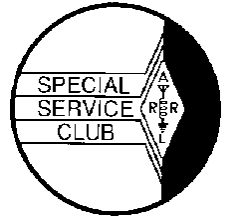


# The Repeater

Monthly Newsletter of the Arkansas River Valley Amateur Radio Foundation



August 2006

## **PRESIDENT'S MESSAGE**

### The Good Citizen

Like most people, I've always liked to be involved in varied and interesting activities. I like to sing. I sing with a barbershop quartet, our community choir and my church. Along with my wife and daughter Sonia, I'm also a first responder for our community. Sonia and I are volunteer firefighters, and I also do various activities through my church to help the community. I like to think that when my neighbors have a problem that they cannot solve they can call on our group of volunteers. When you cannot breathe or cannot stop your bleeding or your house is on fire you need help NOW. Minutes will seem like forever in those circumstances.

Like the family is the basic unit of our society, our community involvement is the basic unit of our citizenship. Ham radio is a natural extension of community service. I've always thought that it is important for we ham radio operators to show that we are not only well versed in radio operations but that we are also familiar with other areas. It's nice to show up and be able to say: "I'm a first responder with my first aid bag, I'm a trained firefighter, I'm knowledgeable with incidence command and, by the way, I'm also a licensed radio operator. Where do you need me?"

To do this carries a special personal responsibility in taking good care of yourself both physically (Lord knows I try, and eating at Western Sizzlin doesn't help) and mentally, to train yourself and to keep up with the latest advancements. That's why I feel that ARES/RACES is an integral part of being a ham. When things are really down they'll turn to us and ask for help. Will you be ready to answer them? Or will you say "I don't have the time", "my batteries are dead", or "I'm not sure what to do". I wasn't a Boy Scout. But their basic beliefs in self-sufficiency, self-education and broad knowledge are commendable. I think most hams are Scouts at heart.

Being a good member of the community carries responsibility and a little sacrifice. You don't have to become a firefighter or first responder though. But how about teaching a (Ham?) class? Helping our foodbank? Tutoring? Being a Big Brother or Big Sister? Preparing yourself a little better through our great ARES/RACES classes? Turn that TV off; in fact unplug the antenna. Its payback is tremendous because our strength as a community, county, state and country lie with you and me. When things are down don't look for help outside, look within. It's a liberating feeling.

**Cheers & 73, Sergio**

## **ARES/RACES**

Our next ARES/RACES meeting will be Tuesday, August 22, at 7:00 p.m. at the 911 building. Also, please mark your calendar for the September 26 meeting, same time and place. We plan to make ID cards at that meeting. The Simulated Emergency Test is coming up in October, so we will need to discuss what we want to do. Everyone is always welcome to attend the meetings, whether you decide to join anything or not.

At the August meeting, we will discuss portable emergency equipment. We plan to have the meeting on the parking lot at 911 so we can set up and demonstrate several different types of equipment and antennas. If you have a portable setup, favorite portable rig, antenna, or power system, you are welcome to bring it and share your knowledge.

At the July meeting, we discussed how to prepared for deployment to a disaster area. This material was from the ARRL's Emergency Communications Course, but members present had plenty of good ideas, too. The emphasis was on personal needs rather than radio equipment. Hams should follow the Boy Scout motto, which is "Be Prepared". If you are active in emergency communications, sooner or later you will get an opportunity to go to a disaster area and help out. Clothing, personal gear, food and water, and information are the main non-radio things you will need. Each situation is different. Sometimes food, water, shelter, and power are supplied, and sometimes you are on your own. Try to find out before leaving what will be furnished. Rigs don't operate without power and hams don't survive without water! What you are able to bring depends on transportation. Will you have your own vehicle all the time? If so, you can bring plenty. If you are sharing a ride or going on an airplane, then you have to pack carefully.

Keeping a "jump kit" ready is a good idea. Things needed for a 2 or 3 day deployment can be packed, and extra food, etc can be added if needed. Some things that should be included are clothing appropriate for the season, toiletries, sleeping bag, high energy snacks, an LED flashlight, and a first aid kit. For some areas, you should also take insect repellent! Other items needed are your ID cards, paper and pencils, small tool kit, and spare batteries. Before leaving, obtain maps of the area, as well as frequencies in use for the disaster. These are just a few of the things that might be needed, and each person's needs are different. For example, don't forget your medications or eye drops. The idea is self-sufficiency. You don't want to cause problems by making unnecessary demands on host agencies who are covered up with helping true disaster victims.

"Action Packer" type plastic boxes are good for supplies and Bob Battershell reminded us that soft-sided duffel bags are good for some items, especially if flying. Trail mix, MRE's, and canned foods are good, but Gary Moles said "don't forget a can opener!"

I hope to see you at the next ARES/RACES meetings. We all learn something and everybody seems to have a good time. Mark your calendar!

**73,**

**Dennis W5RZ**

**Pope County ARES/RACES EC**

## **MINUTES OF THE MEETING**

### **Arkansas River Valley Amateur Radio Foundation Monthly Club Meeting Western Sizzlin' Restaurant July 18, 2006**

The Arkansas River Valley Amateur Radio Foundation meeting of July 18, 2006, was called to order at 7:00 p.m. by Vice-President Roger Sayer. Charles Shingleur made a motion to accept the minutes of the June meeting as published in the newsletter. Second by Nick Kennedy, motion passed.

Dennis Schaefer announced there will be an ARES/RACES meeting Tuesday, July 25<sup>th</sup> at 911. OEM had asked if we would help update the wiring in the communications van but that has been put on hold because OEM might get a new van.

Andy Ward thanked everyone for a successful Field Day. Wayne VandePol thanked everyone who helped out with the GOTA station and recognized George Murphy who operated most of the 24 hour period and made 59 QSO's, earning 50 bonus points.

Wayne VandePol announced that he was working on finding a group of disabled individuals to get involved with ham radio, also youth groups. Wayne will show a video about the Handi-Hams at the next meeting. Wayne announced that planning is underway for a fall class, which may be either a Technician or General class.

Andy Ward talked about having a fox hunt. It has been suggested to have the fox hunt on foot instead of in vehicles, and use several low-power transmitters. September would be a good month for the club to have a picnic for the meeting, so be thinking about the details.

There being no more business, Kay Green moved to adjourn. Seconded by Steve Green, the motion was approved.

**Submitted by Dennis Schaefer, W5RZ**

### **PROJECT PAGE**

This is a new page, There is now room for special projects: kit building, satellite news, VHF/UHF/SHF experiments, or even some special designs of antennas. So, get your projects in to me with text, and photos, either e-mail or on CD.

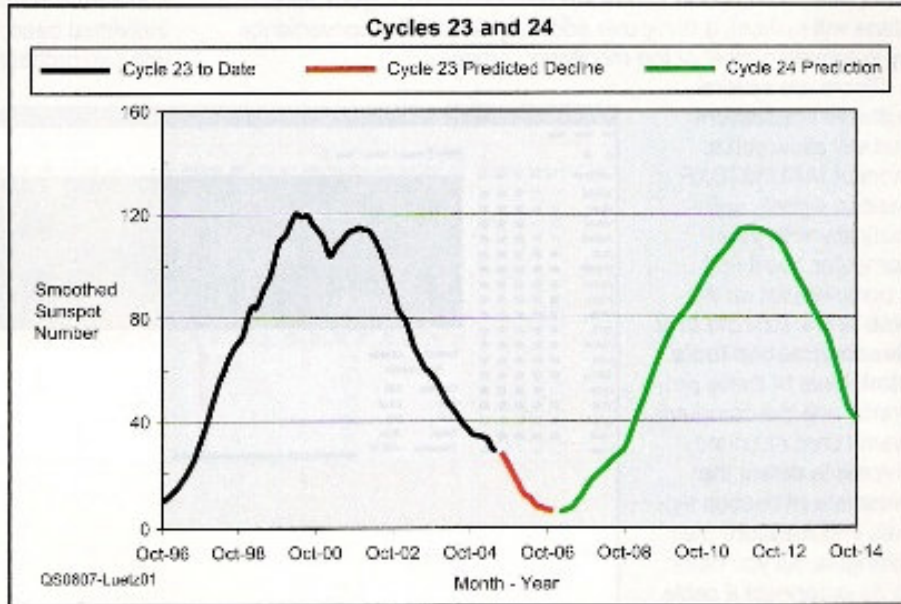


Figure 1 — The path of Solar Cycle 23, and a prediction for Cycle 24 to come. We should see improving conditions on the higher HF bands by the year 2009 or 2010.



**CALENDAR OF EVENTS**

**ARVARF meeting at Western Sizzlin'**

Tuesday, August 15<sup>th</sup>  
 . Regular meeting at 7:00.  
 Come at 6:00, if you want to eat.

**ARVARF Net:**

Every Tuesday at 8:00 p.m. on 146.82  
 (except club meeting night)

Net Control Stations:

Aug -- N4OWB, Aulton White  
 Sept -- N5KLE, Glenn Holmes  
 Oct -- WB5BHS, John Evans

**ARVARF Board Meeting:**

**ARES/RACES Meeting:**

Aug. 22<sup>nd</sup> at 7:00 p.m. at 911 Bldg.

**ARVARF web page:**

[www.cswnet.com/~arvarf/](http://www.cswnet.com/~arvarf/)  
 & [www.arvarf.com](http://www.arvarf.com) (New)

**Arkansas Section Web Domain:**

[www.arkansashams.org](http://www.arkansashams.org)

David Davis, N5QCI, is quitting Amateur Radio, and has given all of his equipment to Ben Hillis, W5HH, to sell for him. There are several good radios and other accessories, and Ben says they all look pretty well cared for. Here's a chance to get some like-new equipment at a good price. Ben lives in Atkins and his phone number is 479-641-2022.



**"Rose-colored glasses are never made in bifocals.  
 Nobody wants to read the small print in dreams."  
 --- Ann Landers**

I am trying to maintain an accurate current membership roster. Please inform me of any changes in your address, phone number and/or e-mail address at [n4owb@arrl.net](mailto:n4owb@arrl.net) or call me at 479-890-4504.  
 73, Aulton N4OWB (editor)

**ARVARF Officers**

<b>President</b>	Sergio Picado	KE5CUY
<b>Vice President</b>	Roger Sayer	AC5YG
<b>Treasurer</b>	Glenn Holmes	N5KLE
<b>Secretary</b>	Sonia Picado	KE5EIW
<b>Board Members</b>	Michael McAllister	KE5EIIY
	Ben Hillis	W5HH
	Andy Ward	KD5QJQ
	John Evans	WB5BHS
	Rich Bailey	KE5AQH
<b>Newsletter</b>	Sergio Picado	KE5CUY
	Roger Sayer	AC5YG
	Sonia Picado	KE5EIW
	Aulton White	N4OWB

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