







October, 2019 Volume 57 Issue 10



http://www.w1mv.org



https://www.facebook.com/w1mvmara/



https://twitter.com/search?q=Massasoit%20Amateur%20Radio%20Association&src=typd

Next meeting is November 19, 2019 at 6:30am at the Bridgewater Public Library in Bridgewater Center. Talk-in is on 147.180+

Membership

The website has been updated with our current roster of paid members. If there are corrections, please drop an email to maranews@w1mv.org

Presidents Notes

MARA Facebook page: Our Massasoit Amateur Radio Association Facebook page with club events, meetings, photos, etc. are occasionally updated so that it may be another resource for us on which to spark interest in our club, amateur radio and keep members informed of what we are doing outside of our club meetings and in our community. If you go to the "about" tab on our page you can find our http://www.wlmv.org/ web page for our present and past newsletters and other club information. Please send Phil N1XTB n1xtb@powersrvcs.com or Denise KC1CFO denigs1@aol.com any articles or photos you would like to see in our MARA newsletter, W1MV-MARA Website and Facebook page. Jeff N1ZZN has created a link to twitter to help get the word out even more!

Open: WA1BEE - Allen Hiltz called the meeting to order at 6:33pm led by the pledge of allegiance.

Attendance: 7 were present including elected officers.

President - WA1BEE - Allen Hiltz **Vice President** - N1ZZN - Jeff Lehmann

Secretary - KC1GTR - Wendy White Treasurer - N1XTB - Phil McNamara

N1RTS - Robert Sisson KB1TEE - Rick Emord KA1YL - Connie Franciosi AG1B - Richard Metcalf









Secretary Notes - KC1GTR - Wendy White

Motion to accept the August 2019 MARA Secretary's report was made by Rick KB1TEE with 2 corrections, Denise Sisson's name and the date of the Pearl Harbor Remembrance, which is Dec 7th USS Wisconsin – N4W1S will be on the air – motion was seconded by AG1B - Richard. All in favor, 0 opposed.

Club Treasurer - Phil - N1XTB, presented report – we have had no new income, National Grid bill was \$65.22, leaving the funds available of \$792.53. Motion to accept the report was made by AG1B - Richard and seconded by KB1TEE - Rick. All in favor, 0 opposed.

Jeff – N1ZZN was up working on the amplifier and has it partially fixed. Bypass for this as it is still not working. Mesh devices – possibly see if we can get Jim -W1JT to come in and speak Nov or Dec on the Mesh Devices.

Reminder – Basic Electronics class will be held by Ross W1EKG at bavarianradio@comcast.net. Anyone that would like to learn some basic electronics here is your chance. Ross W1EKG will be hosting such a class for eight weeks starting September 9, 2019 at 1900 hours inside of the Whitman police station. Whitman Police station is located at 20 Essex St Whitman, MA.

One new member application was received, Scott Sheets. Rick – KB1TEE made a motion to accept and Connie – KA1YL seconded. All in favor, 0 opposed.

Allen would like ideas on how to increase our membership. All agreed that we need to get the younger generations interested. Rick - KB1TEE said the Scouts might generate some interest. Teen Cert, Wendy will be volunteering at the BR High School on Sept 19th and will see what night Kevin will be holding the communications instruction. Try to have a representative present to sign kids up.

October 18,19,20th the Scouts are holding Jamboree – Camp Noise reached out to see if they could use the repeater. It was agreed that they could use the repeater. Rick – KB1TEE - is going to donate his portable tower and go down to set it up for them. He will be in attendance Sat Allen may try to attend and Wendy will try to attend Sunday.

Allen, Rick and Phil will check the Boy scout's website to see what the requirements are for getting a communications badge. Thoughts were that we could hold a ham class for this.

Received an invitation from Bob Johnson KA1NMA - GENESIS ARS cordially invites Your club members to attend the Paul Tura Memorial Fox hunt and breakfast on *Saturday* *September 21, 2019*. Paul (N1KFD) is a silent key who was a greatly valued member of our club whom we miss very much! The breakfast is at Kevin's restaurant on South Meadow Road in Plymouth (across from Plymouth Airport gate 3) at 9:00AM. The Fox hunt will begin at 10:00AM and will be started from the parking area at gate 2 of Plymouth Airport. Any questions? Email me at skywarn007@gmail.com. Phil will email out a reminder the night before.









Potential speakers, Joe Cosara retired from Keolis – knows about train communications – drones, and remote capabilities. Jim (JT) packets – DStar. Bill Burke – County Communications, Plymouth County, Connected Services, Connections to each repeater statewide. These speakers would be great to get.

Phil - Don Becki's wife passed, all agreed that we should send a condolence card.

Field Day – Example of setting up for a field day – Nashville Amateur Radio Field Day, go to youtube and type in or click on the following link.

https://www.youtube.com/watch?v=wo5AJ5FJk1I and/or just type in Nashville Amateur Radio Field Day.

Reminders - Upcoming Events

Sept 18th Wings of Freedom Tour - B27.

October 18 should be written as JOTA jamboree on the air. JOTA will be at camp Norse in Kingston, MA.

Sept 21st 8:00AM to 4:00pm - is the Birthday Celebration in the Wardroom Annex in the Battleship Cove

October 11th-12th - Nearfest.

November 2nd - FaraFest, Borne, MA Sponsor: **Falmouth Amateur Radio Association** Website: **http://www.falara.org**

November 11 is being sponsored by K1USN and will be from their Braintree facility at the Watson museum.

Dec 7th USS Wisconsin - N4W1S will be on the air - remembrance of Pearl Harbor.

December - Whitman's Winter Fest-

Fundraiser – this could be an ongoing fundraiser – take donated items, snap some pictures, gather some information on the items and list them on the Facebook Page, Twitter, Instagram and in the marketplace, etc. Phil to discuss with his son and see if he would like to spearhead this endeavor, if not Wendy – KC1GTR will tackle this.

Allen - WA1BEE asked if anyone had any further business to discuss, all said no, closed the meeting at 7:25pm.

Note received: During Jamboree: Saturday October 19, KC1TAC will be hosting 300+ Cub Scout at Camp Norse in Kingston for the 62nd Jamboree on the Air. If you are available to attend, like Greg W1VFB, Paul KB1MTW and Rick KB1TEE, please reply today so we can add your name to our list of Hams. Arrive at 8am bring your favorite Soda/drink plan to leave after 3. If you are going to be operating at home, I can't wait to hear from you! Let us know where you will be listening from! If you are hosting a JOTA station like; we hope to hear you during the day. How can you help? 1st; Are you hosting a JOTA Station? Let me know what your plans are so we can share them with other stations. Please forward the following Info to share. Name, Scout Position, Call Signs/Station, Date, Time, Location, Council and Unit# Don Burke, Scoutmaster, KB1LXG/KC1TAC, Oct 19th, 10-3, Camp Norse Kingston, MA, Narragansett, Troop 40.









2nd; Are you or do you know an Eastern Mass Repeater Trustee? We have Whitman and Bridgewater. Will they allow us to use their Repeater for JOTA contacts? All info regarding the repeater is helpful; location, frequency, tone -/+. Does the Repeater have Eco-link? Might your trustee change the station name (for the day) to read JOTA station and Location? 3rd; Might you like to help us at Camp Norse? Maybe you have a Special Skill you can demonstrate? Fox Hunter, Code, satellite. ANYTHING! Bring your gear, show it off, encourage the Scouts! Get back to me about your skill and willingness to help. It doesn't take much. The Scouts are 1-5th graders and spend 2-8 mins with you then they will move to the next radio. The Day Flies By Quick! 4th SHARE this email with your Club/Group/Troop/Pack/Crew! Spread the word! The more contacts we make, the better everyone's JOTA will be! The Scouts we show Amateur Radio to TODAY; will become our best contacts Tomorrow! 73's YIS, Don Burke KB1LXH, SM Troop 40, 508-944-3024

The K7RA Solar Update

The K7RA Solar Update

10/11/2019

No sunspots appeared over the past week, and in the prior week there were only two days with sunspots, so average daily sunspot number declined from 3.1 to 0.

Average daily solar flux nudged higher, but just barely, from 67.6 to 67.8.

Geomagnetic indicators were much lower this week, with average daily planetary A index retreating from 14.4 to 6.3, while the mid-latitude average went from 11 to 5.3.

Predicted solar flux for the next 45 days is 68. That's correct, on every day for the next month and a half, October 11 through November 24 the solar flux is forecast to be 68. This is in line with recent conditions.

Predicted planetary A index is 5 on October 11-12, 8 on October 13-14, 5 on October 15-20, then 12, 5 and 5 on October 21-23, then 18, 25, 12, 10 and 8 on October 24-28, then 5 on October 29 through November 3, 8 on November 4-5, 5 on November 6-8, then 8 on November 9-10, 5 on November 11-16, then 12, 5 and 5 on November 17-19, then 18, 25, 18, 10 and 8 on November 20-24.

F.K. Janda, OK1HH, sent this geomagnetic activity forecast for the period October 11-November 5, 2019.

Geomagnetic field will be:

Quiet on: October 16-17, 29-30

Quiet to unsettled on: October 15, 18-20, 22-23, November 1 Quiet to active on: October 11-14, 27-28, 31, November (2-5)

Unsettled to active on: October 21, 26 Active to disturbed: October 24-25

Solar wind will intensify on: October 11 (-14,) 21-26









Parenthesis means lower probability of activity enhancement."

Even more news on huge solar blasts in the past: https://bit.ly/2Mw7LMe

Mike Schaffer, KA3JAW, of Easton, Pennsylvania reported: "Yesterday, Friday, October 4, the same 11 meter band double-hop Es event (reported last week) repeated itself.

"This time it started later during the day, sometime prior to 4:45 PM and vaporized at 6:10 PM ET. From 5:14 PM onward, local (within 10 miles) 11-meter operators were heard mixing with the Puerto Rican DX.

"The signal strength was fairly-good, at times slow short duration fading with slight distortion due to multipath propagation.

"Other signal reports included:

- 2136 UTC WP40 FK68ke 28.075.7 DIGI AB1HL FN42kj 2717 km
- 2142 UTC WP40 FK68ke 28.075.7 DIGI W1ZQ FN42fu 2773 km
- 2151 UTC W1NT FN42lu 28.025.0 CW HK1MW FK20lt 3582 km CW
- WP4O Bayamon, PR AB1HL Cambridge, MA, 1688 miles
- WP4O Bayamon, PR W1ZQ Amherst, NH, 1723 miles
- W1NT Newton, NH HK1MW Barranquilla, Colombia, 2225 miles

"On Wednesday, October 9, the 11-meter band opened with double-hop Es down to the northern Caribbean Sea, from Cuba over to Puerto Rico.

"It started at 4:40 PM ET (2040 UTC) and vaporized at 6:04 pm (2204 UTC), twenty-eight minutes prior to local sunset.

Signal strength ranged from Faint (1) to Fair (5)."

Ken, N4SO, of Alabama sends us his 17-meter notes: "I was on 18.100 MHz using FT8 on October 7. The band opens near sunrise each day, with a variety of European stations, including Ukraine and Oman. Wales appeared first today. When the band opened, there are no US or South American stations, but they appeared about two hours later.

"There are very few Maritime Mobile stations on FT8. However, Vladimir, UW5EJX/MM, was operating from a tanker and we made contact at 1846 UTC.









184645 -13 0.3 2649 ~ CQ UW5EJX/MM

"Using 15 W to my half-square antenna, I also managed to pick up...

120630 -15 0.1 1047 ~ CQ DX GW0PLP IO72 Wales

133430 2 1.5 1713 ~ N4SO OM3SEM 73 (Slovak Rep.)

135700 -1 0.1 1606 ~ <N4SO> HB9SPACE RR73 (Switzerland)

141530 -9 0.4 1551 ~ N4SO EA4HBK RR73 (Spain)

140730 -17 0.3 1737 ~ CQ E75C JN93 Bosnia-Herzegovina

143700 -11 0.1 2378 ~ N4SO EB3JT JN01 (Spain)"

Martin McCormick, WB5AGZ, wrote: "I believe there is a way to tell if the propagation one is hearing is Sporadic E or F2.

"When Sporadic E occurs, the path goes from the transmitter to a patch of sky in which the E layer is ionized to form a reflective surface like a mirror which bounces it back to Earth somewhere else. It is a simple path and the resulting echo fades up and down in strength but there is no selective fading to give that characteristic shortwave sound, as if somebody was continually twisting the tone controls. The signal just gets stronger and weaker.

"F2 reception is more complex because there is more than one F layer. Since radio signals are nothing more than a different color of light, they travel at the speed of light with nulls and nodes that enhance or nullify the carrier on any given frequency from second to second. This is what can briefly make an AM signal sound like sideband and, if you switch to sideband mode, you may hear a tinny-sounding restoration of the AM audio because the null of the carrier only kills the carrier, not the side bands.

"The effect is much like sweeping a RF notch filter across an AM signal because that is what the physics of the multiple reflective layers which may be many miles apart are doing to the signal."

Here is the latest video from Tamitha Skov, WX6SWW: https://youtu.be/Vs5vWvyvgGE

If you would like to make a comment or have a tip for our readers, email the author at k7ra@arrl.net.

For more information concerning radio propagation, see the ARRL Technical Information Service at http://arrl.org/propagation-of-rf-signals. For an explanation of numbers used in this bulletin, see http://arrl.org/the-sun-the-earth-the-ionosphere.

An archive of past propagation bulletins is at http://arrl.org/w1aw-bulletins-archive-propagation. More good information and tutorials on propagation are at http://k9la.us/.

Monthly propagation charts between four USA regions and twelve overseas locations are at http://arrl.org/propagation. Instructions for starting or ending email distribution of ARRL bulletins are at http://arrl.org/bulletins. Sunspot numbers for October 3 through 9, 2019 were 0, 0, 0, 0, 0, and 0, with a mean of 3.1. 10.7 cm flux was 68.2, 68.1, 67.8, 67.4, 67.7, 67.1, and 68.1, with a mean of 67.6. Estimated planetary A indices were 5, 7, 7, 5, 6, 5, and 9, with a mean of 14.4. Middle latitude A index was 5, 6, 6, 5, 4, 4, and 7, with a mean of 11. If you would like to make a comment or have a tip for our readers, email me at k7ra@arrl.net.









For more information concerning radio propagation, see the ARRL Technical Information Service at http://arrl.org/propagation-of-rf-signals. For an explanation of numbers used in this bulletin, see http://arrl.org/the-sun-the-earth-the-ionosphere.

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Monthly propagation charts between four USA regions and twelve overseas locations are at http://arrl.org/propagation.

Instructions for starting or ending email distribution of ARRL bulletins are at http://arrl.org/bulletins.

Sunspot numbers for September 5 through 11, 2019 were 0, 0, 0, 0, 0, 0, and 0, with a mean of 0. 10.7 cm flux was 68.3, 68.9, 73.9, 67.5, 68.8, 70, and 68.1, with a mean of 69.4. Estimated planetary A indices were 14, 8, 7, 10, 14, 4, and 5, with a mean of 8.9. Middle latitude A index was 11, 9, 6, 9, 11, 4, and 4, with a mean of 7.7.

New England Area Ham --- Electronic Flea Market DATES 2019

New England Area Ham - Electronic	Flea Market		
All events are Ham Radio/ Electronic rela	ated except *** 2	019 Contact	Source
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Sept 7th Windsor CT VR+CMus8	Antique	John	860 673 0518 +
Sept 28th Brookline NH NEARC	Antique		603 772 7516 +
Sept 15 th Cambridge MA	FleaMrkt-MIT	Mitch	617 253 3776 F+
Oct 6th Queens NY HOSARC	HOS	Stephen WB2KDG	718 898 5599 +
Oct 11th & 12 Deerfield NH NEARfest XXV	TFG	Mike K1TWF	978 250 1235 +
Oct 20th Cambridge MA	FleaMrkt-MIT	Mitch	617 253 3776 F+
Oct 26th Gails Ferry TriCity ARC	Auction	Tim KC1TWR	860 460 7360 +
Oct 27th Hicksville NY LIMARC	LevitHall	Richard K2KNB	516 694 4937 A+
Dec 7th Windsor CT VR+CMus8	Antique	John	860 673 0518 +

## HAM RADIO LOCAL AREA NETS

Any additions or corrections, contact John – N1UMJ at: N1UMJ@arrl.net.

All Frequencies are in MHz and 6 Meters (50.0 MHz and up.) are FM Mode unless otherwise noted.

Sunday:

8:30 AM WA1NPO – WARPSN Net, Whitman ARC Rptr, 147.225 +, PL 67.0

8:45 AM New England phone net, 3.945 +/~ LSB

Daily:

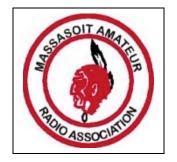
7:00 PM NE Cracker Barrel Net, Matt - W1AEM, NCO, 3.921.00 MHz LSB Pilgrim Amateur

Wireless Assoc. 10 Meter Net









7:00 PM 28.375.0 USB Cape & Island Traffic Net, Mon. Tue. Thur.

7:00 PM Plymouth N1ZIZ Rptr, 146.685 - PL 131.8

7:30 PM Falmouth N1YHS Rptr, 147.375 + PL 110.9 Genesis ARC CW Training Net

8:00 PM Eastern MA 2 Mtr Traffic Net, Boston W1BOS Rptr, 145.230 - PL 88.5

8:00 PM Norfolk County Radio Association Net, , Walpole Rptr, 146.895 – PL 123.0

Monday:

6:00 AM Cape and Islands Weather Net, M-S, Dennis K1PBO Rptr, 146.955 – PL 88.5

8:00 PM Fairhaven Weather Net, SEMARA Rptr, 147.000 + PL 67.0

8:00 PM Norfolk County Emergency Preparedness Net, Walpole Rptr, 146.895 - PL 123.0

8:30 PM New England DMR net, DMR-MARC repeaters talk group 3181 New England

Falmouth ARA Net, Falmouth K1RK Rptr, 146.655 - PL 88.5

9:00 PM Boston ARC Rag Chew Net, Boston W1BOS Rptr, 145.230 - PL 88.5

Tuesday:

7:30 PM Plymouth N1ZIZ Rptr, 146.685 – PL 131.8

8:00 PM Fairhaven Weather Net, SEMARA Rptr, 147.000 + PL 67.0

8:00 PM Massasoit ARA Net, , Bridgewater W1MV Rptr, 147.180 + PL 67.0 (Except 3rd

Tue!) Genesis ARC 2 Mtr Rag-Chew Net,

8:00 PM Norwood Amateur Radio Club Net, Norwood Rptr, 147.210 + PL 100.0 220 MHz

Day! Try to find a 220 Repeater near you and give a call out!

Wednesday:

7:00 PM Blackstone Valley ARC, 2 Mtr Simplex Net, 146.565

8:00 PM Cape and Islands ARES Net, Dennis K1PBO Rptr, 146.955 – PL 88.5

8:00 PM Fairhaven Weather Net, SEMARA Rptr, 147.000 + PL 67.0

8:00 PM Whitman ARC 10 Meter Rag-Chew Net, 28.333.0 USB - Except 1st Wed!

9:00 PM Waltham Wranglers Swap Net., Waltham W1MHL Rptr, 146.64 - PL 136.5

Thursday:

7:00 PM Genesis ARC CW Training Net, Plymouth N1ZIZ Rptr, 146.685 – PL 131.8 10 Mtr

8:00 PM Fairhaven Weather Net, SEMARA Rptr, 147.000 + PL 67.0

8:00 PM General Class Rag-Chew Net, 29.470.0 FM

8:30 PM Sturdy Mem. Hosp. ARC ARES Practice Net, K1SMH Rptr, 147.195 + PL 127.3

900 MHz Day! Try to find a 900 Repeater near you and give a call out!

Friday:

8:00 PM Fairhaven Weather Net, SEMARA Rptr, 147.000 + PL 67.0

Saturday:

8:00 PM South Shore Skywarn Net, Bridgewater W1MV Rptr, 147.180 + PL 67.0

*VKEMCOMM* Echolink Conference node: 270177/IRLP 9508 (due to *WX-TALK* Echolink conference node: 7203/IRLP 9219 outage) Refer to: http://www.voipwx.net/









#### **Massasoit Amateur Radio Association Executive Board**

President - Allen Hiltz - WA1BEE Vice President Jeff Lehmann - N1ZZN Secretary Wendy White - KC1GTR Treasurer: Phil McNamara N1XTB Call Sign Trustee: Phil McNamara N1XTB

 2M Repeater
 147.180+ (Tone 67.0)

 440 Repeater
 444.550+ (Tone 88.5)

 APRS Node
 Node 144.39 W1MV-1

 Packet BBS
 145.09 N1XTB-4

Packet Node Brockton 145.09 W1JOE-7 (BROCK)

MARA Web page http://www.w1mv.org/

Facebook https://www.facebook.com/w1mvmara/

Newsletter Editorkc1gtr.mara@gmail.comARC Web Pagehttp://www.wa1npo.org

Qsl via www.eqsl.cc

**Skywarn** <a href="http://wx1box.org">http://wx1box.org</a> and

www.powersrvcs.org/w1gmf/skywarn.htm

Mailing Address P.O. Box 428 Bridgewater, MA 02324

**Monthly meetings** are held the 3rd Tuesday of each month at 6:30PM at the Bridgewater Public Library in Bridgewater Center. Talk-in-is on 147.180+

Our **Meetings-On-The-Air** are held all other Tuesday evenings at 8PM on 147.180+ and includes the Westlink News Report with the latest news about happenings in the world of Amateur Radio.

The **South Shore Skywarn Net** is held every Saturday evening at 8PM local time on 147.180+ and is open to all hams.

**VE Exams** are held the 2nd Saturday of every month, in Braintree contact Steve Cohen, W1OD via email w1od@arrl.net. Walk-ins are no longer permitted. We will be hosting VE exams at 8:45 at the Watson building. If you know of anyone planning to take an exam, please have them drop a note to Steve to confirm a reservation.

http://www.hamradiolicenseexam.com/index.html









In the News

#### Courtesy ARRL

Milwaukee Radio Amateurs' Club Celebrates Centennial of ARRL Affiliation

Members of the Milwaukee Radio Amateurs' Club (MRAC) on September 28 celebrated the radio club's 100th anniversary of ARRL affiliation during the 2019 ARRL Central Division Convention, held September 27 - 28. The convention, held during the HRO Superfest, was hosted by Ham Radio Outlet at its Milwaukee location.

MRAC was formed in January 1917. In 1919, after World War I, ARRL introduced the concept of having local radio clubs officially affiliate with ARRL to formalize a network for relaying message traffic from coast to coast. MRAC was granted ARRL affiliation on December 5, 1919, as one of a group of 10 clubs. In 1970, MRAC was recognized as the only one of that first group of clubs that was still active, making it the oldest ARRL-affiliated club.

MRAC sponsored the first-ever ARRL Central Division Convention in 1928, and it organized an ARRL National Convention in 1948. The club produced a <u>video</u> in 2017 that recounts its rich history.

MRAC today has a full calendar of annual activities that include regular club meetings featuring speakers and presentations covering a variety of topics. The club participates in ARRL Field Day each June, conducts regular license exam sessions, and holds an annual swapfest. A group of club members are currently developing an Amateur Satellite station and related resources, which they plan to use to support a local school as part of an educational outreach program. Club members are also Amateur Radio Emergency Service (ARES®) volunteers, supporting public service communication for events throughout the region and during emergencies.



ARRL CEO Howard Michel, WB2ITX (left), presented a plaque to MRAC Club President David Schank, KA9WXN, on behalf of the ARRL Central Division.











Anna Brummer, N2FER, Feted on her 105th Birthday

When she turned 80, Anna Brummer, N2FER, of Fort Edward, New York, predicted she would live to be 100. On September 27, she topped her own forecast by 5 years, as she celebrated her birthday at the Fort Hudson Nursing Center, surrounded by family and friends. The only thing she wanted was a drink of Scotch whiskey, and the nursing home obliged, along with a slice of cake. Unit Manager Donna Hopkins told Post Star newspaper reporter Gretta Hochsprung that she didn't attempt to put 105 candles on Brummer's cake because it would have been a fire hazard. Brummer told Hochsprung that the secret to longevity is being nice to people.

"Keeps you young when everything's going smooth," she told the reporter.

Anna Brummer was a latecomer to Amateur Radio. In 1984, her son Richard, K2JQ (ex-K2REB), got his mom and his dad, Edwin, interested in Amateur Radio, and Anna obtained her Technician license when she was 69 years old. Edwin Brummer, who died in 1996, was N2FEQ, and held a Tech Plus ticket. They were married for 56 years.

No official records are kept, but Anna Brummer is among a small circle of centenarian radio amateurs in the US and may be the oldest woman holding a license.

#### If you're an individual Emergency Communication volunteer...-

You need to be trained. In order to provide support in the event of an emergency—or even in a non-emergency situation—you need to have the proper training and <u>licensing</u>. Learn more about the ARRL <u>Emergency Communications Training</u> course.

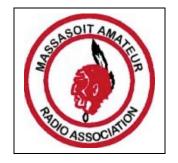
You need to be equipped with sustaining skills. What if when you get to a location, there is no food and the sleeping conditions are undesirable? Before you leave on your assignment, you need to make sure you have coping skills that enable you to be able to do your job operating under the conditions you are assigned to—from hardship conditions to making sure you're able to work the equipment.

You need to prepare your family for your absence. When you leave home and head for a disaster area, your family must be both physically and mentally able to cope. After a disaster, when a volunteer comes home, he or she can be confronted by some mental health issues, for which there are several resources. Many volunteers experience everything from fatigue or exhaustion to depression.









You need to find ways to volunteer. You would first want to become a member of your local ARES, CERT, RACES or local emergency management organization. Then try the <u>American Red Cross</u> or Web sites like <u>Ready.gov</u>.

## **Future Events**

June 2020, Sota, Summits on The Air - Rick - KB1TEE is looking into this.