will cause your vocal chords to spasm and close up after you've already left the swimming pool. This shuts off the airways and makes it hard to breathe.

Sometimes the term "secondary drowning" is used interchangeably with "dry drowning", though neither are official medical terms.

However, with secondary drowning, the inhaled water does reach the lungs. In this case, the fluid in the lungs builds up causing what is called a pulmonary edema that, like dry drowning, results in trouble breathing.

Symptoms

Symptoms can occur anywhere between 1 and 24 hours after an incident.

- Coughing
- Chest pain
- Trouble breathing
- · Extreme fatigue
- · Behavior changes

Especially in children, these symptoms can be difficult to spot after a long day in water and sun. Therefore, if any incidents occurred in the water, it's important to watch for these symptoms that may not show up right away.

Treatment

Symptoms will typically resolve on their own but an ER visit will be in order otherwise. Thankfully, if issues arise, it is typically medically treatable. You can expect to receive supportive care while in the hospital, as there is no drug for dry drowning.

This means you can probably expect a chest X-ray, IV, and being closely monitored. Oxygen or ventilation may also be required.

Prevention

The most important tip for preventing dry drowning is water safety.

- · Never swim alone.
- · Always swim with a lifeguard present.
- · Know CPR.
- · Closely monitor children near or in water.
- Put a fence completely around swimming pools.

Dry drowning, like regular drowning, when left untreated can cause brain injury or death. However, dry drowning only accounts for 1-2% of drowning incidents, so it is relatively rare.

It's important to always be extra cautious around water, and be aware of any potential risks for drowning as well as dry drowning. If an incident occurs, then be aware of the symptoms and seek medical help if necessary to prevent serious health repercussions.

MORSE CODE - HISTORY

Before Twitter and Facebook, there was Morse code: Remembering social media's true inventor

In late March of 2006, a college dropout named Jack Dorsey finished coding a site for Internet users to post 140-character messages. It was called twttr. Dorsey and his co-founders eventually added vowels to the service, forming Twitter. The name made total sense. "The definition was 'a short burst of inconsequential information' and 'chirps from birds,' " Dorsey said. "And that's exactly what the product was." Internet histories record Dorsey's first tweet as a pivotal moment in the rise of social media. They are wrong. The history of social media began almost two centuries earlier, on May 24, 1844, when Samuel F.B. Morse, a painter-turned-inventor, sent a message from Washington to Baltimore.



Opera singer Ada Jones using Morse code in 1915. (Library of Congress archives)

This is what that message would look like today, typed into the Twitter iPhone app: Back then, Morse wasn't typing with his thumbs but was instead tapping dots and dashes "on a device of cogs and coiled wires," as one historian later put it. While the telegraph had been around in idea and rudimentary form, Morse devised a way to use electricity for sending a series of codes signaling letters of the alphabet.



Painter and inventor Samuel F.B. Morse, poses with his hand on the telegraph. (Courtesy of the Kiplinger Washington Collection)

Suddenly, the country began shrinking in ways that sound distinctly familiar. "Telegraph operators could chat with each other by tapping on their keys," the English journalist Tom Standage wrote in "Writing on the Wall: Social Media — the First 2,000 Years." "All the operators along the line could hear everything that was transmitted and join in the unofficial banter, in effect occupying a single, shared chat room."

There were early versions of OMG: "G M" meant "good morning," "S F D," meant "stop for dinner." Standage writes that telegraphers played chess and checkers using Morse code, often becoming friends without ever meeting. "Romances between operators who met each other online were not unknown," he wrote. "Such was the sense of online camaraderie that some operators in remote places preferred to commune with their friends on the wires than with the local people."

Morse's work foreshadowed our status update world. He is one of the most unlikely inventors in history. Though he studied science at Yale, Morse didn't see his future in a lab. He wanted to paint. "I am now released from college, and am attending to paint-

ing," Morse wrote to his parents in 1810. "I still think that I was made for a painter."

Portraits were his thing. "My price for profiles is one dollar," he told his parents, "and everybody is willing to engage me at that price." And he was seriously talented, later painting noted portraits of presidents John Adams and James Monroe, inventor Eli Whitney, and even Marquis de Lafayette, the American Revolutionary War icon. [The mother who made George Washington — and made him miserable]

Morse was in Washington painting Lafayette in the winter of 1835 when a letter arrived from his father — via horse — saying that his beloved wife Lucretia was ill. The couple had three children. "My whole soul," Morse once wrote, was "wrapped up in her," how she "connected all that I expected of happiness on earth."

A day later his father wrote again: Mysterious are the ways of Providence. My heart is in pain and deeply sorrowful, while I announce to you the sudden and unexpected death of your dear and deservedly-loved wife. Her disease proved to be an affection of the heart. ... She was up about five o'clock yesterday afternoon, to have her bed made, as usual; was unusually cheerful and social; spoke of the pleasure of being with her dear husband in New York, ere long; stepped into bed herself; fell back, with a momentary struggle, on her pillow; her eyes were immediately fixed, the paleness of death overspread her countenance, and in five minutes more, without the slightest motion, her mortal life terminated.

Lucretia was buried before Morse could arrive home by stagecoach. He was shattered. "If I had desired any thing in my dear L. different from what she was, it would have been that she had been less lovely," he wrote to a friend. "I now feel this void, this desolateness, this loneliness, this heart-sickness."

Continued page 17

Morse Code - History - continued from page 16

His heart broken, Morse went on with his painting career, lamenting how he wasn't able to learn of Lucretia's illness until she was dead. In 1832, after a painting trip to Europe, Morse returned home by ship, stumbling into a conversation with passengers about Michael Faraday's electromagnet. If there was one academic subject that interested him at Yale, it was math. "When Morse came to understand how the electromagnet worked, he speculated that it might be possible to send a coded message over a wire," according to a Library of Congress history. Morse began experimenting with batteries and wires, but quickly realized his painting career had not prepared him to tinker with electricity.

He sought help at University of the City of New York from chemistry professor Leonard D. Gale. It would take them nearly a decade to perfect the technology, which spread rapidly across the country and then to Europe, for use in wars, business, newspapers and so much else before being replaced by telephones, fax machines, computers and Myspace, Facebook, Friendster, Twitter, Instagram, Snapchat and ... well, ask your teenager what else.

Back then, not everyone admired the new form of communication, especially the way Morse code allowed random observations or meaningless thoughts to be quickly shared widely. Standage noted a journalist's complaint from an 1891 issue of Atlantic Monthly.

"America has in fact transformed journalism from what it once was, the periodical expression of the thought of the time, the opportune record of the questions and answers of contemporary life, into an agency for collecting, condensing and assimilating the trivialities of the entire human existence," the complaint went. "The effect is disastrous, and affects the whole range of our mental activities. We develop hurry into a deliberate system ... the pursuit of novelties and sensations into the normal business of life." Heavy stuff.

JULY 4TH

Variously known as the Fourth of July and Independence Day, July 4th has been a federal holiday in the United States since 1941, but the tradition of Independence Day celebrations goes back to the 18th century and the American Revolution (1775-83). In June 1776, representatives of the 13 colonies then fighting in the revolutionary struggle weighed a resolution that would declare their independence from Great Britain. On July 2nd, the Continental Congress voted in favor of independence, and two days later its delegates adopted the Declaration of Independence, a historic document drafted by Thomas Jefferson. From 1776 until the present day, July 4th has been celebrated as the birth of American



independence, with typical festivities ranging from fireworks, parades and concerts to more casual family gatherings and barbecues.

The Birth of American Independence - When the initial battles in the Revolutionary War broke out in April 1775, few colonists desired complete independence from Great Britain, and those who did were considered radical. By the middle of the following year, however, many more colonists had come to favor independence, thanks to growing hostility against Britain and the spread of revolutionary sentiments such as those expressed in Thomas Paine's bestselling pamphlet "Common Sense," published in early 1776. On June 7, when the Continental Congress met at the Pennsylvania State House (later Independence Hall) in Philadelphia, the Virginia delegate Richard Henry Lee introduced a motion calling for the colonies' independence. Amid heated debate, Congress postponed the vote on Lee's resolution, but appointed a five-man committee-including Thomas Jefferson of Virginia, John Adams of Massachusetts, Roger Sherman of Connecticut, Benjamin Franklin of Pennsylvania and Robert R. Livingston of New York-to draft a formal statement justifying the break with Great Britain.

John Adams believed that July 2nd was the correct date on which to celebrate the birth of American independence, and would reportedly turn down invitations to appear at July 4th events in protest. Adams and Thomas Jefferson both died on July 4, 1826--the 50th anniversary of the adoption of the Declaration of Independence.

On July 2nd, the Continental Congress voted in favor of Lee's resolution for independence in a near-unanimous vote (the New York delegation abstained, but later voted affirmatively). On that day, John Adams *continued page 18*

JULY 4TH - CONTINUED FROM PAGE 17

wrote to his wife Abigail that July 2 "will be celebrated, by succeeding Generations, as the great anniversary Festival" and that the celebration should include "Pomp and Parade...Games, Sports, Guns, Bells, Bonfires and Illuminations from one End of this Continent to the other." On July 4th, the Congress formally adopted the Declaration of Independence, which had been written largely by Jefferson. Though the vote for actual independence took place on July 2nd, from then on the 4th became the day that was celebrated as the birth of American independence.

Early Fourth of July Celebrations - In the pre-Revolutionary years, colonists had held annual celebrations of the king's birthday, which traditionally included the ringing of bells, bonfires, processions and speechmaking. By contrast, during the summer of 1776 some colonists celebrated the birth of independence by holding mock funerals for King George III, as a way of symbolizing the end of the monarchy's hold on America and the triumph of liberty. Festivities including concerts, bonfires, parades and the firing of cannons and muskets usually accompanied the first public readings of the Declaration of Independence, beginning immediately after its adoption. Philadelphia held the first annual commemoration of independence on July 4, 1777, while Congress was still occupied with the ongoing war. George Washington issued double rations of rum to all his soldiers to mark the anniversary of independence in 1778, and in 1781, several months before the key American victory at Yorktown, Massachusetts became the first state to make July 4th an official state holiday.

After the Revolutionary War, Americans continued to commemorate Independence Day every year, in celebrations that allowed the new nation's emerging political leaders to address citizens and create a feeling of unity. By the last decade of the 18th century, the two major political parties—Federalists and Democratic-Republicans—that had arisen began holding separate Independence Day celebrations in many large cities.

July 4th Becomes A National Holiday - The tradition of patriotic celebration became even more widespread after the War of 1812, in which the United States again faced Great Britain. In 1870, the U.S. Congress made July 4th a federal holiday; in 1941, the provision was expanded to grant a paid holiday to all federal employees. Over the years, the political importance of the holiday would decline, but Independence Day remained an important national holiday and a symbol of patriotism.

Falling in mid-summer, the Fourth of July has since the late 19th century become a major focus of leisure activities and a common occasion for family get-togethers, often involving fireworks and outdoor barbecues. The most common symbol of the holiday is the American flag, and a common musical accompaniment is "The Star-Spangled Banner," the national anthem of the United States.

PHISHING

As you may know, "phishing" refers to the efforts of scammers and con artists who try to fool you into revealing personal information or sending money. Although the term is frequently associated with internet scams, there has been a tremendous upsurge in phishing by phone.

That's why Huntington Bank is providing these important safety guidelines to help you and your family in the event you receive a questionable phone call. This is part of a series of emails we'll be sending you periodically, with helpful tips on keeping your money safe and secure.

1. How to spot a phone phishing scam The most effective scams tend to play upon strong emotions:

- Empathy "You have a relative in financial trouble."
- Fear "Your assets are about to be seized by the IRS."
- Excitement "You've won a drawing for a new house."

Other popular scams making the rounds:

- News of government grants you can collect "We just need your social security and deposit account numbers."
- Calls from technology companies who claim they can fix a serious security breach on your computer "Your access codes, please."

Continued page 19

PHISHING - CONTINUED FROM PAGE 18

- And scammers almost always try to pressure you into making an immediate decision: "You have to act immediately, or your credit card will be shut off."
- "Only the first five people we call who say 'yes' will get this free vacation."

2. Follow these basic safety rules to guard against phone phishing

Just remember, all of these common schemes are designed to get one of two things: your money or the passwords and other data that can be used to get your money. The instant you hear that request, it's time to slow down, get suspicious, and verify the claim or offer.

- Never conduct business with anyone online or over the phone unless you can confirm their identity, preferably by re-contacting them using a phone number or email address you locate independently.
- The caller may claim to work for a company you trust. They could know personal information about you, to better impersonate a representative from that company. Even the Caller ID on your phone is not proof that the call is coming from a legitimate business.
- · If anyone asks you for money or personal data, do the safe thing: say no and hang up.

3. Become a scammer's worst nightmare

Start reporting scams you encounter to the Federal Trade Commission. You can file a report online at the FTC website or by calling (877) FTC-HELP.

Go to huntington.com and click on Security Center at the bottom of our homepage for more details. Remember: Huntington will never ask you for personal information, such as account numbers or passwords. We will not ask you to download software in an email. Do not respond to any email that asks you to update your personal information online or by dialing a telephone number.

Finally, spread the word about phone phishing. By keeping friends and loved ones informed, we can work together to limit the damage phone phishing tactics can inflict on all of us.

Huntington Bank email

KNEE EXERCISE...

For those of us getting older and even the younger athletic types, I thought I'd forward this demonstration of an exercise for remaining nimble.

Had a visit with doctor this morning he wants me exercising three days a week as my knees are getting stiff. So, this is an exercise he would like me to do every other morning just to keep my knees in shape.

Thought you might like to do the same.

Knee excercise1.mp4



HAMFAIR

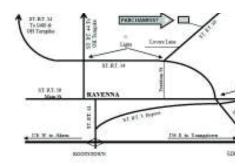
2017 Our 30th Year

SUNDAY JULY 30th 2017

For Radio Amateurs Computer & Electronics Enthusiasts

9:00 AM TO 3:00 PM

MAPLEWOOD CAREER CENTER NEW LOCATION



Unlimited Free Parking with Indoor Vendors and a Huge Flea Market

7075 State Route 88, Ravenna, Ohio 44266 Mobile Check-In and Information on 145.39 -.600 MHz North of Ravenna On St. Rt. 88, 7 Miles North of I-76 exit 38 GPS Coordinates: 41° 11' 04.4" N 81° 13' 26.3" W

VE Exams Bring original and copy of license Photo ID and Fee



ARRL **Officials** Have questions? Ask them

Donation \$5.00

Indoor Tables with electric \$15.00 ea. If reserved and paid by May, 15 \$10.00ea. Outside Flea Market spaces \$5.00

Vendor and Flea Market Setup Begins at 7:00am Main gate opens to public at 9:00 AM No Overnight Parking or Smoking permitted on School Grounds

Main Prize Drawing 2:30 PM

Winner need not be present for main prize drawings Nonlicensed winners will receive cash value at our cost Hourly Drawings and Mobile Check in Prize For Reservations or Information & Tickets Contact JoanneSolakKJ3O, Secretary/Treasurer Portage Amateur Radio Club Inc. 9971 Diagonal Road Mantua, Ohio 44255 or call 330-274-8240 KJ3O@arrl.net Copyright

Take time to laugh for it's the music of the soul Author: -- From an old English prayer

Ray and AI, two Government maintenance guys, were standing at the base of a flagpole, looking up.

A woman walked by and asked what they were doing.

"We're supposed to find the height of the flagpole", said Al, "But we don't have a ladder."

The woman said, "Hand me that wrench out of your toolbox."

She loosened a few bolts, then laid the pole down.

She then took a tape measure from their toolbox, took a measurement and announced, "Eighteen feet, six inches" and walked away.

Ray shook his head and laughed. "Well, ain't that just like a 'Miss-know-it-all' woman?" he said.

"We need the height and she gives us the length!"

Ray and Al are still working for the Government.

As I get older I realize:

- I talk to myself, because sometimes I need expert advice.
- Sometimes I roll my eyes outloud.
- 3.I don't need anger management, I need people to stop pissing me off.
- My people skills are just fine. It's my tolerance of idiots that needs work.
- 5. The biggest lie I tell myself is, "I don't need to write that down, I'll remember it."
- 6.When I was a child I thought naptime was punishment. Now it's like a mini-vacation.
- 7. The day the world runs out of wine is just too terrible to think about.
- Even duct tape can't fix stupid, but it can muffle the sound.
- 9.Wouldn't it be great if we could put ourselves in the dryer for 10 minutes; come out wrinkle-free and three sizes smaller?
- "Getting Lucky" means walking into a room and remembering why I'm there.





PAGE 23

July 2017 PREPAREDNESS LEADS TO READINESS - MATT W8DEC



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					WRARC Net 9:00PM 145.270 Swap n' Shop Ask the Elmers	Canada Day
I Forgot Day	3 ARES Net 8:30 PM 146.745 PL 110.9		5	6	7 WRARC Net 9:00PM 145.270 Swap n' Shop Ask the Elmers	8
9	10	Ham Breakfast Eat'n Park Boardman 8:30 A.M. Board Meeting Eat'n Park Auatintown 7:00 P.M.	12	13	WRARC Net 9:00PM 145.270 Swap n' Shop Ask the Elmers	15
16 National Ice Cream Day	17 ARES Net 8:30 PM 146.745 PL 110.9	WRARC Meeting 7:00 P.M	19	WaveBender Input Due	WRARC Net 9:00PM 145.270 Swap n' Shop Ask the Elmers	Hammock Day
30	31	Eat'n Park Boardman 8:30 A.M. Ham Community Breakfast	26	27	28 WRARC Net 9:00PM 145.270 Swap n' Shop Ask the Elmers	National Lasagna Day