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MARCO's "AETHER" Pronounced "Ether"
Healthcare & Radio in One Medium
The Medical Amateur Radio Council

137th
Edition
2000-2022



A non-profit Corporation, founded in 1966, privately supported for the public good and dedicated to the advancement of Medicine through Amateur Radio.

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Vol. LVI (56th year)—October 2022—Online Edition #8—PO Box 1333, Hawthorne, FL 32640

Warren Brown, Renaissance Man

This edition of the *Aether* celebrates our 98 year old MVP, Warren Brown, KD4GUA. He is so prolific that one cannot honor him in print alone. Please view the links to the many photographs, audio, and video recordings of this amazing person. Warren has published the *Aether* since 2000, and directed our CME program on the *Grands Rounds on the Air* 20m net in this timeframe. His dynamic background could be the basis for a Hollywood movie, he is that amazing, a true Renaissance Man. Our archives are replete with his contributions to our organization, medicine, community, and his patients. At the suggestions of Keith Adams N3IM I have nominated Warren, an exemplary human being and amateur radio operator, for a HamVention [2023 Special Achievement award](#). Use the link to and [the HamVention nomination form](#) to co-nominate Warren for this honor.



Warren is pictured on the left running the MARCO *Grand Rounds on the Air* 20m net on August 21, 2022. The CME program of this day was on Gout. [An audio recording of the net session can be streamed by clicking this link.](#)

Pages four and five offer a pictorial display to bring visual meaning to those who check-in to the net. Warren's QTH not only serves as the KD4GUA station location, as displayed in photographs of his station, but also highlights his talents in many areas.

His walls are adorned with artwork on canvas of his creation museum style, with paintings in excess of wall space stored for display through rotation. His office/radio shack is also a work area for journalism, including publishing a newsletter for the [Florida Aviation Historical Society](#)

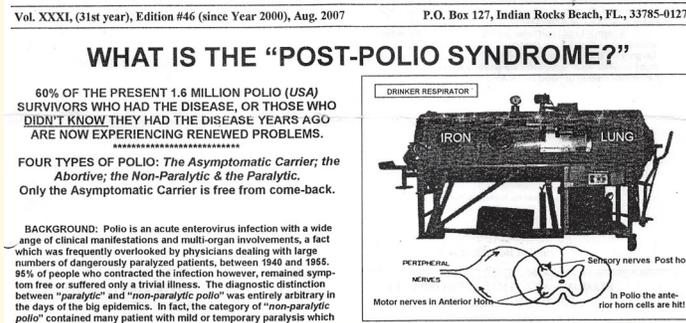


The photo on the left is of Warren Brown during his working years.

The photo on the right was taken during Warren's program at our 2017 annual meeting in Orlando FL. He brought numerous creations of art on canvas and explained the origins of his interest in painting, journalism and Medicine. [For a link to photos and videos from this meeting click here.](#)



With a recent reemergence of Polio, review a 2007 article on the subject by Warren Brown KD4GUA, and one on the history and virology of the disease by Jack KD4IZ that follows. Warren has personal experience with Polio, an infection vaccine. He was interviewed about this subject September 12, 2022 at his house, [click here for the audio recording](#). In an additional recording when visiting with Warren, Jay also had the opportunity to interview him about how he developed his interest in studying Medicine, in a segment that also covers more about Polio. [To listen to this second interview click here](#).



[Click for the full article](#)

Polio Virus: Virology Deep Dive for Clinicians, History—a Sept. 2022 update by Dr. Jack Spitznagel, KD4IZ

Polio virus is an Enterovirus C species. It is of the *Picornaviridae* family (small RNA virus).

- Because of its impact on human health, it was one of the earliest viruses to be isolated and fully characterized as the tools became available:
 - ⇒ 1909 – Landsteiner and Popper described the infectious nature of the virus
 - ⇒ 1949 – Enders and colleagues cultivated virus in human tissue – also the year that the first commercial ultracentrifuges were produced by Spinco. These two developments became key to isolation and purification of viral particles.
 - ⇒ 1952 – Dulbecco reported cultivation in chick embryo monolayers.
 - ⇒ 1950 – Koprowski – successful trial of live attenuated vaccine – never used in US.
 - ⇒ 1955 – Salk developed the inactivated vaccine
 - ⇒ 1958 – Rosalind Franklin demonstrated icosahedral symmetry by X-ray diffraction.
 - ⇒ 1961 – Sabin live attenuated vaccine became available.
 - ⇒ 1981 – two teams at MIT and Stonybrook independently published the RNA genome sequence.
 - ⇒ 1985 – Hogle published the 3D structure of the virus
- These developments enabled improved understanding of the behavior of the virus, the subclinical and neurological disease it causes, and better approaches to defeating the virus.

Pathogenesis of Poliomyelitis:

- ⇒ The polio virus is an Enterovirus, its primary route of infection is fecal-oral.
- ⇒ Three serotypes have been identified and a representative of each is used on both the live attenuated and the inactivated vaccines.
- ⇒ Tropism to the CD155 surface molecule appears to define susceptible cell types.
- ⇒ The virus replicates in the intestine, spreading from there to other tissues. It is also passed in the feces, thus the fecal-oral route of infection of others.
- ⇒ Spread to the CNS tissues results in the paralytic form, Poliomyelitis. The exact mechanism of spread to the CNS is not known. Three possible pathways exist.
- ⇒ Infection is subclinical/asymptomatic in 95% of cases, ~5% have minor symptoms,
- ⇒ Paralytic polio infection (Poliomyelitis paralysis) occurs in less than 1% of cases.

Current Epidemiology of Poliovirus:

The Epidemiologic implication of Pathogenesis described above is that when a paralytic Polio case is detected, there are many more asymptomatic and subclinical cases in the wild. Control is complicated when there are many unvaccinated individuals in a population.

- ⇒ Wastewater studies are used to detect many diseases, Polio among them. Wastewater studies in London and New York show that Polio has been spreading in those urban areas for quite a while.
- ⇒ This is considered a dire emergency in the NYC area as only 86% of children are vaccinated, this drops further in Rockland County, NY where only 37% of children are vaccinated.
- ⇒ There are numerous pockets of unvaccinated individuals around the US so the trend will spread and additional paralysis cases will appear.
- ⇒ Winter spread is expected by the CDC. Improved vaccination rates are the only defense we have.

Explore to Enhance your Knowledge on AI and Computer Vision in Medicine

Computer usage in ham radio has changed the hobby for many operators in a very positive and effective manner. The ability to process information input quickly using Artificial Intelligence (AI) allows a perception or vision not possible by our neural processing. Think of the success of FT8 in allowing communication in ways previously not possible.

Extend that ability of computer vision toward analyzing sets of data and images related to health care, in management and diagnostic capability. Industry has applications that can be applied toward health care, ones that can benefit the welfare of our patients through early diagnosis and treatment.

Click on the graphic and text based links on this page and start imagining the possibilities. Please do additional online research and post your findings on our [Google Group](#) as to what is your vision of AI and computers in our health care future.

[Health care hams](#) of the future will take part of these advances and the MARCO membership ranks will reflect this.

The screenshot shows the IBM website page for 'What is computer vision?'. The page features a dark blue header with the IBM logo and navigation links: 'Let's Create', 'Products & Solutions', 'Consulting & Services', 'Learn & Support', and 'Explore more'. The main content area has a large title 'What is computer vision?' and a sub-headline: 'Use machine learning and neural networks to teach computers to see defects and issues before they affect operations'. Below this is a blue button labeled 'Explore Maximo Visual Inspection' with a right-pointing arrow. A sidebar on the left contains a list of links: 'What is computer vision?', 'How does computer vision work?', 'The history of computer vision', 'Computer vision research', 'Computer vision applications', 'Computer vision examples', 'IBM Solutions', and 'Resources'. The main content area also includes a large heading 'What is computer vision?' followed by a definition: 'Computer vision is a field of artificial intelligence (AI) that enables computers and systems to derive meaningful information from digital images, videos and other visual inputs — and take actions or make recommendations based on that information. If AI enables computers to think, computer vision enables them to see, observe and understand.' Below this is a paragraph: 'Computer vision works much the same as human vision, except humans have a head start. Human sight has the advantage of lifetimes of context to train how to tell objects apart, how far away they are, whether they are moving and whether there is something wrong in an image.' and another paragraph: 'Computer vision trains machines to perform these functions, but it has to do it in much less time with cameras, data and algorithms rather than retinas, optic nerves and a visual cortex. Because a system trained to inspect products or watch a production asset can'.

From <https://www.ibm.com/topics/computer-vision> — "Computer vision is a field of artificial intelligence (AI) that enables computers and systems to derive meaningful information from digital images, videos and other visual inputs — and take actions or make recommendations based on that information. If AI enables computers to think, computer vision enables them to see, observe and understand."

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6616181/?report=reader>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7795119/>

Mayer, C., Ofek, E., Fridrich, D.E. *et al.* Direct identification of *ALK* and *ROS1* fusions in non-small cell lung cancer from hematoxylin and eosin-stained slides using deep learning algorithms. *Mod Pathol* (2022).

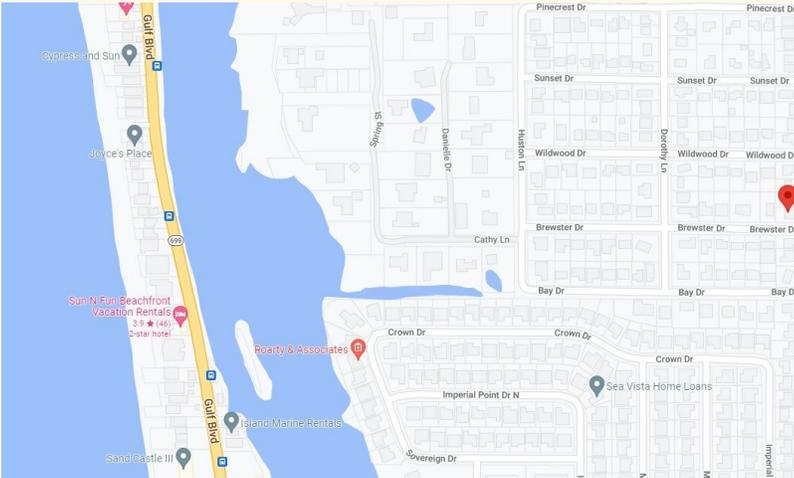
<https://doi.org/10.1038/s41379-022-01141-4>

<https://research.ibm.com/topics/healthcare-and-life-sciences>

<https://viso.ai/applications/computer-vision-in-healthcare/>

<https://www.nature.com/collections/bhjibfcbd>

Grand Rounds August 21 2022, Warren's QTH



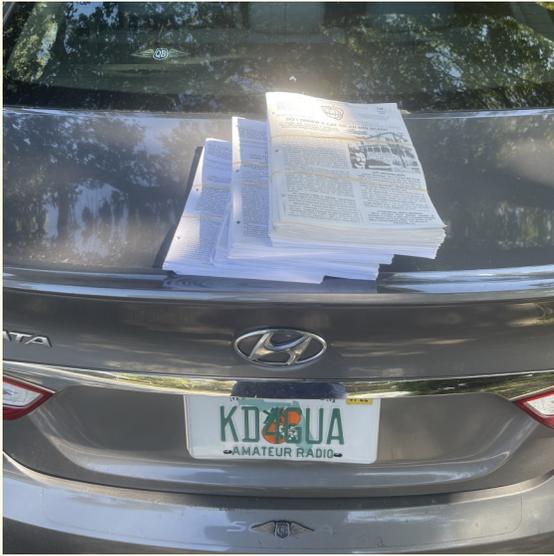
The KD4GUA QTH is located in Largo, FL. The location is close to the intercoastal waterway and the Gulf of Mexico, west of Tampa.

Warren is a classic, and so is his Model A. The photos above display his car and his station, ready to rumble both in the seat, and on the air each Sunday for the *Grand Rounds*.

The tower, rotor and antenna he uses are pictured below. He rotates the yagi for call district check-ins before settling into a direction that bisects the group for the most efficiency of transmission.



Multi talented Brown



These photographs were taken during a recent visit by the Garlitz's to Warren's home in Largo, FL.

Top left—Warren contributed copies of his *Aether* newsletters dating from 2000 to our MARCO archives

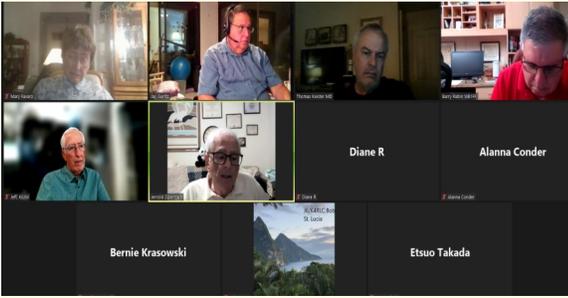
Photo on top right—Warren is such a prolific painter that his works are so numerous that one large house does not have enough wall space, he rotates those hanging on the wall

Photo on right—Warren with Randi Garlitz. They are overlooking his pool which this spry 98 year old swims in every day, summers at 6am, other seasons at 3pm.

Bottom photos—are two recent art creations completed by Warren in July 2022. Each painting tells a story, [as detailed in a video about the 1937 Hindenburg disaster \(click to see\)](#), recorded at our annual meeting in Orlando, FL in 2017.



Minutes of the September 12, 2022 MARCO Q3 BOD and Officers Meeting



[Click here for a video of the meeting](#)

The meeting was held on Zoom September 12, 2022. All members were invited to attend. A recording of the meeting was made to be shared with members.

Those present were Diane Rodman NM2K (2nd area director) Mary Favaro AE4BX (4th district director), Linda Krasowski KE5BQK (5th area director), Paul Lukas N6DMV (6th area director), Etsuo Takada JA0BXP (International director), Jeff Wolf K6JW (director at large), Chip Keister N5RTF (director at large), Jerry Ziperstein N4TSC (director at large), Alanna Conder K4AAC (Membership committee), Bob Conder K4RLC, Bernie Krasowski KD5QHV (President), Barry Rabin WB1FFI (President-elect), Jay Garlitz AA4FL (Secretary), and David Rodman KN2M.

Minutes:

Meeting called to order at 9pm Eastern by Secretary Jay AA4FL

President's report: Bernie KD5QHV, and made introductory comments regarding the 2023 annual meeting in El Paso. Past-President Linda KE5BQK, later mentioned there will be a Blues Band Reunion from the last El Paso annual meeting, featuring Jeff K6JW, Linda, and one "ringer". More information about the annual meeting will be placed in the *Aether*.

WB5D MARCO trustee Jeff K6JW reported that he is in discussion with other members of the board regarding the status of the club call. He will offer an expanded report in the future. He also elaborated on the MARCO Blues Band's presence for the 2023 annual meeting.



[Click to view the MARCO Blues Band warm-up session at the 2022 annual business meeting in May 2022](#)

President-elect Barry WB1FFI, introduced himself and was present to be attentive to the MARCO business discussed, and offer input as needed.

Net coordinator Chip N5RTF commented about our nets, propagation, and streamed recordings of the nets. He requested that more members participate in the CW net. Jeff K6JW offered his perspective from participating on the net from a West coast perspective. Jerry N4TSC offered input on web receiver streams that may reduce latency. Jay AA4FL reported observations from observing the transmission of the *Grand Rounds on the Air* in person.

4th call district director Mary AE4BX reported on the improved propagation on 20m allowing her to participate in the net. Lou and her are starting to travel again.

Membership committee member Alanna K4AAC, and husband Bob K4RLC, also expressed an interest to travel on MARCO trips again and relish the pre-COVID MARCO travels.

2nd call district director Diane NM2K reports that she has been inviting prospective members to join. Husband Dave KN2M joined Diane in announcing they will attend HamCation in Orlando Feb 2023.

6th area director Paul Lukas N6DMV greeted the group.

International director Etsuo JA0BXP joined us from clinic at his hospital, making time in his busy morning schedule to participate. Etsuo is a potential host for a MARCO meeting in Japan, perhaps at the end of August one year when their largest hamfest is held.

New business:

Ukraine request for funding. Jay AA4FL reports a potential project is on hold, waiting for confirmation of authenticity of the request.

Jeff Wolf K6JW reported locating MARCO documents at home. He is sending them to AA4FL for digitizing.

Jay AA4FL discussed an issue that has arisen, the need for additional help with our booth at HamVention. Booth preferences at HamVention and HamCation need to be determined. In discussion Alanna K4AAC suggested placing a questionnaire in the next *Aether*. In tandem she has offered to help with designing a survey to assess the preferences for the members. The survey will be distributed prior to the release of the edition, and be included in the content of the publication. The dialogue about the subject is best viewed in the video of the meeting.

President Bernie KD5QHV made closing comments and is looking forward to seeing us in El Paso at his annual meeting

The meeting adjourned at 09:54pm Eastern

Respectfully submitted,

Jay

AA4FL, MARCO Secretary

**MARCO 2022 ARRL Foundation
Scholarship Recipient**



Dear Medical Amateur Radio Council,

I am sincerely honored to have been selected as the recipient of the \$1000 Medical Amateur Radio Council Scholarship.

I am an incoming freshman at the University of California, Berkeley. On the pre-med track, I intend to major in Nutritional Sciences with an emphasis in Physiology and Metabolism, as I aspire to be an orthopedic surgeon.

Currently, I am completing two summer courses at the university, General Chemistry and General Chemistry Laboratory, in preparation for the fall semester. In addition to maintaining a good academic standing, I plan to engage in various on-campus organizations including student government and cultural clubs to enrich my college experience.

Receiving this scholarship motivates me to continue striving for academic excellence as well as give back to the community once I establish my medical career. Once again, I truly appreciate your generosity and confidence in investing in my future.

Sincerely, Frances Celine Melendres, KN6LRN
Class of 2026



Frances is the daughter of MARCO member Jose Melendres, KN6HTD. [You can view his QRZ page by clicking here.](#) Also featured in this photograph taken on the campus of Cal Berkeley is mom Maj N6MAJ, and sister Jade KN6LRO.

MARCO OFFICERS, 2022-2023

Contact info— mail and e-mail addresses are on QRZ.com.
E-mail is preferred, phone contact info is provided
for the President and Secretary only.

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President-Elect: Barry Rabin, M.D., WB1FFI

Secretary: Jay Garlitz, D.M.D., AA4FL
C: 352.246.6003

Treasurer: Charles Lind, M.D., N8CL

Web Master: Dave Lieberman, KT8E

Radio-Internet Coordinator: T. "Chip" Keister, M.D., N5RTF

MediShare Director: Arnold Kalan, M.D., WB6OJB

Newsletter: Warren J. Brown, M.D., KD4GUA

REGIONAL DIRECTORS:

(1st call district) Don Arthur M.D., J.D., K1DCA

(2nd call district) Diane Rodman R.N., NM2K

(3rd call district) Keith Adams, M.D., N3IM

(4th call district) Mary Favaro, M.D., AE4BX

(5th call district) Linda Krasowski, R.N., KE5BQK

(6th call district) Paul Lukas N6DMV

(7th call district) Lee Barrett, M.S.E.E., K7NM

(8th call district) Mark Young, M.D., N2OJD

(9th call district) Stu Oserman, M.D., WA9ZPL

(0 call district) Carlyle Rowland R.N., N0ARN

(Dx director) Etsuo Takada, M.D., JA0BXP

DIRECTORS-AT-LARGE:

Bruce Small, M.D., KM2L, Immediate Past-President

Arnold Kalan, M.D., WB6OJB,

Chip Keister, M.D., N5RTF

Jeff Wolf, M.D., K6JW,

Jerry Ziperstein, M.D., N4TSC

AD-HOC COMMITTEES:

**Membership—Jay Garlitz AA4FL, Alanna Conder K4AAC,
Michaline Przekop KC9ARP**

**Grand Rounds Net—Chip Keister N5RTF, Jack Spitznagel KD4IZ,
Jerry K4TSC, Linda Krasowski KE5BQK, Harry Przekop WB9EDP**

Historian: Michaline Przekop, KC9ARP

GREETINGS FROM YOUR PRESIDENT

October 2022



Greetings from El Paso, the Sun City, home of the 2023 Medical Amateur Radio Council Annual meeting. We continue working on plans for the arrival of our members and their guests. Yesterday we confirmed the Group Block code at the Hawthorne Suites and a point of contact. Mary Garcia has provided her personal phone number to assist our members when they make their reservations for our meeting. Her number is 915-778-1900 and the Group block code is 03223MAR. Mary is available Monday – Friday 0900 – 5:00 PM Mountain time.

Today Linda and I made a trip out to Cattleman's Steakhouse at Indian Cliffs Ranch to reserve the room for our banquet and the location for the **blues hit of the year, the reconstitution of the MARCO Blues Band!** We are aware that Jeff Wolf, K6JW, and Bruce Small KM2L have been preparing for this revival as well as Linda on the harmonica!! Linda has been taking harmonica lessons from a player here and she is working to confirm him for the banquet. He is an excellent blues guitarist. For those who have never been this far west in Texas, whether you drive or fly, when your feet hit the ground here the basic elevation is 4,000 feet.

Generally the city and surrounding areas population is in the neighborhood of 800,000 people of which approximately 83 % are Hispanic. The Fort Bliss Army installation, which used to be a sleepy mountain hide out now has some 40,000 military and a like number of dependents. The City of Ciudad Juarez, has a population of approximately 1.5 million people.

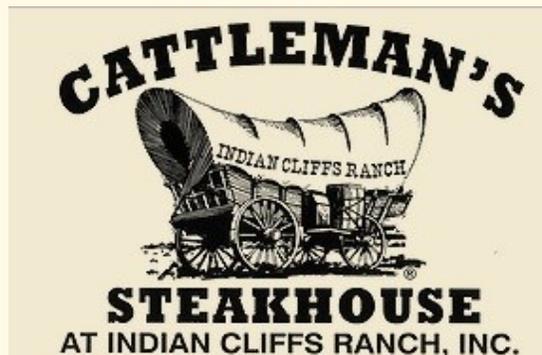
While you are in El Paso, we will likely show you some of the sights as we drive the roads here. There is a mountain that nearly splits the city in two. In the 80's a road through the mountains was built cutting off some of the drive to the other side of town. The highest point on Transmountain road is 5280 feet with mountains higher on two sides.

73

Bernie KD5QHV

Where's the Beef?

at our 2023 MARCO annual banquet



[Click for their Website](#)

Annual MARCO Business Meeting El Paso, TX, March 23-26 2023

Peruse the following links and consider attending the 2023 annual meeting, There is much more to see than Bernie's smiling face!!

The Mission Trail https://visitelpaso.com/trip_ideas/travel-the-historic-mission-trail

Hueco Tanks State park <https://tpwd.texas.gov/state-parks/hueco-tanks>

Border Patrol Museum <https://visitelpaso.com/places/national-border-patrol-museum>

War Eagles Museum <http://www.wareaglesairmuseum.com/>

El Paso Museum of Art <https://epma.art/>

Museum of Archeology <https://epmarch.org/>

El Paso Museum of History <https://epmuseumofhistory.org/>

Concordia Cemetery Resting site of John Wesly Hardin [History \(concordiacemetery.org\)](History (concordiacemetery.org))

White Sands National Park <https://www.nps.gov/whsa/>

New Mexico Air & Space Museum <https://www.nmspacemuseum.org/>

Carlsbad Caverns <https://www.nps.gov/cave/>

Gila Cliff Dwellings <https://www.nps.gov/gicl/>

MARCO Nets

Weekly MARCO Medical Grand Rounds Net

The Medical Amateur Radio Council Organization (MARCO) conducts weekly Grand Rounds on Sundays at 1500 UTC (summer months) and 1600 UTC (winter months) on 14.342 MHz. Physicians from many specialties, including naval flight surgeons, biomedical physicists, infectious disease specialists, trauma surgeons, dentists, and many others discuss informative, and timely medical topics. The Net has worldwide listenership and contributes to dissemination of medical and public health awareness. MARCO live streams the Grand Rounds net audio on their website at www.MARCOAudio.net.



Founded in 1966, MARCO's mission is to promote goodwill and fellowship among amateur radio operators who are professionals in the healing arts or who have an interest in medicine, dentistry, and allied fields. MARCO is open to all licensed amateur radio operators who are healthcare professionals or affiliated with the medical industry. MARCO participants may receive one hour of Category 2 CME credit per Grand Round presentation.

On-air network operation is an integral part of MARCO activities and is conducted for the purpose of discussing and exchanging medical and technical information and, whenever possible, to be a public service by passing emergency and priority traffic. All General class or higher (and their international equivalents) licensed amateurs are welcome to check in.

Weekly Net Category II CME—on the HF Bands Medical Topic Discussions of Interest to all

Our Radio-Internet Coordinator Chip Keister, M.D., N5RTF, New Orleans, LA...[livestreams our net online](#). Check into our nets and earn CME. For times when propagation is poor when you would benefit from audio from another receiver, if you are away from your radio, in a skip zone, or unplugged due to thunderstorms, join the MARCO CW net and Grand Rounds by live [internet streaming audio](#). These are recorded to [listen in later to the online archive](#).

Chip
N5RTF

MARCO DV NET

MARCO DV (Digital Voice) net that meets on Saturdays at 1500UTC. We have chosen to use the [QuadNet Array](#), an IRC or Internet Chat Facility that acts like a universal translator between difference digital modes and allows hams who identify by callsign to connect with other users of digital radios world-wide through interconnected reflectors and talk-groups. See their website for more details, including how to connect, within the <https://www.openquad.net/> webpage.

MARCO CW NET

The Bob Morgan Memorial Net

Our CW net is held every Sunday one half hour before the *Grand Rounds on the Air* net, at 09:30 central time, currently 1530 UTC, on 14.140 MHz. Net control is Chip N5RTF. The net is named after the late MARCO member Dr. Bob Morgan, VE3OQM.

At times in the in the past the net was on the same frequency as the *Grand Rounds on the Air* in an effort to hold the frequency for the voice net to be in the clear at the top of the hour. The net today means so much more to MARCO...

You are invited to participate. With radio license issuance in the US dropping the morse code requirement there are many members who have not had experience with CW. Our net is a great way to gain CW proficiency.

There are many advantages to learning morse code, a yes-brainer. There is increasing evidence that not only GM plasticity but also changes in white matter are important in the context of learning processes, see <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5526915/>.

Use CW through the MARCO net to keep those neural connections intact and resist the aging process! Links to other sources follow. Add to the discussion by posting to the MARCO google group: marco-ltd@googlegroups.com

[ARRL resources for Morse Code](#)

[Morse Code Instruction Learning, YouTube Options](#)

To Listen:

1. Use a browser to go to the following web page which has a player app and **links to the audio stream and archive**: www.marcoaudio.net.
2. The second way is to manually enter <http://marcoaudio.ddns.net:8011/stream> into a standard music player on computer, phone, or portable device **while the net is in progress**.

Feel free to share these links with anyone, MARCO member or not. No login or password is required. There is room for 100 listeners at a time. Comments are appreciated.

MEMORIES OF YEARS AGO IN MARCO *Our History Book*

Twenty Five years ago in MARCO—October 1997



The

MARCO

NEWSLETTER

Official Publication of the Medical Amateur Radio Council, Ltd.

Ira Wexler, M.D., W3HEF, President
 Robert D. Currier, M.D., WB5D, President-Elect
 Robin J. Staebler, M.D., K3FP, Secretary
 Alfred E. Greenwald, M.D., WA2CBA, Treasurer
 Edward R. Briner, D.M.D., WA3TVG, Editor

VOL. XX NO.4
OCTOBER, 1997

NETS EXPERIENCING IMPROVED BAND CONDITIONS

Slowly but surely, band conditions are improving as we enter the latest sun spot cycle. The MARCO nightly nets, moved to 75 meters several years ago, in an attempt to find better propagation, have been returned to 40 meters. This move was questioned when we first returned from San Francisco, and found QRM and QRN creating conditions that made operating a net nearly impossible on that band.

THIS IS AN INTERNET ISSUE!

Since little material comes into the Newsletter office for use in this publication via hard copy, we are finding more and more material on the internet for use. Criticism of the repetitiveness of the information by e-mail participants must be apologized for, but they must remember that only one-fourth of our members are on LIST-SERV, so for them, it is not repetitive.

President Dr Ira Wexler, W3HEF has instituted a

[Click for the full edition](#)

- Propagation on the bands was on the upswing in October 1997 with a new solar cycle, to the benefit of MARCO nets. We had a 40m net back then. Both the 20m Grand Rounds net and 40m net participants noted the improvement, much as we find in 2022.
- For reasons of practicality in obtaining content this edition was described as an Internet issue. We call our current Internet only publications *online editions*, but compared to Warren's excellent in-print editions they may still be Internet **issues!**
- Warren KD4GUA wrote in regarding a glut of physicians. More residencies were available than graduates. He described other pertinent statistics regarding medical employment. A man ahead of his time, he did not refer to this issue as one of **manpower**.
- The final page of this edition discussed the need for volunteer dental teams. The country of Kiribati was noted as one of the destinations of need. Sixteen years later two MARCO members did visit that country with one providing dental services. See www.t33a.com, and an online [video of the outreach](#).

Ten years ago in MARCO—October 2012

President: Mary Favaro, M.D., AE4BX
 Past President: Linda Krasowski, RN, KESBQK
 Past Elect: Jeffrey Wolf, M.D., KGJW
 Secretary: Danny Centers, EC, W4DAN
 Web Master: Bruce Small, M.D., KM2L
 Treasurer: Vacant
 Radio-Internet: Chip Kessler, M.D., NR1TF
 MediShare: Arnold Kales, M.D., W8SOJH
 News Editor: Warren Brown, M.D., KD4GUA

MARCO Blogsite: marco-ltd.blogspot.com
 "listserve": <http://googlegroups.com>

MARCO'S "AETHER" Pronounced "Ether"
 Medicine & Radio in One Medium

Official Publication of the Medical Amateur Radio Council



**77th
Edition
2000-2012**

A non-profit Corporation, founded in 1965, privately supported for the public good and dedicated to the advancement of Medicine through Amateur Radio.

Web Site: <http://www.marco-ltd.org>
 Internet address: warcbrown@aol.com

Vol. XXXVII, (37th year), Edition #77 since Year 2000, October 2012
P.O. Box 127, Indian Rocks Beach, FL., 33785-0127

WHY YOU DON'T SLEEP SO WELL....

BLAME IT ON THE ELECTRIC LIGHT WHICH TURNED NIGHT INTO DAY (and your light emitting TV and computer screens). LIGHT SUPPRESSES THE SECRETION OF SLEEP-INDUCING MELATONIN BY THE PINEAL GLAND

About 20% of automobile accidents are the result of drowsy drivers. The U.S. military claims that one of the leading causes of friendly fire is insomnia and lack of sleep induces a drunk-like state that affects everyone directly or indirectly.

Sleep wasn't something we were supposed to worry about in the early years of the 21st century. Technology was making the world smaller by the day; the global economy blurred the lines between one day and the next and things like time and place were supposed to be growing ever less important in the always-on workplace. Most of us never gave sleep much thought—considering it nothing more than an elegant on-off switch, like the one on your smart phones, that the body flips when it needs to take a break from its overscheduled life. Sure, we'd like to get a bit more of it, but, beyond that,



LATE BREAKING NEWS

[Click for the full edition](#)

- Sleep related physiology and lack of sleep issues were covered in a three page spread. Issues with sleep disorders, sleep hygiene and the circadian clock were illustrated.
- MARCO President Mary Favaro, AE4BX, announced that our MediShare project supplying six computers to Zambia through Hospital Sisters Mission Outreach has been completed, with the equipment in transit.
- If you want to know why clocks run in a "clockwise direction" see the description on page 10. If you do not look it up you are counter clock wise.
- Bruce Small's column about MARCO history included a reference to a retired physician who was a ham saving a life in Peru through on the air advice.
- Bruce's column included a discussion on some of the most important developments of recent years. Perhaps our readers can revisit this article and write the editor with the those having taken place since 2012 that have made the most impact on their quality of life.

WRITE TO US!

We welcome your comments.
Email aether@marco-ltd.org

Disclaimer: Letters and articles may be edited for brevity & clarity. **All content, including linked unedited member article submissions, and linked online material, are not the opinion of MARCO. The Aether's content is not Medical Advice.** Graphics selected are the choice of the editor and not of MARCO-ltd.

MARCO NET SCHEDULE

<u>DAY</u>	<u>TIME</u>	<u>FREQ.</u>	<u>NET CONTROLS</u>
Any Day	On the Hour	14.342	Hailing Frequency
Saturday	15:00 UTC	DV QuadNet	Jay AA4FL
Sunday	10:30 a.m. Eastern	14.140	CW Net, Chip, N5RTF
Sunday	11 a.m. Eastern	14.342	Warren, KD4GUA

MARCO'S CW NET, the "Bob Morgan Memorial Net"
(precedes the Grand Rounds on Air net, meeting on Sundays, 14:30 UTC, 14.140 MHz)

Page 11

MARCO Grand Rounds is held Sunday at 11 a.m. Eastern Time; 10 a.m. Central; 9 a.m. Mountain, and 8 a.m. Pacific Coast time on 14.342. You qualify for one hour Category II CME credit with your check-in.

MediShare International News Arnold Kalan, WB6OJB, Director



The charitable arm of MARCO is active developing new projects and appreciative of your donations. Recognize other members for their accomplishments and life events with a donation that will be recognized in the *Aether*.

Donations are fully tax deductible and you will receive a note of thanks with wonderful MARCO seals that look very nice on QSL cards. MARCO is a 501 (3)(c) organization, and MediShare International is a project of MARCO.



Take this opportunity to participate in MARCO's way of helping the less fortunate worldwide. For more details about MARCO's Project MediShare and the types of projects it [supports click here](#). It is a reality, not just a moniker, that [HamsCare](#) at MARCO. New projects are in the process of being developed with the assistance of Wayne K4WFP and Jay AA4FL.

Thank you to MARCO member Al Breland (KA7LOT) for a very generous donation to project MediShare. Al expressed a desire for the funds to be used toward a potential project involving Ukraine. (see our BOD minutes on page six).

[Click here to donate online](#) or mail written checks made out to MARCO, noting MediShare in the check's "for" area.

Send your donation to MARCO
c/o Secretary Jay Garlitz, PO
Box 1333, Hawthorne, FL
32640



Thank you , Stay Well & God Bless,

Arnold

Arnold (Doc) Kalan, M.D., WB6OJB, MARCO #673

A recent survey of MARCO Members, submitted for completion via our Google group, is awaiting your response.

Historically, MARCO has held one live business meeting a year. On odd years the annual meeting is held at a location of the president's choice, usually near their locale, with attendance at Dayton/Xenia a personal choice. This alternates with Dayton/Xenia on even years being the location of the annual business meeting.

Regardless of the presence of our annual meeting, MARCO currently has manned a booth at Dayton/Xenia every year. **New volunteers are needed to man the booth to continue with the annual presence.**

As a precursor to decision making, the MARCO Board leadership is polling members to get their input to assess which hamfests to consider for hosting a booth.

Following is a description of the options to consider and vote on:

- 1) Keep the current situation in which we alternate between the Presidential meeting (odd years) and the formal meeting at Dayton /Xenia (even years), **but** only have a MARCO booth at HamVention on those even years.
 - 2) In addition to a booth at Dayton/Xenia on even years, replace the booth that would have been held at HamVention on "odd" years with one at Orlando Hamcation, affording exposure to a different group of attendees and allowing for vacation time for family members.
- Choose your preference
 - Comment on what factors are pertinent to your decision.
 - **Please identify if you would be willing to volunteer to help man a booth at either, or both, of these venues (specify which).**

The Secretary's Keyboard Korner
secretary@marco-ltd.org



Historian Michaline Przekop and I have begun an effort to collect the historical documents of MARCO for digitization and preservation. A sample of the documents are highlighted in this edition of the *Aether*. Look for this approach to continue, guiding our future by honoring our past. Documents to date have been submitted by Bruce Small KM2L, Jeff Wolf K6JW, and Warren Brown KD4GUA. If you have MARCO or MediShare documents and photographs for our archive please let me know so we can arrange to obtain them.

MARCO, through Bruce Small KM2L, recently fielded a request for MARCO to participate in a Ukraine relief effort. I responded for clarification and have not been successful yet in confirming the authenticity of the request, however, in reviewing our archives I located an article about MediShare aid to Ukraine in 1998, as follows—

[Click for a full view of this 1998 article](#)

Past-President Keith Adams N3IM and wife Vicki recently had an extensive fire at their QTH that not only has him off the air but contemplating the need for a total rebuild. Keep them in your thoughts as they recover from this traumatic experience.

A MARCO book club (by Zoom) was suggested by a few members. We had three sessions, with little to no participation. If another member would like to take the lead on giving this a try, and lead us to success, please contact me at the same email address in the prior paragraph.

To provide feedback on this issue of the *Aether* contact the editors of both the print and online editions at aether@marco-ltd.org.

73,

Jay

AA4FL

MARCO Archives

[Click for a full view](#) of this 1967 document describing MARCO. How does this compare to MARCO's mission today?

ANNUAL MEETINGS			
1966	Astor Hotel New York City, NY	Founding Meeting Wm L. Sprague, M.D., presiding	Apr 16, 1966
1967	Chalfont-Haddon Hall Atlantic City NJ	Charles Gray, M.D., WAIFMY 1st President, presiding	Jun 22, 1967
1968	Jack Tar Hotel San Francisco, CA	Jack London, M.D., K2JVA 2nd President, presiding	Jun 28, 1968
1969	Holiday Inn Hotel New York City, NY	Chet Samuelson, M.D., K8WYP 3rd President, presiding	Jul 17, 1969
1970	Sheraton-Blackstone Hotel, Chicago, IL	Anson Hyde, M.D., K4EK 4th President, presiding	Jun 24, 1970
1971	Traymore Hotel Atlantic City, NJ	J. Stanley Carp, M.D., KTIV (KIEEG) 5th President, presiding	Jun 22, 1971
1972	St. Francis Hotel San Francisco, CA	Earl Weston, M.D., W8BXO 6th President, presiding	Jun 22, 1972
1973	Plaza Hotel New York City, NY	Donald Needham, D.V.M., W6JNM 7th President, presiding	Jun 28, 1973

[Click for a full view](#) of this 1997 document listing 30 years of MARCO annual meetings and Presidents, 1967-1997

MARCO Membership News
 March 2022—June 2022

New Member

KQ4ABB—Nick Cockerel, Mt. Washington, KY

Renewals

N4TSV—Mario de Aranzaeta, Trenton, FL (5 year)
N9WDQ—Dennis Tuchalski, Moro, IL (2 year)
W3GAT—Tomas Reilly, Shreveport, LA
WA3KKB—Lewis Kline, Cheswick, PA
VE3AXD—Hoard Davy, Thornhill, ON, CAN (5 year)

Online editions of the *Aether* can be printed by the reader for use at home but linked information available through clicks within the online document will not be available. Note in using the online edition you have control of the size of the text and images, being able to zoom in for more comfortable and informative reading.

The next edition of *the Aether* in December 2022 will be in print and produced by long-term editor Warren Brown.

Payment Options for Renewing your Membership or Joining MARCO

New Membership dues and renewals are processed by email. At the time of annual billing invoices are invoiced to each member. The default billing term is unified for all types of members, two years for \$45. New members apply by online form.

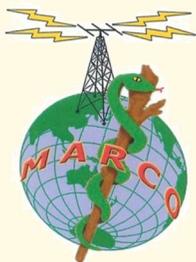
MARCO encourages members to consider a five year membership of \$100. This reduces your yearly cost of membership and simplifies our annual billing by our all volunteer staff. Existing members can chose to extend your membership at any time. Please use the online form at <https://marco-ltd.org/join-marco-amateur-radio/> and select the five year term from the pull down list. Completing the entire form just as you were a new member assists us with keeping your information current in our membership database.

For New members, and current members desiring to extend their membership term, the membership committee will receive your online application and process an invoice to be sent by email.

Online payment processing for dues has been limited to PayPal in the past. Due to processing fees higher than that of credit cards, as of February 2022, new invoices will include an additional option to pay online by credit card using [stripe](#). Buttons for paying online using credit card (stripe) or PayPal will located at the top left of the invoice you will receive by email.

Thank you for your Membership!

Medical Amateur
Radio Council



**The Medical Amateur
Radio Council Ltd.**

This is the 137th edition of The Aether (2000-2022) since Warren KD4GUA became editor, and the seventh online only edition by co-editor Jay AA4FL. In print (mailed) and online editions alternate every two months.

**MEDICAL AMATEUR RADIO COUNCIL, LTD.
New Membership Application & Renewals**

Best method process application online
<https://marco-ltd.org/join-marco-amateur-radio/>

Once you fill out the online form it will be reviewed by the membership committee. Upon approval you will be invoiced by email with a link to pay online by credit card or PayPal.

If you need to pay by check use this application form. Send the written form to the mailing address below.

Check your preference:

- One year membership \$25 (USD)
- Two year membership \$45 (USD)
(the default billing for renewal)
- 5 year membership \$100 (USD)

Name: _____

Address: _____

Health Related Career (if appropriate)

Call Sign: _____ Type License: _____

Phone: _____

email: _____

Birthday _____ (year, full DOB optional) Member ARRL: Y / N

Written applications for membership should be sent to

Membership Committee
c/o Secretary Jay Garlitz, AA4FL
PO Box 1333
Hawthorne, FL 32640, USA