



THE RICHMOND HAM

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October 2026

THE RICHMOND AMATEUR RADIO CLUB RARC Meeting in person!

Our monthly meeting is on Friday October 9th, 2026, 7:00PM, at the Bon Air United Methodist Church, 1645 Buford Road.

This month's meeting will be in-person and also on Zoom.

<https://us02web.zoom.us/j/88518058584>

QR Code for Zoom Link



October Program: Mike Aimone, WA8AHZ
ARRL VA Section Manager – Status of Ham Radio in the Section.

Richmond Amateur Radio Club (RARC)

Monthly Meeting Minutes

Friday, September 11, 2026

Call to order: President Darrell Basinger WW4F called the meeting to order at 19:00 followed by recognition of visitors, guests and introductions.

Business meeting: began with the approval of the August meeting minutes.

Treasurer's Report: Ken Leidner, WV0L reported a starting balance of \$12,816.49 in the treasury. Income included 6 membership dues, equipment sales, auction, seminars, classes, together \$518. Expenses included and Paypal services, a total of \$193.78, leaving \$13,326.08. One new member, Bill Rhodenhiser, KR4MFJ (Technician), voted in.

School Report: Bruce W4BRU, announced Tech, and General, with Extra planned for next year. Details are on the Club website. Places

available on both Tech and General classes, deadline for sign-up Sept 11 (Tech) and Sept 18 (General). Seminars doing well, also mentoring. Future topics planned include Antenna modeling, Remote station setup, VNA, VMware, Soldering workshop, and CHIRP. Ideas invited for seminars.

D-Star: Win W4WIN reported the Club repeater/reflector working well.

Remote Station: working well, and with frequent use.

Club Nets: President noted the Club has now 9 nets, including 80m, two on 40m, 6m, 2m and D-Star all running well. President recommended nets as way to meet club members. Details on the Club website calendar. KG4BIZ and KD4CMK encouraged members to participate, particularly 6m FM and Sideband, and 10m. Nora recommended the New Hams Net on Tuesdays 7pm, 145.43 MRA repeater.

Neighboring Club activity: Bill requested RATS not to be contacted regarding possible future FrostFest until feasibility and details become clearer. Watch for announcement.

6m Tailgate Hatcher Memorial, Lakeside, 2300 Dumbarton, coming Saturday.

City electronic recycling tomorrow.

Old Business:

Nominating Committee: Win, Bruce and Rick announced that a Slate of nominees is ready for election next month.

Nominees were:

President, David Stevens, WB4DES

Vice President, Lauren Ware, W4LEW

Treasurer, Ken Leidner, WV0L

Secretary, John Watkins-Pitchford, KX4QC

Director, Adam Humphrey, KQ4OTH

Director, Emily Boots, WB4EMY

Nominations declared open from the floor, but none heard.

New Business: Announcements:

Luncheon at Dolce Vita restaurant, at 11:30 on Sept 23. RSVP to Darrell.

Silent key estate sale a success last month; please make small donation to RARC for items taken.

Free ticket Raffle for Linux mini-computer, fitted out with Ham Radio software.

Presentation: KX4QC Linux Ham Rad, io Apps.

Motion to adjourn: 19:25.

Respectfully submitted,

John, KX4QC

Secretary.

From the Prez,

With my term as president winding down and the upcoming vote and installation of 2027 officers and directors, I wanted to take a moment to share where things stand with the Richmond Amateur Radio Club and I'm happy to report the club is healthy and active.

We currently stand at approximately 142 members, comparable to last year. We've welcomed hams both new to the area and newly licensed hams. If you see a new face or a new call sign at a meeting, take a minute to say hello. A friendly welcome is often what keeps someone coming back.

RARC's School remains active in the Fall and Spring preparing individuals for the FCC amateur radio license exams while also offering special classes and seminars on a variety of topics of interest to amateur radio operators.

Our D-STAR repeater continues to serve the club with a weekly net on Wednesday nights. The MRA FM repeater hosts a well-attended "New Hams" net each week, providing a welcoming opportunity for newer operators to get on the air and connect with other members. Thanks to all RARC's net control operators, both HF and VHF, for volunteering their time keeping the ham bands active throughout the week.

RARC's remote HF/VHF station provides an important resource for members who face antenna restrictions or other limitations. It has proven especially valuable in helping long-time hams remain active and connected to the hobby, regardless of their living arrangements.

Our monthly newsletter helps keep the entire membership connected, particularly those who live farther away. It features news, photos, member activities, accomplishments, and other items of interest that help keep us informed and engaged as a club.

The successful rollout of our members groups on Groups.io has also strengthened communication within the club. Members can easily reach the entire membership on a variety of topics, from sharing information about upcoming events to asking for assistance with a particular amateur radio issue. This has become another valuable way for members to share knowledge, lend a hand, and stay connected.

Many of you have supported events such as Field Day, Special Event Station, Richmond Marathon, RVA MakerFest, or the Bon Air Victorian Day Parade. Others support Volunteer Examiner (VE) sessions that licensed new hams. Events like these are where the club really shows what it's capable of, and they don't happen without volunteers stepping up.

The club continues to be on solid financial footing, thanks in large part to the responsible stewardship of past club leadership. We have a good financial foundation and remain mindful of the need to manage our resources carefully, keeping an eye on club finances making sure that membership dues and donations are sufficient to cover our ongoing operating expenses. These include repeater maintenance, insurance, post office box, meeting space, website costs, and other recurring expenses. By continuing to plan carefully and monitor our expenses, we can maintain the club's financial stability and support its activities in the years ahead.

Coming up, we will have many opportunities to support the club's newly elected leaders with future events, license classes and meeting programs. As always, the club runs on volunteer energy. If you've been thinking about getting more involved, there's no better time. None of this happens without the members who show up, pitch in, and keep the club running.

Thank you for being part of it.

73, Darrell

RARC VE News

We have two different groups that provide testing.

One is free, but only offers testing sessions on the second Saturday of odd months except June (Field Day) replaces July. The next session will be on

Saturday November 14th 2026 at 10:am

**Chesterfield Library Bon Air Branch
9103 Rattlesnake Rd
North Chesterfield, 23235**

The other one cost \$15.00, but offers testing sessions on the 1st Saturday of every month.

RARC offers Free VE Testing Sessions on the second Saturday of odd months except June (Field Day) replaces July. Currently all testing starts at 10:00

AM and is at: Chesterfield Library Bon Air Branch
9103 Rattlesnake Rd North Chesterfield, VA 23235.
Pre-registration Required. Walk-ins Accepted. Pre-Registration required for Techs and for special needs applicants. Anyone taking the Tech exam needs a FRN from the FCC (Google obtaining a FCC FRN) and bring that info to the session. If you have questions about a session, please see our website, www.rarclub.net or contact Allan, WA3J, at 804-399-8724, or ve@rarclub.net

KC4TS Volunteer Examiner Team

The KC4TS Volunteer Examiner Team provides [W4VEC](#) license exam sessions in the Richmond area on the 1st Saturday of every month.

Unless indicated below, exams are being given at the **Gospel Light Baptist Church at 2109 Anderson Highway in Powhatan, VA.** ([Map](#))

Check-in is between 10am and 12pm and we stay as long as needed to finish all the exams. Walk-in candidates are welcome! You just need a valid ID, an individual FCC FRN, and the testing fee of \$12 (cash preferred, or check made payable to "W4VEC"). If already licensed, please bring a copy of your signed FCC-issued license. We can provide pencils and a very simple calculator or you can bring your own.

Club Info...

RARC meets on the second Friday of each month at 7:00 PM, at the Bon Air United Methodist Church, 1645 Buford Road.

We offer 10-week license prep classes in September and March with exams following. Members provide VE testing sessions on odd-months during the year.

Join the Richmond Amateur Radio Club.

You don't have to have a ham license, just have a genuine interest in the hobby.

Annual Dues are:

18 yrs or younger and 80 yrs and older \$0

Regular Membership \$22.00

Family Membership \$33.00

Lots of information about the Club and our activities is available on our website, www.rarclub.net.

QR Code to RARC Website



Nets

RARC has the first and only D-STAR digital repeater in the area: 147.255 (+ 600), 443.7125 (+ 5) and 1284.0000 (-20). In addition to our Wednesday local D Star net (below), we link Module C (VHF) on Tuesday nights at 9pm, to REF 054C for the North Carolina D Star Net. The RARC D Star Net meets on Wednesday nights at 8:00pm and is accessible on our three D Star modules, all of which will be linked together via REF 097B. So if you are in RF range of the repeater, you can join the net on any of the three RF modules and be heard by everyone.

If you participate in the net via DVAP, DV Dongle or a Hotspot (such as Pi Star), you should link your device to REF 097B rather than to any of our modules which will allow you to be heard by everyone.

Any questions, contact Win – W4WIN at wingrant@gmail.com

Sunday	7:00 pm	50.135	USB
Wednesday	7:00 pm	28.475	USB
	8:00 pm	147.255	D-Star Rptr
Thursday	7:00 pm	52.525	FM

MRA

Interested in information or support of the Metropolitan Repeater Association (MRA)?

The sole business of the MRA is to own, operate and maintain the **145.430** and **224.42** repeaters.

For information please visit our website at <https://sites.google.com/view/kg4mra/>

50.215Mhz @ 8:00am daily Central VA Six Meter Group

Show and Tell!

If you have an item, idea, latest and greatest, or whatever gizmo; please bring it to the RARC meeting. We have a table (usually) set up near the front where you can place your item and share/discuss it with others as they arrive. We also have a section of the agenda set aside for members to discuss their "Show and Tell" item(s). No need to be tentative; we are INTERESTED in what you are doing, how you are doing it and, in true Ham fashion, how much it cost.

Everyone has a story to share.

Your first rig, your first contact, your most memorable QSO?

Mentors and Elmers available!

RATS (Richmond Amateur Telecommunications)
For not-so-new hams the help desk email lets a hams
Many of us in the RARC are also members of RATS
Bruce MacAlister, W4BRU

Will RADE Be the Next SSB?

It's been a half century since single sideband (SSB) supplanted amplitude modulation (AM) as the most popular voice mode on HF, due largely to its spectrum efficiency, occupying roughly half the bandwidth of an AM signal. Now, there's a new digital voice mode from FreeDV called Radio Autoencoder, or RADE, that occupies half the bandwidth of an SSB signal and reportedly provides more natural-sounding speech. According to Amateur Radio Digital Communications (ARDC), which funded research that advanced RADE's development, "FreeDV RADE combines machine learning with classical digital signal

processing (DSP) and can operate at signal-to-noise ratios (SNRs) as low as -2 dB. Its design also addresses spectrum use, speech quality, and power efficiency, all important considerations for voice communications over HF. Most significantly, ARDC reports that manufacturers are beginning to integrate the mode directly into their radios, starting with a module that can be [downloaded](#) and installed on certain FlexRadio models. Users of other transceivers may run the mode through computers connected to their radios. More details are available from [FreeDV](#) and on the [ARDC website](#).

ARRL Newsletter



Jamboree on the Air (JOTA) and Jamboree on the Internet (JOTI) is an annual International Scouting event sponsored by the World Organization of the Scout Movement that connects Scouts with the use of amateur radio and the internet. The event is held on the third full weekend of October each year. Scouts gather from around the world to learn about other cultures and Scouting activities in other countries. These jamborees which attract almost 2 million Scouts from over 170 countries, require no travel and create an opportunity to have a valuable international Scouting experience...

For HF SSB

Band	WOSM Calling Frequencies	Suggested Band Segment for US Stations	Notes
80 m	3.940 & 3.690(1)	3.920 – 3.940 3.670 – 3.690 (1)	(1) Extra segment
40 m	7.190 & 7.090 (2)	7.180 – 7.200 7.270 – 7.290	(2) 7.090 not available in

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			Region 2
20 m	14.290	14.270 – 14.290 14.320 – 14.340	
17 m	18.140	18.140 – 18.150	
15 m	21.360	21.360 – 21.400	
12 m	24.960	24.960 – 24.980	
10 m	28.390 (3)	28.350 – 28.400 (3)	(3) Includes Novices & Techs
6 m	50.160	50.160 – 50.200	

D-STAR

REF033A has been allocated as a full-time JOTA/Radio Scouting D-STAR Reflector. After contact is established, stations should disconnect from REF033A and connect to one or other repeater or migrate to an unused Reflector.

October 16, 17 & 18.

Keep On Truckin'! ***From the ARRL Newsletter***

One way to introduce people to amateur radio is to link it with other interests and activities. The Keystone Truck & Tractor Museum in Colonial Heights, Virginia, already has a [ham station as part of its permanent exhibit](#), and this summer, volunteers from six area radio clubs joined museum volunteers to present a Radio Day, during which visitors not only learned about radio history, but were introduced to modern-day amateur radio.

The museum's exhibit is built around the extensive antique radio collection of John DeMajo, K5HTZ (SK). His daughter, Kathleen DeMajo Adams, now holds that call sign and is known around the museum as "The Radio Lady." She explained how his collection fit in with the trucks and tractors. "There were several institutions interested in my dad's radio collection," she said, "but ultimately it was the character of the people at Keystone that made it feel like the right home for it. They value American ingenuity, mechanical knowledge, preservation, and keeping old technology alive and working rather than simply displaying it. I felt very strongly that my dad would have respected that."

Adams said Radio Day demonstrated that "radio history is not something locked behind glass," but rather an experience that can still be "heard, touched, and explored." She also pointed out that radio continues to be very important to farmers while working in the fields. And truckers, of course, rely heavily on radio while on the road. At the August 8 event, Adams explained, visitors "tried Morse code, studied antique equipment, watched live amateur radio demonstrations and learned how radio supports emergency communication. Children followed a scavenger hunt, designed imaginary antennas and discovered that signals are moving invisibly around us all the time."

Participating clubs included the Richmond Amateur Radio Club, Richmond Amateur Telecommunications Society, and Powhatan Area Radio Club — all ARRL Affiliated Clubs — plus the Hanover Virginia Amateur Radio Club, Lower Appomattox Regional Radio Club, and the Central Virginia 6 Meter Group.

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A 1950s vintage ham station is the heart of the permanent radio exhibit at the Keystone Truck & Tractor Museum in Colonial Heights, Virginia. [Photo by Kathleen DeMajo Adams, K5HTZ]



From ARRL Newsletter

WTVR article on Kathleen K5HTZ Keystone. <https://www.wtvr.com/news/local-news/antique-radio-collection-oct-2-2026>

FREE Chair Yoga for HAMS

I am so thrilled to be able to integrate two of the things I love the most: Ham Radio and Yoga. I have been teaching and training yoga for 30 years, specializing in yoga as a therapeutic modality for people with cancer, arthritis, cardiac, autoimmune conditions and other chronic illnesses. I offered this free chair yoga class because I am so grateful to all my ham-radio fellows who have been supporting me since I got my General License. I could not have done it without all your help, especially Bruce McAllister who has been the mentor for our New Ham Chicks group to bridge the gap between license and being operational. That's what started the yoga, offering him and his family my yoga experience as a token for all his time and dedication to help us. Having a Yoga Center near Carytown where I teach, helped to open it up to the Ham Community.

There are so many physical and mental benefits to this old healing system. The testimonies below from some of our own hams, are a proof of what it can deliver.

The weekly class is on Tuesdays 12:45-1:45pm

213 Roseneath Rd, Suite 102, Richmond, va 23221

Ample parking behind the building. No previous experience needed.

If you want to try it, please contact me via io. groups or email to:

Nora Pozzi N4POZ

vimalap@yogahelps.com

or look me up at QRZ or the RARC directory.

Nora's Chair Yoga from Paula Hamel's perspective: "My husband is a ham radio operator, so I know firsthand how easy it is for him to spend a LOT of time sitting! Between operating the radio, working on equipment and keeping up with all those conversations, there can be plenty of hours spent in a chair. That's one of the reasons I think Tuesday chair yoga is such a wonderful fit for the ham radio community. I love joining him to attend Nora's class.

One of the things I especially appreciate about chair yoga is that **you don't have to get down on the floor!** For those of us who aren't quite as limber as we used to be, there's something very reassuring about knowing you can stay in your chair throughout the class. No worrying about getting down on the floor and then figuring out how you're going to get back up! You can still stretch, strengthen and move your body without putting unnecessary stress on your joints.

I also have diabetes, so I've learned that exercise isn't necessarily a case of "the harder, the better." Very strenuous exercise can cause the body to release stress hormones such as adrenaline and cortisol. Cortisol can signal the liver to release additional glucose into the bloodstream, which can sometimes cause blood sugar to rise during or after intense exercise. While regular physical activity is very important for people with diabetes, I personally find that the gentle, controlled nature of chair yoga is a wonderful way to move without putting my body through a high-intensity workout.

Chair yoga combines **deep breathing, gentle stretching, low-impact strengthening and relaxation**—all things that can be especially welcome after spending hours sitting at a radio. It gives you a chance to move your muscles, work on flexibility and balance, and quiet your mind at the same time. And who couldn't use a little relaxation after trying to make contact with that elusive station?

So, if you're a ham who spends a lot of time sitting, why not give Tuesday chair yoga a try? You don't have to be flexible, athletic or able to touch your toes. You don't even have to get on the floor! Just bring yourself, and maybe think of it as a little **maintenance session for the most important piece of equipment you own: yourself.**"

Kathleen DeMajo Adams, K5HTZ says, "I felt so good after Nora's chair yoga class that I had to adjust my rearview mirror on the way home—I was sitting taller! All that stretching and deep breathing left me feeling like a renewed person. I especially loved the chance to quiet my busy brain and focus on simply breathing. Give it a try—you might be surprised how good you feel afterward!"

Dan Bryant, N4DOB says,

Ella and I have really enjoyed Nora's yoga sessions. I know that stretching is good for us because that's what cats and dogs do and they stay in great shape and never exercise! It's the one time a week I really feel some relaxation.



The SWAP SHOP

Club members may list their wares in the newsletter. Send descriptive information to Armand at wa1uqo@gmail.com, or call me at 508-838-8353. The Swap Shop is presented in the newsletter as a benefit to our members. RARC takes no responsibility for items sold or traded in this newsletter. The ad will appear three times unless extended. Interested parties will contact you directly. ***You must be an RARC member to place an ad.***

EQUIPMENT REQUEST:

I'm a new Ham part of the Ham Radio Chicks. The original group started during our Technician License Course at the Bon Air Church offered by the RARC in October 2024. Some of us passed the exam and some went on to get the General. One of us is studying to get the Extra. We have invited other new "ladies Hams" to join us, so we are nine in total now.

We are all trying to set up our shacks and could use some unused equipment that most experienced hams may have in their closets, such as antennas, power supplies, coax cables, connectors, etc.

Thank you so much. Nora Vimala Pozzi, N4POZ (vimalap@yogahelps.com)

For Sale: Swan 350C Transceiver in working condition.

I have an exceptionally clean, operating Swan 350C set including the original 1117-C power supply, the VOX accessory and two original operation and maintenance manuals, one with schematics and one with directions for the VOX. I have tested it for reception and powered up with a Variac.

Photos, and videos of operational tests at http://rarcpio.net/Swan_350/

Contact Rob Thomas, KC4NYK at 804-633-4470 or via email at QRZ

Icom IC2300H, 2 meter, 65w, 207 memory channels, like new, only used as base station: \$125 Dan Bryant-N4DOB-danbryant02@gmail.com

Thought For The Day

I used to think I was indecisive. But now I'm not so sure.

Darrell Basinger	WW4F	President	(804) 219-8167	president@rarclub.net
Lauren Ware	W4LEW	Vice President	(804) 513-4950	vicepresident@rarclub.net
John M Watkins-Pitchford	KX4QC	Secretary		
Ken Leidner	WV0L	Treasurer		

Do You Recognize This Guy?

It's The Law!



A photogravure portrait of Georg Simon Ohm. Ohm devoted his career to advancing the cause of mathematical physics in Germany during the middle years of the 19th century. Although he contributed to the fields of acoustics and crystallography, he is best known for his electrical studies which resulted in Ohm's Law, relating current, voltage, and resistance.

