

Meigs - Gallia – Mason (MGM) ARES Newsletter

**ARES Information for Amateur Radio Operators In
Meigs OH and Mason WV Counties**

Gallia OH,

November - December 2007



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To ARES Members and Friends

We are interested in knowing if our email list is accurate. If not, have them contact us. Your feedback is important. You and your friends can see this monthly newsletter online at <http://www.arrlohiodistrict8.org> – Southeast Ohio ARES District

Ideas for articles and newsletter content are always welcome!

If you want to be removed from our list – let us know and it will be done.

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**From Bud Carter and the ARES Planning Committee – Jean, Moe, Bill and
Jeff**

Thanksgiving

Thanksgiving is upon us. It is a time for family and friends to gather and give thanks for all that we are thankful for this past year. It is a time to hope for the continuation of good blessings to continue into the next year. Good blessings for our families, friends, neighbors, the military who is far away from home and our nation.

Before we can be thankful however, we need to pause and reflect so we can remind ourselves what we should be thankful for. Taking time to pause and think a bit is important in this fast paced world that we live in. Sometimes it is hard to set time aside time for thinking but I was able to do so and here are some of my thoughts.

We are thankful to be a part of a group of people who enjoy a great hobby, amateur radio, and who at the same time are willing to help our local community in their moment of need should one occur. We are thankful the community has not had to deal with such a real life event that would activate our ARES group. We are thankful that there are many of us who are willing to help prepare in case there were to be such an event.

We are thankful that we have a radio spectrum to work our hobby within and the capability to do so with curious and able minds. We are thankful that we are able to do more to aide our community with our hobby than we ever thought possible pre 911.

We are thankful for good friends and to have them be a part of the amateur radio family. We are thankful for their support and contributions to amateur radio, ARES and our community.

May you also find good and full reasons to be thankful this Thanksgiving. We wish you good health and success in this year to come. May God bless us all.

Bryson R. "Bud" Carter
73, Bud, KA8AUZ – ARES EC
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Local News

NOAA Radios in Our Schools

The Rio Grande Elementary School NOAA radio was checked and it works but we are going to need to supply them an antenna, coax, connectors, etc. We have all of that and will work it into the schedule for implementation.

All other radios in the Gallipolis school system are working. The Gallia Academy School was visited again and some of their settings were adjusted. It works well with the outside antenna.

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Addaville Elementary in Gallia County was visited at the request of Gary Phillips who is in charge of this activity in the County School System and together got their radio working. It was just a matter of finding the right location in the Principal's office. We left an outside antenna there which they will install if needed.

Gary has been extremely supportive and just recently reviewed this project with all the school principals.

We are waiting on a call from the custodian at South Gallia High School and Hannan Trace Elementary as to whether or not they have the radios and if they are working.

That leaves Southwestern Elementary School where their NOAA radio was stolen this past summer. They now have another one but it needs to be checked to see if it is working properly. We will soon check the situation at River Valley High School to see how their radio is working.

Dave Maskew assures us the radios at Vinton Elementary and Bidwell-Porter Elementary are up and running.

Local Emergency Planning Committee (LEPC) for Gallia County

LEPC is a monthly meeting that is managed by Mike Null. Bud attends these meetings and represents. Nothing to report this month for ARES.

Tid-Bits – STRESS MANAGEMENT

We learned, from a recent meeting with Mike Null, that nation wide 911 and emergency radio dispatchers undergo a severe amount of stress in their occupation. It makes sense when you think that they can not get up and walk away from their radio console to “work through” the stress they encounter. Unlike their brethren, the first responders who are in the field who can turn away from the scene and walk it out when time permits, the radio operator is in effect tied to the console.

It made us think about our role in amateur radio. We too are tied to our radios during an emergency. For this reason we have added a section to the MGM ARES Emergency Procedures Manual entitled Stress Relief. This new section reminds the ARES emergency situation OIC to be mindful of the stress that the radio operators are undergoing and to insure they have frequent breaks and rest periods. This new section also aides us in enabling local professional assistance should any of our radio operators need it. It is in this spirit of thought that Jeff wrote the following;

Emergency responders should understand and practice stress management. A little stress helps you to perform your job with more enthusiasm and focus, but too much stress can drive you to exhaustion or death.

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Watch for these physiological symptoms:

Increased pulse, respiration or blood pressure
Trouble breathing, increase in allergies, skin conditions or asthma
Nausea, upset stomach or diarrhea
muffled hearing
Headaches
Increased perspiration, chills cold hands or feet or clammy skin
Feeling weakness, numbness or tingling in part of body
Feeling uncoordinated
Lump in throat
Chest pains

Cognitive reactions may next occur in acute stress situations. Many of these signs are difficult to self-diagnose.

Short term memory loss
Disorientation of mental confusion
Difficulty naming objects or calculation
Poor judgment or difficulty making decisions
Loss of concentration and attention span

Perhaps the best thing to do as you start a shift is to find someone that you trust and ask them to let you know if you are acting a bit off. If at some time they tell you they've noticed your having difficulty, then perhaps its time to ask for some relief. Another idea is to have some sort of stress management training for your group before a disaster occurs.

Reference 6The ARRL Operating Manual 8th Edition

Jeff Holstein
KD8DMR
Holherd@earthlink.net .

HF, Packet, ECHOLink and WinLink Radio

MGM ARES began preparations for conducting trials on these different types of communications vehicles immediately following the ARES Severe Weather Net. Moe is leading this effort. His first undertaking will be on HF. He will be using a "home brewed" 20m antenna to begin. The idea behind these trials is to enable Hams to gain experience in using the technology for ARES. More about this will be announced as his launch time approaches. If you have questions or would like to help with the trials, contact Moe.

MGM ARES Metrics - October

Metrics are used to aid us in understanding activities and trends of our group.

Gallia County - August

Total ARES Members: 25

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Change from Last Month: 0
Number of Functions: 5
Hours for Functions: 10
Public Service Events: 0
Hours for Public Service Events: 0
Emergency Operations: 0
Emergency Operations Hours: 0
Total Number of Events: 5
Total Person Hours: 5

Calendar of Events

SET Exercise for ARES – December 8th

Just a note to remind everybody that we need to know if you are planning to participate in the December 8 Amateur Radio Emergency Communication Drill.

We hope you will. Emergency communications is a skill set requiring many skills exclusive to emergencies.

This drill will focus on a “make believe situation” where two elderly persons with Alzheimer’s have wandered away from a nursing home. We may learn some things about locating a missing person, but the emphasis will be on what we as hams are to do from callout to debriefing in an emergency.

All of us are learning these skills, so do not stay away because you think everyone else knows what to do and you do not. This is practice and for the most part we will be in the 9-1-1 Center Meeting Room.

Mike Null, Gallia Co. EMA Director, Lt. Joe Browning, Deputy Sheriff, and Rob Northup, Gallipolis, Fire Department, will be helping us and giving us guidance.

Here are the basic details for the training.

Amateur Radio “Missing Person” Table Top Drill

Saturday, December 8, 2007 Gallia County 9-1-1 Communication Center

8 A.M.-1:00 PM

Sponsored by Mason-Gallia Amateur Radio Emergency Service

Coffee, donuts, and a light lunch will be available.

Call if you have questions Bud (446-4193)

Training

On Line Training Encouraged For Active ARES Volunteers

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The ARRL and FEMA are offering several courses via the Internet dealing with emergency communications and terrorist attacks. There is a charge for the ARRL courses. The ARRL course page is <http://www.arrl.org/cce/>

Other FEMA Courses

Active ARES volunteers should be taking at least ARRL Emcom Course # 1 in 2007. Also, you should be taking the FEMA Independent Study Courses i.e. IS-100, IS-200, and IS-700. There is no cost for the FEMA courses and they can be taken over the Internet. See the [fema.gov](http://www.fema.gov) web site in “Handy ARES Web Sites” above.

CERT Course - We have funding and an instructor for a 20 hr. CERT course. Space is available for 12-15 people to take advantage of the course.

The Community Emergency Response Team (CERT) program helps train people to be better prepared to respond to emergency situations in their communities.

It is important to remember that the best sources of help in emergencies are professional responders. However, in situations when they are not immediately available, CERT training teaches skills that people can use to safely help while waiting for responders.

Let Jean Daniels know if you are interested.

Have You Passed Any EMCOM Courses?

Please let us know if you have taken and passed any of the above courses. Also, keep us posted on what courses you successfully complete in the future. This will help improve our training records so we can better serve you, ARES and the agencies we support.

Handy ARES Websites

<http://www.erh.noaa.gov/rlx> – Charleston NOAA - National Weather Service

<http://www.arrlohiodistrict8.org/> – SE Ohio ARES District

<http://www.iarc.ws/ohio/> - Ohio ARRL Section

<http://www.ohioares.org/> - Ohio ARES Section

http://www.ema.ohio.gov/ohio_eop/contents.pdf - Ohio State Emergency Operations Plan

<http://www.geocities.com/ohiouhf/index.html> - Ohio, Kentucky, West Virginia UHF Severe Weather Net

<http://training.fema.gov/NIMS/> - IS 100, 200 and 700 Training

<http://www.batteryfaq.org/>

<http://www.batteryuniversity.com/>

<http://www.buchmann.ca/> - For battery information.

<http://www.nrc.uscg.mil> – US Coast Guard National Response Center

www.arrl.org/FandES/field/nets/ - Amateur Radio Maritime Nets

www.14300.net – Maritime 20m Amateur Radio Net

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Local Radio Net(s)

One way of preparing for the future is through participating in radio nets. We have two in our area.

1. Ohio, Kentucky, West Virginia UHF Severe Weather Net
Every Thursday evening at 8 pm on 442.000 + Open, No PL. For net repeater sites and frequencies see the web site <http://www.geocities.com/ohiouhf/index.html> The web site was designed and maintained by Justin Drummond, KD8EAD, Londonderry, Ohio

2. MOVARC 2m Net
Every Monday evening at 8:00 pm on 147.06 + Open PL Tone is 74.4.

3. Maritime Net.
Every day, Noon and 10 PM EDT on 20m 14.300

Membership Information

Our ARES group has two operator categories: Active Status and Reserve Status.

Active Status: Members who are committed to regular participation in meeting, training, drills and other on-going activities and who constitute the core group of prepared and ready-to-respond personnel.

Reserve Status; Members who are willing to provide communication support in the event of a disaster or other emergency situation, but who prefer not to participate in meetings, training, drills and other activities on a regular basis.

ARES is NOT a club. ARES does not collect DUES!

You do not need to be a member of any Amateur Radio Club to be a member of ARES, although many ARES members are also members of one or more clubs.

For more information about ARES membership or activities contact Bud Carter at carter9536@sbcglobal.net or 740.446.4193.

73, Bill, KC5IND, MGM ARES Newsletter Editor
740.256.1930