

RAINBOW CANYONS AMATEUR RADIO CLUB NEWSLETTER

CEDAR CITY, UTAH



Club Website: www.rcarc.info Number 5 – Vol. 8 – August 2023

Club Meeting Information

The RCARC meets at 7:00 p.m. on the 2nd Tuesday of each month at the Cedar City Senior Center, 489 E. 200 South. Down Stairs.

2023 Club Officer's

President:

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CQ, CQ, Happy Summertime



Presidents Message

Dear Fellow Amateur Radio Operators,

I hope everyone has been getting out on the radio! The weather has been warm (some would say hot!) but hopefully we will see some rain soon. This is a good time to check through your equipment and see what you can do in the case of an emergency. This could be in the form of a fire, flooding or earthquake. Think about building a radio box, having backup batteries or a generator in case the power goes out and you need power.

Once you have your equipment try it out by heading to higher (cooler) ground or out in your yard and check into the nets. Remember if you need help with setting up your radio, software or other equipment please ask your fellow HAMS for help.

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RCARC Club Nets:

7:00 a.m. Breakfast Net - Monday – Saturday – 146.760.
12:30 p.m. Daily – Utah Beehive Net On 7.272.
8:30 p.m. Tuesday's - ORCA Digital Net. Using FLDIGI, FLMSG AND FLAMP – 3.581 +, 1500/MFSK32.
8:00 p.m. Wednesday – Panguitch Net – 147.160.
7: pm. Thursday– Morse Code Net- This is a Zoom Meeting.
8:30 p.m. Thursday's - WDN Digital Net. Using FLDIGI, FLMSG AND FLAMP – 3.581 +, 1500/MFSK32.
8: p.m. Saturdays – SSTV – 449.925.
9:00 p.m. Daily – Friendship Net – 146.760.
11: a.m. Saturdays (Mtn. Time) QCWA – 160 Net, Utah Chapter,
12: p.m. Freq. 7.272.
8:00 pm. Sunday's – New Harmony Valley Net – Bumblebee Repeater. – 146.680 with a minus offset – PL 100.

Local Repeaters:

Iron Mountain

146.760 MHz – Tone 123.0 Hz
146.980 MHz – Tone 100.0 Hz
448.800 MHz – Tone 100.0 Hz
449.500 MHz – Tone 100.0 Hz
448.400 MHz -- Tone 100.0/FM & DMR

Intermountain Intertie:

146.940 MHz – Tone 100.0 Frisco.
146.800 MHz – Tone 100.0 Blow Hard
147.200 MHz + Tone 100.0 Tod's/Hatch
146.820 MHz – Tone 100.0 Utah Hill

Bumblebee/New Harmony:

146.680 MHz – Tone 100.0 Hz

Rowberry:

449.925 MHz – Tone 100.0 VHF Remote

Dutton:

147.160 MHz + Tone 100.0 Hz.

Save The Date

August 8, 2023

RCARC Club Meeting.

7:00 pm. Cedar City Senior Center,
489 E. 200 South. [Annual RCARC
Barbecue. See Flyer on page 10 for
location and time.](#)

September 12, 2023

RCARC Club Meeting.

7:00 pm. Cedar City Senior Center,
489 E. 200 South. [More info to
follow.](#)

October 10, 2023

RCARC Club Meeting.

7:00 pm. Cedar City Senior Center,
489 E. 200 South. [Winlink \(Digital\)
Demo](#)

November 14, 2023

RCARC Club Meeting.

7:00 pm. Cedar City Senior Center,
489 E. 200 South. [More info to
follow.](#)

President's Message **Continued from page 1.**

Part of the fun is helping others! Remember you can always pick up the mic and see who is listening! As always, I would like to thank everyone who makes our meetings great by asking questions. I would also like to thank all of our net controls for the nets and everyone who participates!

We will have our Club BBQ and Potluck August 8th at 6:00 PM in the Christ the King Catholic Church, 690 Cove Dr. (same location as our Swap Meet). I will bring out some fox hunting gear for those who are interested. Hope to see you soon! Cheers!

Fred (KI7TPD)



**Reminder RCARC Club
Annual Barbecue.**
[See Flyer on page 10](#)

RCARC Monthly Breakfast

**Please come join us on the
first Saturday of each
month at 9:00 am. for our
club breakfast. We meet at
the Golden Corral Buffet &
Grill (in the back room),
1379 S. Main Street, Cedar
City. Their menu offers an
unmatched variety of
quality foods from
breakfast to dinner.
See you there.**



**Happy Birthday and
Anniversary to those
celebrating in August**



Happy Summertime

Breakfast Net		Friendship Net		
First Place	Second Place	First Place	Second Place	Third Place
K2MFK - Kevin	N7SIY - Silvia	K7NKH - Lee	K7HDX - Ron	K7WEP - Paul
K7ZI - Dick	N7SND - Larry	K7ZI - Dick	N7WWB - Darlene	KI7LUM Bruce
KG7PBX - Linda		KA7J - Lance	W6DLW - Dennis	
KI7TPD - Fred	Third Place	KI7TPD - Fred	KI7LVC) – Tim	
KI7WEX - Bonnie	KI7SCX - John	KI7WEX - Bonnie		
		KE8OYI - Caleb		
		N7SIY - Sylvia		
		W9YNK - Benjamin		

**Rainbow Canyons Amateur Radio Club
Treasurer Report July 11, 2023**

Bank balance June 1, 2023	\$1,566.50
Deposit - memberships KI7ZAD	+ 15.00
Expenses	
Rocky Mountain Power	- 18.71
Field day exp - propane	- 17.80
Balance as of June 30, 2023	\$1,544.99
July outstanding membership Deposit N7TCE	+15.00
Outstanding checks - Field day expenses Food - Field Day ck# 123	- 208.59
July Expenses Rocky mountain Power (due 7/17/2023)	- 20.12
Funds available as of July 17, 2023	\$1,331.28

Submitted by
Linda Shokrian KG7PBX
2023 RCARC Treasurer
435-867-5914

RCARC Upcoming Events

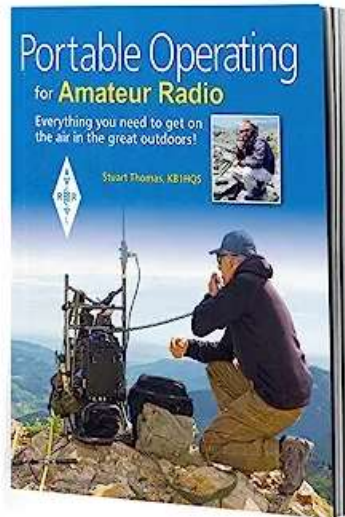
- RCARC annual Bar-B-Cue. August 8, 2023. More info to follow.
- Cedar City Half Marathon. September 9, 2023. More information to follow.
- October 10, 2023. Winlink (Digital) Demo.
- Fox Hunt in October. More information to follow.

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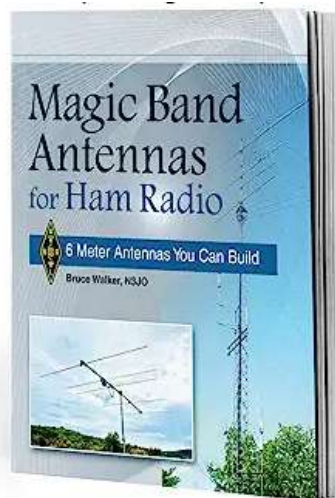
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RCARC Book Giveaway.
Books are donated by
Linda Shokrian
(KG7PBX)

Shown below is the book that will be given away at the August 8, 2023 meeting.



The Book below was given away to Darlene Shelley (N7WWB) at the July meeting



Congratulations

Darlene

Picture on page 14

Contact Us.

Mailing Address:

195 E. Fiddler's Canyon Road #3.
Cedar City, Utah 84721

Club E-mail:

cedarcity.rcarc@gmail.com

Newsletter E-mail:

rcarcnewsletter@gmail.com

Website

www.rcarc.info

Face Book Page:

<https://www.facebook.com/groups/440325486875752/>

To Join RCARC or Pay Dues:

Go to www.rcarc.info select "Club Info" and then "Join " RCARC. Follow the instructions on the template.

Make check payable to RCARC.
Please write call sign on check.

Thank You

Note

RCARC Summer Field Day (SFD) Statistic and required documentation was successfully updated to ARRL on July 14, 2023.

A great big thanks to George Gallis (AL7BX) for compiling and organizing the document for submittal.



Buzz's August Safety Tip(s)



Learn how to Avoid Heat-related Illness and Death

The human body is normally able to regulate its temperature through sweating, until it is exposed to more heat than it can handle. Heat exhaustion and heat stroke can escalate rapidly, leading to delirium, organ damage and even death. In 2021, the National Oceanic and Atmospheric Administration reported 201 people died and 67 were injured in the U.S. from weather related excessive heat, according to [Injury Facts](#).

People most at risk include:

- [Those who work in the heat](#)
- Infants and young children, especially if [left in hot cars](#)
- People 65 and older
- People who are ill, have chronic health conditions or are on certain medications
- People who are overweight

If your job requires you to work outside in hot weather, you and your supervisors can take precautions to minimize the risk of heat-related illnesses. The [National Institute for Occupational Safety and Health](#) recommends:

- Working shorter shifts until workers have adjusted to the heat
- Staying hydrated and drinking before you get thirsty
- Watch out for co-workers exhibiting signs of heat exhaustion or heat stroke
- Take time to rest and cool down

Knowing the [symptoms and proper response](#) to these illnesses can save a life.

Heat Exhaustion

When the body loses excessive water and salt, usually due to sweating, heat exhaustion can occur. According to the [free NSC First Aid Quick Reference app](#), signs and symptoms include:

- Pale, ashen or moist skin
- Muscle cramps (especially for those working or exercising outdoors in high temperatures)
- Fatigue, weakness or exhaustion
- Headache, dizziness or fainting
- Nausea or vomiting
- Rapid heart rate

Uncontrolled heat exhaustion can evolve into heat stroke, so make sure to treat victims quickly:

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Learn how to Avoid Heat-related Illness and Death

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Move victims to a shaded or air-conditioned area

- Give water or other cool, nonalcoholic beverages
- Apply wet towels, or have victims take a cool shower

Heat Stroke

Seek medical help immediately if someone is suffering from heat stroke. Signs include:

- Body temperature above 103 degrees
- Skin that is flushed, dry and hot to the touch; sweating has usually stopped
- Rapid breathing
- Headache, dizziness, confusion or other signs of altered mental status
- Irrational or belligerent behavior
- Convulsions or unresponsiveness

Immediately take action:

- Call 911
- Move the victim to a cool place
- Remove unnecessary clothing
- Immediately cool the victim, preferably by immersing up to the neck in cold water (with the help of a second rescuer)
- If immersion in cold water is not possible, place the victim in a cold shower or move to a cool area and cover as much of the body as possible with cold, wet towels.
- Keep cooling until body temperature drops to 101 degrees
- Monitor the victim's breathing and be ready to give CPR if needed.

DO NOT:

- Force the victim to drink liquids
- Apply rubbing alcohol to the skin
- Allow victims to take pain relievers or salt tablets

The best way to avoid a heat-related illness is to limit exposure outdoors during hot days.

According to [the Centers for Disease Control and Prevention](#):

- Air conditioning is the best way to cool off
- Drink fluids, even if you don't feel thirsty, and avoid alcohol
- Wear loose, lightweight clothing and a hat
- Replace salt lost from sweating by drinking fruit juice or sports drinks
- Avoid spending time outdoors during the hottest part of the day, from 11 a.m. to 3 p.m.
- Wear sunscreen; sunburn affects the body's ability to cool itself
- Pace yourself when you run or otherwise exert your body

Keep Each Other Safe

In your community, please check in on neighbors who are elderly, house-bound or otherwise may be reluctant to ask for help. You can offer to host them in the air-conditioned comfort of your living room on hot days, drive them to a local cooling center, or call relatives or city services to arrange for them to stay cool.

Continued next column



RADIO NEWS

H. GERNSBACK—Editor and Publisher
ROBERT E. LACAULT—Associate Editor

EDITORIAL AND GENERAL OFFICES, 22 PARK PLACE, NEW YORK

Vol. 5

AUGUST, 1923

No. 2

Short Radio Waves

DURING the last decade we have as a rule employed for radio communications wave-lengths varying from 10,000 meters down to about 600 meters for commercial work. The broadcast era inaugurated about two years ago witnessed a reduction of this wave-length down to about 360 meters. Long before that time, American amateurs had been transmitting on a wave-length of 200 meters and although our radio experts told us that very long wave-lengths such as 10,000 meters and over were absolutely necessary for long distance work, such as trans-oceanic, the amateur proved with his puny wave-length that he could span the ocean with facility.

Over three years ago, in an editorial, we mentioned and prophesied that the greatest wonders in store for radio lie in short wave-lengths, and we seem to be just about coming to this. About a year ago Marconi made the announcement that he could send radio waves in any direction by means of parabolic wave reflectors. The wave-lengths he used were about 20 meters or thereabouts. This was a great step in advance. Recently Dr. E. F. Nichols, director of the Nela Research Laboratories and his Associate, J. D. Tear, went Marconi one better and actually produced a wave-length of a little less than 1/100th of an inch! This is most extraordinary because for the first time radio waves have been made to overlap heat waves. Heat waves of 1/175th of an inch have been obtained in the laboratory, so that *we have now actually merged radio waves into heat waves.*

Just what this statement means to the future of radio seems impossible to even dimly discern today. One can make the wildest guesses and will probably hit far below the mark. For instance, if we say that the future radio generator may be an ordinary burning candle, this may sound like a wild dream, nevertheless the results of Nichols and Tear will make such a thing possible. If the radio waves can be converted into heat waves, or rather intermingled with them, there is no reason why the flame of an ordinary candle cannot be made to give out radio waves by some sort of transformation which as yet we can only see dimly in the future.

On the practical side, the era of short waves is just

dawning. Recent experiments of Dunmore and Engel, of the Bureau of Standards, have shown that an entirely new field may be opened by short wave-lengths of about 10 meters or less. Such wave-lengths can and will be used for house to house communications in low power radio telephony. These waves can be directed in a beam so that they will only go in one direction. In other words, they can be directed just as a light ray is directed, by a search light, with the advantage that the concentrated radio beams can be made to go much further than light rays.

Hertz, in his famous researches years ago, has shown that electro-magnetic waves—radio waves in other words—can be refracted exactly like light rays. By means of a huge lens made of pitch, Hertz actually focused a beam of radio waves upon a chosen spot. By means of a pitch prism he refracted his waves much as we refract light rays, through a crystal prism. Indeed Nichols and Tear used similar appliances; for instance, they used a focusing lens made of paraffin where Hertz used a lens made of pitch.

There is a tremendous field for research open to the amateur in the wave-lengths between 10 meters and 1 meter, and entirely new fields will be opening up once we avail ourselves of these new wave-lengths. For one thing, interference is practically done away with. Static, the enemy of all radio experimenters, entirely vanishes when such a wave-length as 10 meters is used. For communication between friends and for short distances, up to a few miles, a 10-meter wave-length is ideal and likely to bring out new and unsuspected phenomena. Unless all indications are wrong, there will be a general stampede down to the low wave-length during the next few years. It will be accompanied by entirely new varieties of instruments which we cannot even conceive of clearly today. This is certain, mainly because the frequencies for the low wave-lengths become truly enormous. Thus, for instance, the frequency for 350 meters with its number of oscillations is 856,628. On 200 meters, the frequency has already become 1,499,100 vibrations per second, while for wave-lengths of 10 meters, the frequency has gone up to the tremendous value of 29,982,000 oscillations per second.

H. GERNSBACK.

RCARC July Breakfast Pic's



George (AL7BX) in foreground and Bruce (KI7LUM) rear filling their plates.



Members enjoying breakfast and conversation.



Dick (K7ZI) assisting Sylvia (N7SIY) with her plate.



Brody (K7VXV) giving the high sign for a great breakfast



Fred (KI7TPD) arriving for breakfast.

Continued on next column



Brant (KJ7LTQ) and daughter Maddie (KK7FLL) posing for the camera as they enjoy their breakfast.

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Iron County Office of Emergency Management (OEM) E-Comm. Unit participates in Southwest Utah Healthcare Coalition Quarterly Exercise.

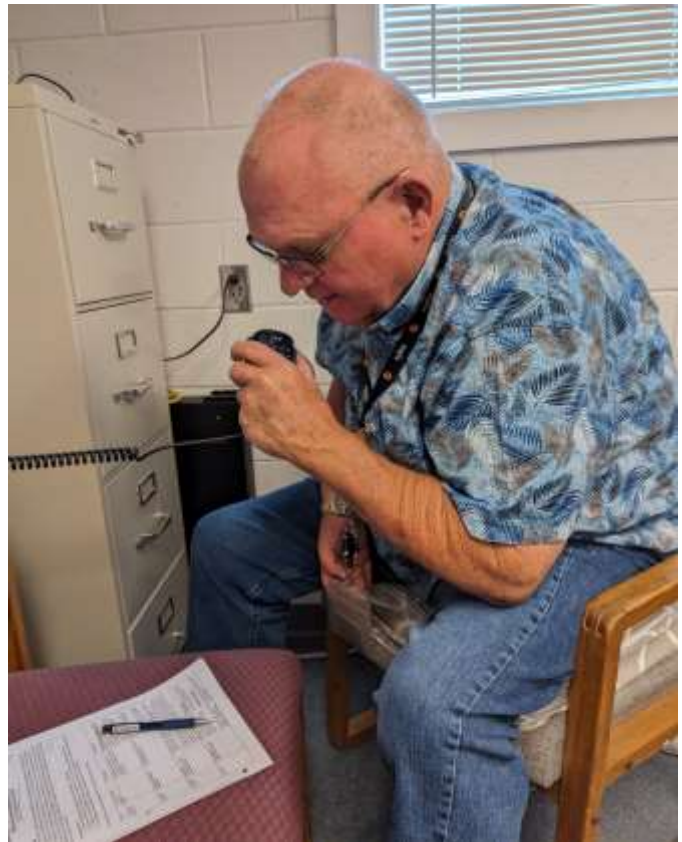
The Southwest Utah Healthcare Coalition Exercise is a communications exercise for Emergency Support Function 8, Public Health & Medical Services, and the Southwest Utah Healthcare Coalition. The purpose of this drill is to practice and validate emergency communication capabilities among healthcare facilities, emergency management, and other key partners in the Southwest Region of Utah.

On Tuesday July 11, 2023 E-Comm. members staffed the Radio Communication Room at the SWUPHD, Cedar City Office (First time at this location) to assist in the exercise.

Pictured below is Jack Colter (KG7VEJ) who is monitoring the Digital Communications portion of the exercise. Dennis West (W6DLW) who is monitoring the VHF Radio Communications. In addition, pictured are Brad (WA7HHE) and Austin (W1EPR) who provided a great deal of experience and support to the exercise.



Jack (KG7VEJ) monitoring and working the Digital portion of the net. **Continued next column**



Dennis (W6DLW) Monitoring the VHF portion of the exercise.



Assisting were Brad (WA7HHE) and Austin (W1EPR). Austin is the SWUPHD, Cedar City Emergency Services Coordinator.

Rainbow Canyons Amateur Radio Club 2023 Annual Barbecue/Potluck



Please come join us for the Rainbow Canyons
Amateur Radio Club (RCARC) 2023 Annual
Barbeque/Potluck Dinner

Tuesday August 8, 2023 at 6:00 PM.

Location: Christ the King Catholic Church, 690
Cove Drive, Cedar City, UT 84720

In Pavilion to rear of church

Just South
of the
Temple

Please bring a Dish, Dessert to share with others



Church
Pavilion

Commercial Interests Petition FCC for High Power Allocation on Shortwave Spectrum

The ad hoc group Shortwave Modernization Coalition petitioned the Federal Communications Commission (FCC) to allow data communications on multiple bands within the HF 2 - 25 MHz range with up to 20 kW, including on bands immediately adjacent to spectrums allocated to the Amateur Radio Service. This group appears to represent high-speed stock trading interests. The FCC has assigned the public notice as docket number RM-11953. Comments are due by July 31, 2023, and comment replies are due by August 15, 2023. While the petitioners exclude the amateur bands, high-power operations on immediately adjacent bands are proposed. ARRL is reviewing the petition.

A PDF of the petition is available at: <https://www.fcc.gov/ecfs/document/1042840187330/1>.

Teachers Gather for STEM Training at ARRL

A group of educators were at ARRL Headquarters in Newington, Connecticut, the week of July 13, 2023, for the ARRL Teachers Institute on Wireless Technology. The 13 teachers were from all over the country, and they were in town to learn hands-on STEM activities through amateur radio. "They liked foxhunting and satellite contacts the best," said ARRL Education and Learning Manager Steve Goodgame, K5ATA.



A group of teachers from the ARRL Teachers Institute of Wireless Technology learn about radio direction finding (foxhunting) in front of ARRL Headquarters.

Continued Next Column

ARRL holds five sessions each year, and each session is 5 days in length. The [Teachers Institute](#) is an expenses-paid professional development program filled with lectures, hands-on activities, and demonstrations that are intended to provide teachers with tools and strategies to introduce basic electronics, radio science, satellite communications, amateur radio, weather science, microcontrollers, and electronic sensors to their students. "The whole idea is to inspire teachers to go back and inspire their students to be excited about amateur radio," said Goodgame.



W1VCM Receives Grant for the Vintage Radio and Communications Museum

The amateur radio club of the [Vintage Radio and Communications Museum of Connecticut](#), W1VCM, has received a grant to design and implement new antennas that cover frequency ranges available to US radio amateurs and add Earth-space capabilities to their shack.



"These new capabilities will allow club members to show the full range of technologies that make amateur radio the unique lifetime hobby it is," said club President Bob Allison, WB1GCM. "Over the years, these demonstrations have encouraged more than a few visitors to pursue their amateur radio licenses. These improvements will allow our visitors to better engage with technologies that impact their everyday lives," he added.

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RCARC July Breakfast Pic's

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Bruce (KI7LUM) and his wife in foreground along with Linda (KG7PBX) and George (AL7BX) in background.



George (AL7BX) and Linda (KG7PBX) just finishing their breakfasts.



Another group photo of members in conversation over breakfast.

Southwest Utah Public Health Department (SWUPHD)

Cedar City Office gets New HF Radio & Antenna Installed.

On June 28th several members of the RCARC EComm Group met with Austin Smith (W1EPR), Emergency Services Coordinator for SWUPHD to install a new HF radio, run the coax, connect the necessary cables and connections to the tower and install the antenna.

See pictures below:



Austin (W1EPR), Brad (WA7HEE), Jack (KG7VEJ) and Ken (KR7KR) planning the morning project.



Austin (W1EPR) and Mike (KI7ZXC) on tower pulling coax through the wall to connect to the antenna.

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RCARC July 11th Membership Meeting Pictures



Members signing in and getting their snacks,



Fred (KI7TPD) bringing the meeting to order.



Pledge of allegiance.



Linda (KG7BPX) giving the Treasurer's Report.



George (AL7BX) giving Repeater Report. Blowhard (Intertie) Repeater back on line.



Ron (K7HDX) giving the upcoming events report.
September 9th, Cedar City, Half Marathon.

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Southwest Utah Public Health Department (SWUPHD) Cedar City Office gets New HF Radio & Antenna Installed. Continued from page 12



Ken (KR7KR) installing antenna connectors to sections of coax.



Mike (KI7ZXC) Soldering the connectors to the coax.
Note: Not pictured were George (AL7BX) and Dennis (W6DLW).



Darlene Shelley (N7WWB) July Book Winner.

W1VCM Receives Grant for the Vintage Radio and Communications Museum Continued from page 11

The museum is run by volunteers and it opened in September 1990. It is dedicated to the preservation of old-time communications equipment and to educating the public about communication systems of the past.

The new functionality will include computer-controlled tracking, a high-gain antenna system, and a new satellite transceiver that allows communications to the International Space Station and several low-Earth orbit amateur satellites.

Vintage Radio and Communications Museum of Connecticut Director John Ellsworth emphasized the importance of the amateur radio club as part of the story of communications, stating, "During our docent-led tours, we discuss the history and development of radio and television. Having a working radio station available reinforces many of the topics discussed."

The grant was awarded by [Amateur Radio Digital Communications](#)

Member Highlight



Above Terry and Dennis (W6DLW) West receive from Fred (KI7TPD) a Gift certificate to Las Flores Family Restaurant for their many contributions to the Rainbow Canyons Amateur Radio Club (RCARC).

RCARC EComm Board Meets

July 10, 2023 the RCARC EComm Board Members met via Zoom to continue the direction that was set last March for this coming year by providing new training opportunities and noteworthy presentations for our members.

Board members present were Dennis West (W6DLW), Brad (WA7HHE), Ron (K7HDX), Fred (KI7TPD), Bonnie (KI7WEX), Darlene (N7WWB) and Bruno (KG7VVN).

Following are some highlights from the meeting:

Incident Command System (ICS) 100

This independent study course introduces ICS training. It describes the history, features, principles and organizational structure of the system.

This class will be introduced at the July membership meeting and a polling of those in attendance will be taken to obtain an interest level as we proceed forward.

Winlink Training

Ron (K7HDX), Fred (KI7TPD) and Linda (KG7PBX) at our October 2023 membership meeting will be using Winlink on how to do a net, complete forms and templates, use with HF and with FM repeaters. For those then interested follow up with how to install the software and how to obtain needed hardware will be provided.

Electromagnetic Pulse Presentation

After discussion and availability of an instructor this presentation will be scheduled in early 2024.

Active Shooter Presentation

The EComm Board is actively working on bringing this presentation to our club membership and others. We have an instructor but have yet found a date that works for both parties. More to follow on this presentation.

EComm Antenna and RCARC Comm. Trailers

The EComm Board will be looking at and arranging an open house of the Antenna and Comm. Trailers. The Board will be looking to identify a lead person for each trailer to be responsible for its maintenance and care. These individuals can then arrange a work party of volunteers to mitigate any and all problems.

Bruno (KG7VVN) has offered to be the lead person for the Antenna Trailer

More information on this will follow.

Summits on the Air 2023: North America

Summits on the Air (SOTA) in North America has three events scheduled between August 4 - 7, 2023. The [Colorado 14er](#) annual event will run from August 4 - 7, the [SoCal SOTAFest](#) in Southern California will run from August 4 - 6, and the [Pacific Northwest Not-Quite-Fourteener](#) event will run from August 5 - 6, and includes climbers in Washington and Oregon.

SOTA is an award scheme for radio amateurs that encourages portable operation in mountainous areas. It provides opportunities for summit climbers (known as activators) to scale some of the highest peaks in North America and contact amateur radio stations locally and around the world.

Many different frequencies and modes will be used during the August events, but the recommended 2-meter FM frequencies have been changed to 146.58, 146.55, and 146.49 MHz to align with the use of the North America Adventure Frequency for SOTA (146.58 MHz). Operation is also permitted on select HF frequencies. The National Simplex Frequency (146.52 MHz) may also be used. Each event website provides a list of operating frequencies. All amateur radio operators and shortwave listeners are invited to participate.

Read more about [SOTA](#) at their website.



RCARC July 11th Membership Meeting Pictures

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Presentation on Propagation and Antenna's By Ken Munford (N7KM)



Ken (N7KM) introducing himself and providing an overview of his presentation.



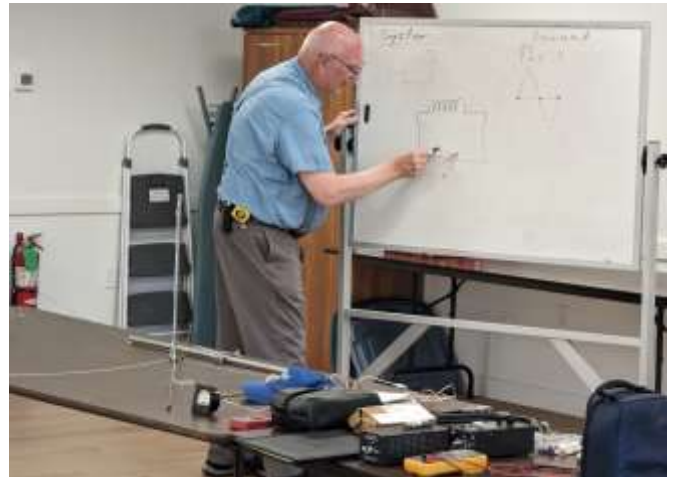
Ken (N7KM) asking Siri on phone the definition of System. Your radio, power, coax and antenna are all part of a system.



Ken (K7KM) explaining the components of an antenna.



Members watching Ken's (K7KM) presentation.



Ken (K7KM) using diagrams to get his message to the participants.

National Sunflower Day is August 15, 2023, and the ARRL Kansas Section will be hosting a Sunflower Net. The Sunflower Linked System is a multimode linked system in Kansas and the special event call sign will be W0S. Stations are encouraged to check into the Sunflower Net by using one of the connectors listed at www.sunflownet.us. Those connections are available on Allstar, Hamshack Hotline, EchoLink, digital mobile radio (DMR), Digital Smart Technology for Amateur Radio (D-STAR), System Fusion, Project 25 (P25), or open-source amateur radio M17. Lloyd Colston, KC5FM, one of the event managers, said the sunflower is the state flower of Kansas, and more information about its observance and history is available at the National Sunflower Day web page or at State Symbols USA.

Continued next column

HAM Radio Best Practices for New and Old Hams.

HAM Radio is a whole new world for you, and you want to jump into it ASAP, however you are bound to make mistakes on occasion and that's alright. Play nice with everyone you speak to. Here are a few tips and even unwritten **rules in Ham Radio** to help you avoid pitfalls and maybe some embarrassing situations:

On the air:

- After pressing your [PTT](#) button, wait about ½ second before speaking, especially if you're communicating through a repeater. The repeater takes a second to "catch up" with you.
- When speaking into your microphone, keep the microphone a little bit away, don't talk into it like you see in the movies. This will make sure you don't sound bloated on the air.
- Place your hand microphone about four to six inches from your mouth when transmitting. Speak clearly and use your voice without yelling in to the mic.
- When announcing your call sign along with that of another ham, the rule is to put yourself last, as in "KI5LMR, this is KI5WTR" if your call sign was KI5WTR.
- While it's customary to call out CQ on HF bands, it's best practice on the 2-meter and 70-cm bands to announce your call sign instead, especially on a repeater.
- If another ham points out a problem with your transmission ("you're sounding a little scratchy"), always assume the problem is with you (location, orientation, power too low, etc.) or your equipment first, and always admit your mistakes.

- If you'd like to jump into an ongoing conversation, avoid using the word break; instead, say your call sign between their transmissions. Usually, they will acknowledge you and allow you to speak.
- After your contact releases his PTT (Push-to-talk) button, wait one to two seconds before you press yours, in case another person wants to join the conversation or has an emergency.
- Avoid "[kerchunking](#)", which is repeatedly pressing and releasing your PTT button without announcing your call sign; it's not only illegal, but irritating to others, especially those listening on a repeater. Remember...good practices!
- When speaking through a repeater, try and keep your conversations to under a few minutes. Most repeaters will have a time out. The repeater I use times out every two minutes. Don't sweat it, you will get used to this. Remember, this is all new to you right now.

Personal:

- While it's not always possible, try and make your conversations positive and upbeat; sounding positive attracts friends, while negative comments tend to turn other hams away from you, even if well-intended.
- Don't get offended just because another ham can't remember your name or call sign, most likely until later on, you will have the same issue. People will eventually get to know you around your area. I used a pen and paper to write down call signs and names when I was on the radio to help me remember who I talked to.

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HAM Radio Best Practices for New and Old Hams.

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- If another ham does offend you, let it go; don't retaliate or try and belittle the other ham for it; be the adult in the encounter, even if you're a kid. This is not a place to troll others. Save that for Facebook!
- Be considerate of your contact's time, and minimize dead-air time by at least thinking of what you're going to say before keying up.
- Avoid making insulting or disparaging remarks about others on the air; what people hear you say about others, they'll also believe you'll say about them. You are trying to make new friends here after all.
- If you feel you must correct the behavior of another ham, do so off-air, tactfully, and out of earshot of others.
- Within reason, avoid burping, coughing, sniffing, clearing your throat, smacking your lips, and making other bodily or disgusting noises on the air. Why? It's just gross...EWWW!
- Whenever possible try not to engage in political or religious conversation. These are too hot topics that can easily get out of hand due to varying feelings on the matters. There are thousands of other subjects you can talk about.

Equipment:

- Make sure your radio is programmed with an appropriate frequency list before you stash it away, but be sure to accompany it with a card or sheet to remind you of what the frequencies or channel names are for. If your radio has an SD card as a backup, this will save you a lot of grief later if something happens.

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- Learn how to manually program your radio; you might not know when you need to travel through a location where there is no cell signal available for your phone or tablet
- Join a regularly held net, which will give you weekly practice on your radio, to keep you acquainted with your equipment operation and limitations
- As far as practical, keep your radio equipment clean; you might never know when you'll need to share your microphone with somebody else, and keeping your controls clean will help ensure that they'll work for you the next time. You paid for it, take care of it!



Skamania County (Washington) ARES® Responds to Tunnel 5 Fire

On the morning of July 2, Skamania County (WA) ARES Emergency Coordinator [Kevin Widener, KE7IN](#), was on his deck and noticed smoke blowing above the Columbia River. He drove a quarter of a mile to investigate and saw that flames from burning trees were already above the bluff 1,200 feet above the river. Almost immediately, the small community of Underwood, Washington, was under Level 3 "GO NOW!" evacuation orders. The threat was real, and the community's safety became the top priority. The fire became known as the Tunnel 5 fire. By July 4, a Type 2 Incident Management Team was deployed to manage firefighting land and air resources that came from all over the Pacific Northwest.

Recognizing the gravity of the situation, the Skamania County Sheriff, Summer Scheyer, called upon ARES to staff two positions to lend their support at the Emergency Operations Center (EOC).

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Skamania County (Washington) ARES® Responds to Tunnel 5 Fire

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Their crucial responsibilities included fielding phone calls from concerned residents and ensuring Sheriff Scheyer remained informed by closely monitoring social media and firefighting efforts. For 4 intense days, ARES members dutifully manned the EOC, providing vital assistance during a time of crisis. By the time the fire was contained, five residences were lost, several more sustained significant damage, and several other structures were destroyed. Quick response from the local volunteer fire department and firefighting aircraft prevented scores of other homes from being destroyed.

Meanwhile, another ARES member received a request on the morning of July 3 to deploy to a small community located west of Underwood. The area had suffered significant damage to telephone landlines, leaving some residents without any means of communication. To address this urgent need, a radio station was swiftly established at the local school. This improvised solution ensured emergency access to dispatch services, should the need arise. ARES operators showcased their resourcefulness, stepping up to provide citizens with a lifeline during this time when telephone landline access was unavailable. Once the landline was repaired, the radio station was deactivated, marking the successful conclusion of this deployment.

Skamania County ARES comprises a dedicated team of 11 amateur radio operators, all united by their unwavering commitment to the community's safety. Many of these operators had previously been activated during the devastating 2017 Eagle Creek fire, which ravaged over 50,000 acres of the pristine Columbia River Gorge. Their tireless efforts did not go unnoticed, as the Sheriff and other community leaders expressed their gratitude and appreciation for our ARES team's invaluable contributions during the Tunnel 5 fire. -- [Kevin Widener, KE7IN/WQWI878](#), Emergency Coordinator, [Skamania County, Washington ARES \(W6TQF\)](#)

Perseverance Pays Off for Two Visually Impaired Hams

"We all acknowledge that it is stressful and taxing on one's brain cells to complete the test for any level of the ham license. There's a lot of studying and some memorization in preparation to sit for an hour in front of the Volunteer Examiners (VEs). You must read each question, select the correct answer, then fill in the corresponding circle on the test form.

"But what if you are blind, or partially blind? Do you give up your dream of becoming a ham? Certainly not! That was the attitude taken by Jacob Johnson, KN6ZQV, and Ben Weiss, AK6CC, who now have their Amateur Extra-class licenses, when they tested with the Western Placer ARC, in California.

"Jacob completed each element within 3 months; Ben tested to renew his lapsed Extra credentials.

"With only receiving help from the VEs to fill out their registration forms, they each successfully completed their exams.

"Yes, it requires a strong desire, an inordinate amount of patience, and incredible focus. But it can be done. And Jacob and Ben are a testament to a triumphant outcome."

By Frank Boardman, K1FMB

