

WØGQ

WØWSV



Since 1949

BANDSPREAD



Associated with *Linn County Emergency Management Agency* and the *ARRL*

CEDAR VALLEY AMATEUR RADIO CLUB

Thursday, February 9th, 2006

7:30 PM

The Emergency Go Kit

Gary Bishop, NQØV

*POLICY STATEMENT: Renew your ads, or they get dropped at the end of the Month
Any Ham can submit ads. You don't have to be a member. TNX.*

IN THIS ISSUE:

Meeting minutes - Board minutes - ARES minutes -
Want & For Sale Ads - A Certain amount of opinion – news for Hams

CONTRIBUTORS WELCOME

Have an idea you want to share? A better way of doing things? Comments on Summerfest?
Then let us at BANDSPREAD know. Contact any board member listed in the directory on page 2.

Send items via e-mail to any board member at cvarcbrd@rf.org

Deadline for March issue is February 23, 2006

BANDSPREAD

The Voice of the Cedar Valley Amateur Radio Club

Bandspread Staff

Publisher	Cedar Valley ARC	e-mail or Business (PHONE)	HOME
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Club Officers

President	Steve Jones, WA6GFD	wa6gfd@aol.com	377-2219
Vice-President	Lee Johnson, WTØD	leeajohnson@mchsi.com	377-6249
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Secretary	Al Culbert, KØAL	allan-culbert@uiowa.edu	377-4367
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Club Appointments

Station Trustee	Al Groff, KØVM	køvm@arrl.net	393-8134
VE Manager	Darrel Peterson, WAØKHH	waøkh@juno.com	393-8667
Club Historian	Dave Foster, NØCYH		377-8568
Packet Committee	Ron Breitwisch, KCØOX	kcøox@arrl.net	373-0095
Training/Education Committee			
Hamfest Chairman			

ARRL Appointments

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Official Observer			
ARRL Midwest Division Dir	Wade Walstrom, WØEJ	wøej@arrl.org	
ARRL Iowa Section Manager	James Lasley, NØJL	nøjl@arrl.org	
ARRL Volunteer Consulting Eng	Steve Sawyers, NAØIA	295-5983	377-2877

Net Directory

3.896 MHz	3900 Club	8:45 a.m. Sundays
146.745 MHz (alt. 145.15Ø-192.8PL)	Linn County ARES Net	7:00 p.m. Sundays
146.85Ø MHz (-6ØØ KHz)	Johnson County Sunday Net	7:30 p.m. Sundays
145.39Ø MHz (-6ØØ KHz)	Jones County ARES Net	8:00 p.m. Sundays
145.23Ø MHz (-6ØØ KHz)	Benton County ARES Net	6:30 p.m. Sundays
356Ø KHz	TLCN (CW Section)	6:30 & 10:00 p.m. Daily
397Ø KHz	Iowa 75 Meter Net (SSB)	12:30 & 6:00 p.m. Mon—Sat
3713 KHz	Iowa Code Net (Slow CW)	7:00 p.m. Mon.—Fri.

WWW Addresses

CVARC Web Page: <http://cvarc.rf.org/>

ARES Web Page: <http://ares.rf.org>

Want ads and articles are accepted from all amateurs, members or not, at no charge! Submissions must be sent to

**CVARC
PO Box 2352
Cedar Rapids, IA 52406
Or to kcønxn@arrl.net**

Meeting place is indicated on the cover with program information.

For Club membership send, Name, Call, Address, Phone number, ARRL Status (Yearly, Life, or not a member), willing or not to be on call for Storm Watch and emergency situations and dues to CVARC PO Box Yearly Dues, PAYABLE JAN 1: \$10 Regular or Family, \$5 under 18yrs of age, After July 1: \$5 for all

JANUARY 2006 CVARC BOARD MINUTES

The January 2006 Cedar valley Amateur Radio Club Board of Director's meeting was held January 12, 2006 at the Kenwood United Methodist Church. The meeting was called to order at 6:30 PM by WA6GFD. Others in attendance were; KC00OF, NA0IA, KC0OX, KF0EC, K0AL, WA0ZZG, KB9CEF, N0LNO and WA0KHH.

KF0EC reported a checking account balance of \$6,635.04.

A preliminary 2006 budget was distributed which called for a net income of \$5,150 and a net expenses of \$5,265.

NA0IA representing the Election Committee reported that they did manage to field a full slate, but did NOT meet their goal of having two candidates for each position. The Offices and candidates are as listed:

President: WA6GFD

Vice-president: KB9CEF & WT0D

Secretary: K0AL & KC0ORM

Emergency Prep.: KC0OX

Info Director: WA0ZZG & KC0NXN

WA6GFD announced that KB0CRG has changed employment and has found it necessary to submit his resignation as Editor of the Bandspread. After some discussion, NA0IA agreed to cover this responsibility on an interim basis.

KC0OX reported that Weather Spotter training will be expanded into a two session (morning and afternoon) event on Saturday, February 25 at St. Luke's in Cedar Rapids.

It was confirmed that classes for Amateur licensing will be held beginning Monday, February 6 at 7:00 PM in the Isaac Newton Christian Academy on Lin Mar drive.

WA6KHH indicated that he will prepare for a VE session to coincide with the end of the classes and concurrent with the Rockwell / Collins ARC "Pre Dayton" sale in mid May which is held at the Rockwell facility on C Avenue. He will be seeking permission to hold the VE session in the Rockwell cafeteria.

WA6KHH also reported on the past year's VE activities and will make a short presentation at the General Membership meeting with those results.

Discussion was held concerning maintenance of the CVARC web site. No action was taken.

KC0NXN has asked for manpower and monetary support from CVARC for a Marconi Day program at the Science Center in March. On a motion by NA0IA and seconded by WA0ZZG a motion to provide \$50 support was carried.

Discussion was held concerning the site for Summerfest for years 2007 and beyond. In order for the Teamsters to reserve their facility, they want a signed contract. Since there is some concern amongst the BOD about how changing the venue will affect attendance and the fact that another possible venue has come to the

attention of the BOD, N0LNO is to inform the Teamsters that the new CVARC Board which is to be elected tonight will take the matter up at one of its first meetings. In the meanwhile, several board members will investigate this new venue possibility.

K0VM is preparing to make some repeater controller upgrades and would welcome club input on desired features. It was agreed that this item should be brought to the full membership and ask for club input.

KB9CEF requested that we send a thank you to Happy Chef for accommodating our group for the Holiday party.

‡‡NOTE‡‡ Thank you note sent the next day.

Meeting adjourned at 7:25 PM

Submitted, K0AL, Secretary

JANUARY 2006 CVARC MEETING MINUTES

The January 2006 General Membership meeting was held Thursday, January 12, 2006 at 7:30 PM in the Kenwood United Methodist Church. Meeting was called to order by President WA6GFD. All attendees introduced themselves with 42 members and guests present.

The primary business of the meeting is the election of officers for the 2006 year. With NA0IA representing the election committee, the slate was presented. Election of the officers as prescribed in the club By-Laws were held as follows.

NA0IA introduced WA6GFD as the candidate for President and called for any nominations from the floor. None were brought forth and on a motion by N0LNO and seconded by KB9CEF, which carried by voice vote nominations were closed. N0LNO made a motion which was seconded by W0SS to cast a unanimous vote for WA6GFD, motion carried by voice vote.

NA0IA presented the slate for Vice President as being KB9CEF and WT0D. NA0IA called for nominations from the floor. With none coming forth, on a motion by WA6GFD and seconded by NA0IA to close nominations was made. Motion carried by voice vote. Ballots were distributed and counted by NA0IA and W0GWK. NA0IA announced that WT0D was elected as Vice President.

NA0IA presented the slate for Secretary as being K0AL and KC0ORN. NA0IA called for nominations from the floor. There being none, a motion by WA0ZZG and seconded by WA6GFD was made to close nominations. Motion carried on voice vote. Ballots were distributed and counted by NA0IA and W0GWK. NA0IA announced that K0AL had been re-elected Secretary.

NA0IA presented the sole candidate for Emergency Preparedness Director, KC0OX and called for nominations from the floor. There being none, a motion by WA0ZZG and seconded by N0LNO was made to close nominations. Motion carried by voice vote. KC00OF made a motion which was seconded by W0EJ that a

unanimous ballot be cast for KCØOX. Motion carried on voice vote.

NAØIA presented the slate for Information Director as WAØZZG and KCØNXN and asked for nominations from the floor. There being none, a motion was made by KØAL and seconded by WØEJ to close nominations. Motion carried by voice vote. Ballots were distributed and counted by NAØIA and WØGWK. NAØIA announced that WAØZZG had been elected.

KCØOX announced that the National Weather Service will be providing Severe Weather Spotter Training. The training would be held in the auditorium of St. Luke’s Resource Center on Saturday, February 25, 2006. However, unlike previous year’s training, this will be given in two parts. The morning session will be from 10 AM – 12 noon and will cover basic spotter training. The afternoon session beginning at 1:30 PM and lasting for 2 hours will cover advanced spotter training. There will be no charge for this training.

KCØOOF gave a recap of 2005 Public Service activities and Field Day operations.

WAØZZG announced that classes to prepare interested persons for taking the amateur exams will begin Monday evening February 6 at 7:00 PM. The classes will be held at the Isaac Newton Christian Academy. The classes are without charge and text materials will be available for purchase.

WAØKHH announced that the Benton County ARC will begin VE sessions January 19 and will offer them each 3rd Thursday of the month. Those interested in taking an exam with this group should contact Al, KØHWE at 319/446-7570 for particulars.

New FCC fees went into effect and now vanity call fees will be \$21.90 and VE test exams are \$14.00. Effective July 1, there will be a new Technician exam question pool.

A CVARC VE session is scheduled for May and will be held in conjunction with the Rockwell Collins ARC “Pre Dayton Swap Meet” at the C Avenue facility of Rockwell Collins. Details will be coming at a later date.

A recap of Benton County ARC and CVARC VE session for 2005 are as follows:

	Benton County	CVARC
Sessions	8	3
Candidates	16	34
New Tech licenses	6	12
License upgrades	8	6
CSCE (no upgrade)		4

NØLNØ gave a run down on coming programs: February—DXpedition, March—“Go Kits”, April—tour at

Kirkwood campus.

KFØEC gave the checking account balance of \$6,635.04.

WØEJ gave a brief report on happenings at ARRL. President Haynie is NOT seeking reelection, and the FCC is accepting comments on ARRL’s proposal regarding bandwidth assigned band plans.

WA6GFD asked for (and got), a round of applause for the work of the Nominating Committee’s work and for those members who volunteered to seek office.

WA6GFD announced that a new Bandsread editor is needed as WB9CRG has changed employment and his new work schedule will not allow him to continue to serve the club in that capacity. NAØIA has agreed to serve in that capacity on an INTERIM basis.

AAØII announced that he will be holding VHF / UHF nets as follows and asked for persons interested to give a listen.

Fridays at 8 PM on 114.190 MHz

Saturday at 6 PM on 50.140 MHz

Tuesday at 8 PM on 432.110 MHz

All operations on SSB and horizontally polarized antennas.

KCØNXN announced the coming (March) Eastern Iowa Science and Engineering Fair and asked for CVARC’s support for this project. NAØIA made a motion which was seconded by WØEJ that CVARC provide support of up to \$50 for this event. Motion carried on voice vote.

NØUUS led a discussion concerning changes by FEMA and Homeland Security that could potentially limit amateur participation. There is mandated some special training to allow participation in these activities. More will be coming forth on this matter.

Door prize (new ARRL Handbook) winner was announced as KCØPON.

Business meeting adjourned at 8:40 PM.

After lunch break a program by NØLNØ on contesting was presented.

Submitted by KØAL, Secretary

ARES Planning Committee Meeting Minutes – 5 January 2006

Review of past month's activities

- Radio has been updated in the Command Post vehicle (by KDØHF)
 - ◆ As noted. It is in the vehicle with the appropriate connectors. We may have a more permanent installation than what we have now. It is programmed with the same frequencies as the radios in the EOC.
 - ◆ We need to perform a radio and antenna test

on the EMA vehicle sometime.

Upcoming Activities

Severe Weather Spotter Training preparation

Review of promotional flier

Would like to improve this by getting a bit more definition from Donna Dubberke as to content of each of the courses (basic and advanced). Flier will likely be rewritten a bit before posting.

Advanced Publicity assignments

Collins internal broadcast – Steve

Sunday net – Ron and Scott. Adjacent county nets should be done by their Emergency Coordinators.

CVARC – Ron

Collins Radio Club – Bill

EIDXA – Ron will contact their people

TV, Radio spots, newspapers – Steve to contact Dave Maley

Adjacent counties -- Ron

Other Handouts for the meeting itself

Last year, talked about having a table with various handouts on it. This might include introductory materials for ham radio and ARES.

Could have list of local repeaters

Would need about 150 copies

Most of the hams are already CVARC members, so this would be a teaser for those who are not hams, or not CVARC members

Additional guidance for ham radio spotters (using last year's slides)

Ask if EMA, CRFD, or other participating agency wants to put something there

We need to address the lunch break. We are not providing a lunch, but we can direct people to local restaurants or the hospital cafeteria.

Suggestions for improvements to the ARRL's Emergency Communications Courses

We would like feedback from someone currently taking the courses or planning to do so in the next several weeks. Ron has been invited to comment on all three courses. He needs to turn in his feedback by 25 January.

Auxiliary nets we may be asked to conduct

Prompted by an article in CQ on the San Antonio response to Katrina.

They brought in their own cell phones, but they did not work. Many disappeared. They did not solve the communications problem posed by the situation.

We should hold a tabletop exercise to review potential situations that will require some sort of formal net. This exercise should include logistics, staffing, equipment, propagation, and other factors.

Collins Radar and Storm Season

Tom suggested to Ron that we might want to make sure the Collins radar is ready for storm season.

Ron suggested a radar test. Collins crew says the radar is ready to go, but we have experienced a low signal quality.

Continuation of NIMS Compliance Review (KCØØX)

Review continued from section 4.3.

Review and update of Action Items

http://ares.rf.org/linn/Action_Items.xls

Note: NØUUS has requested that the following additional text be included in the minutes.

NØUUS provided a letter from Department of Homeland Security/FEMA stating for Federal Response Teams to purge their cache of any Amateur Radio, GMRS, or FRS radios. They are not to be used on responses. This also has a trickle down effect.

NØUUS mentioned the concept of each municipality (example, those entities at the EMA commission meetings) of possibly having stand-by antenna capabilities in their jurisdictions. Also, to consider the local malls since these are collection points, which EMA has been indicating for over a year, would be used if the hospitals are not accessible.

NØUUS commented on the initial draft of the spotter training flier and that it did not have any icon of the weather service on it, only Amateur Radio. Since this training was weather, it was suggested that the emphasis on spotter training be more weather theme on the flier.

NØUUS had asked the question, during the discussion of promoting Amateur Radio at the spotter training, "why should I become an Amateur?". Answers yet TBD.

NØUUS also provided an email concerning insurance coverage that was discussed when the CERT topics came up in early 2005. In theory, volunteers if paged or dispatched by EMA would have limited coverage under their insurance. It was also noted that there was another site where volunteer insurance could be obtained.

I would like to start my column this month by welcoming the new member of the CVARC Board of Directors as well as the new Bandsread Editor. As a result of the elections, Lee Johnson, WTØD, was elected to the position of Vice-President. Lee is a long time member of the club and one of the regular Field Day CW Operators. Look forward to working with Lee over the upcoming year. I would also like to welcome and to thank Mike Miller KCØNXN, and Laura Runkle KCØNXO, for picking up the position as Bandsread Editor. This is a very important position, as it is through the Bandsread that we are able to reach our members and to remind them of upcoming events. I look forward to working with Laura and Mike as well.

Unfortunately, when you welcome new members to club positions, you must say goodbye to others who have served in those positions. While they are not physically leaving the club, they are moving back into the General Membership and their expertise will be missed. I would like to thank Rob Lamb, KB9CEF, for his long years of service as first the Club's Program Director, and more recently as the Vice-President. Rob has done an outstanding job in both of these positions as well as serving on the HAMFEST Committee. I could always count on

Rob's input on issues and when necessary, to fill the gaps in whatever activity we were performing. I am looking forward to continuing to work with Rob in the various communications activities as well as the HAMFEST. I would also like to give a big round of thanks to Jim Hunt, KCØCRG, for all of his efforts as the Bandsread Editor. Jim had to give up the Editorship due to his new job situation. Jim did an outstanding job of getting the Bandsread each month, especially those months when articles from the membership were pretty thin. I want to wish Jim the very best of luck in his new job and looking forward to continue seeing Jim at the meetings and other club events.

Just a reminder of the upcoming Weather Spotter Training on the 25th of February. Please check the schedule of events as the times have changed due to the offering of Advanced Spotter Training.

Thanks also to all who helped with the election as well as to the General membership who helped to make the elections a success. I want to thank the membership for their vote of support in reelecting me to serve as your President. I will do my best to help make the 2006 club year better than the last. See you all at the meeting!

From Communication Activity Director, Phil Shook

Well by now I hope that everybody has Christmas and New Years "digested". It is already January 19, and I am finding out just how quickly the time flies. My planner is already spitting out Dates of various CVARC projects for 2006.

This is my second year as your Communications Activity Director. 2005 was a real learning year. Most of the Club's projects were completed and mildly successful. However, by the time the Alzheimer's walk was completed, your Director had a real bad attitude. Found out that I just can't do all that is required to complete projects by my lonesome. Therefore, I am asking for some HELP. The major projects are Field Day and Dragon Boat Races both

on same weekend. I am asking for a Chairman of the "Field Day Program". Also need a chairman for Dragon Boats. Would like to have the cook out again Friday evening. (I can talk Mrs. Shook into do the cooking again). Also need some help in organizing, GOTA Station, the 2 meter radio and 6 meter radio. Plus am open to anything else.

Oh, almost forgot. Mike Miller KCØNXN is organizing a Poster Committee. I took his project idea to BOD, and they agreed to support and fund. Congratulations, Mike, maybe you can write article in Band Spread about your project? In closing, let me say that the more people we can get to participate the less work there is to do. And also, the more pitchers the director has to buy at the Star Light after the event. Really looking forward to 2006, I hope all of you do the same.

K-12 Corner

From the latest ARRL Board meeting comes “an ARRL Education Mission and Vision Statement.” One of the goals is to “[engage] young people in 'the magic of radio' and inspiring their interest in the sciences and engineering as well as expanding their horizons to promote international goodwill and expanding interest and understanding in radio and wireless technology in everyday life.” This past month, and for the third year in a row, both the Collins Amateur Radio Club and CVARC have

approved funds for prizes to be awarded at the Eastern Iowa Science and Engineering Fair (EISEF) in Cedar Rapids on Saturday, 18 March. We'll need volunteer judges to help select the student projects that make the best use of radio or radio-electronics. Contact us for details.

As always, if you have tips, success stories or questions about working with K-12 students, we'd like to hear about them. Please contact us at kc0nxn@arrl.net, or 377-5929.

73, KC0NXN & KC0NXO

Poster Project Needs Photos and Stories

There are many times each year when we need to be able to explain in a quick and easy way why we are Hams. This can be at the Field Day GOTA station, or at the NOAA spotter training. It can be during a Scout campout, or during CPR/First Aid training. Wouldn't it be great to have a set of posters that could be taken anywhere that amateur radio operators come into touch with the public?

Possible posters could include: Becoming a Ham, (Information on licensing, classes, testing, and pictures of many Hams, including very young Hams.) Hams Help During Disasters, (Pictures and stories of how Hams help during natural and man-made disasters.) Hams in the Community, (Witch Watch, walks, runs, and other events.) and Fun as a Ham. (QSO cards and logs, and any information on Ham TV, radio control, DXpeditions, and other ways to have fun and meet people as a Ham.) Pictures and stories would be very helpful. This is a project that will take more than a month. We need help!

At the end of this month, there will be over 100 people who will come to spotter training in Cedar Rapids. Not all of them will be amateur radio operators. This would be a great audience to have posters prepared for. Wouldn't posters on becoming a Ham and Hams helping with disasters be great?

We need your help! If you have photos of amateurs helping out during storms or other emergencies, or just amateurs with rigs, we could sure use copies of those photos! Please contact us at kc0nxn@arrl.net, or 377-5929.

73, KC0NXN & KC0NXO

ARRL Contest Contacts

ARRL Contest Advisory Committee
James Lasley, NØJK

DXCC Card Checkers

Thomas Kueny, KØDX; Donald Schmidt, WØANZ

Questions About Newsletter?

This is our first time editing the Newsletter. Please let us know if there are any errors or omissions that we can correct. If there's something you'd like to see, please also let us know. Would ARRL news be redundant for most people? Is there a Q and A column you would like to see? Is there something that you think you can contribute?

KC0NXN & KC0NXO

YOUR AD HERE

The rates are right (free for any amateur), and the audience is perfect for your for sale or wanted advertisement. Send to:

CVARC
PO BOX 2352
Cedar Rapids, IA 52406

Or to kc0nxn@arrl.net

All advertisements must be renewed monthly!

Creation, Care and Feeding of a Ready Bag/Go Bag for Emergency Deployment

by Gary Bishop NQØV

Purpose of a go bag: To permit a competent and knowledgeable operator to perform effective communications services. The bag(s) contain equipment, information and personal support articles ready to deploy at a moment's notice. Go bag contents should permit the operator to function without further straining the emergency environment.

PLEASE BRING THIS BANDSPREAD TO THE MEETING FOR UPDATES AND COMMENTS.

If you have not done so yet, please register and complete the ARRL Emergency Communications 001 class.

Creation: This starts with selection of the 'bag' itself. Sturdy nylon weave, splash-proof/waterproof, proper size are the main requirements. Carrying cases, duffel bags, small carry-on type luggage will work; plastic bags, paper sacks won't. Maybes are back packs, tote sacks, plastic container boxes. It doesn't need to be submersible or completely waterproof, but the bag should repel light rain, splashing, or sitting in the (usually unexpected) shallow puddle. You can enhance the water repellent character by treating seams, using sealing tape or waterproof coatings used for tents or canvas, or other means.

Put your name and call sign on everything. Put your name and call sign on every piece of anything that can be separated, i.e. battery covers, etc. Put your name and call sign on the outside of the bag.

Put everything inside water-tight bags. This does two things—it keeps your stuff dry, and it aids in organizing like items together for easy handling and packing.

Consider that you may have to loan your go bag to someone else to use. Make it easy, label stuff, include instructions as necessary, identify your equipment. Consider that you may be deployed away from your home. What might you need if you don't have your vehicle?

You should prepare two bags: One for a 24 hour deployment, and another for a day-2 to day-3 deployment. Note this terminology: A 24-hour go bag will get you through the first day. If your deployment is longer, you will need additional supplies from the day-2 today-3 bag.

Your go bags should have several cousins: Family evacuation supplies, camping equipment, field day equipment, hunting equipment, vehicle emergency supplies, etc. These may include your ARES go bag, or can be separate.

It is insufficient to simply throw some items you think you might need in a bag. Even selecting items from the checklist and putting them in a bag is insufficient. You must have training and preparation on what to do, not just what

you do it with.

Checklist. You do not want EVERYTHING on this list, because it would simply be too much. Select the items you believe you might need, or the items that will support you during a deployment. For items not chosen for the 24 hour bag, consider them for the day-2 to day-3 bag.

Do **not** store batteries inside the devices that use them. They will outgas and corrode contacts.

‡Items recommended as a minimum.

24 Hour Go Bag.

Communications.

Assumes an active or involved repeater is accessible, or short range simplex is desired. If not, see 'For longer ranges.'

- ◆ ‡2 Meter handheld (HT) with flexible antenna, rechargeable battery pack(s), basic operating instructions.
- ◆ Dual band HT optional
- ◆ ‡Recharging cords for using 12 volts and 120 volts and cord for direct operation from 12 volts (usually permits higher power HT operations.) Make sure all power and 12 volt connections use the standard power pole connectors.
- ◆ ‡Extra fuses for everything you bring. Identify each fused item externally with the size and rating of the fuse.
- ◆ ‡12 volt power extensions, splitters, fused links, etc. Make sure all use power pole connections.
- ◆ Extra fuses, general selection.
- ◆ ‡Battery housing for HT that uses AA batteries
- ◆ ‡External mag mount antenna, 1/4 wave
- ◆ Large capacity 12 volt power source, such as a gel cell.
- ◆ Headphones that completely cover the ears to block out local noise. Adapters (as needed) to fit HT. Walkman-type ear buds or foam covered head sets are poor performers in a noisy situation.
- ◆ External communications speaker.
- ◆ External mount 5/8 wave or other gain antenna (J-pole, etc.)
- ◆ External microphone for HT
- ◆ Enough AA batteries to support high duty cycle usage. After your rechargeable pack is exhausted, two complete sets of AA batteries for HT are probably sufficient for 24 hours. If necessary, you can 'rob' batteries from your other go bag devices, while you try to locate a way to recharge your HT batteries.
- ◆ Decide on a common RF connector for each service. I have chosen BNC for 2 meters, 22Ø and 44Ø, and UHF connectors for HF work. Bring adapters between these and SMA style connectors. This means: Everything VHF/UHF I have will mate with or already be adapted to BNC connections. (HTs, antennas, meters, etc.)
- ◆ ‡Repeater directory.

- ◆ Cell phone, 12 volt charging capability, spare battery, external antenna.
- ◆ ‡AM/FM/Weather portable radio, and spare batteries. TV reception is a plus. Should run on AA batteries so battery supply can be shared with other devices. 9 volt operation is acceptable back up. An external antenna connection is desirable. If you add a BNC, be aware many less expensive radios will overload and have many images. Performance may degrade rapidly.
- ◆ A simple 164 MHz J-pole fed with RG-174U will drastically improve weather radio reception. Small rope or twine to suspend J-pole.

Maps and Supplies

- ◆ ‡Maps of your city, county, and state. (Hint: Use city map and index from last year's phone book. Cost? Free.)
- ◆ ‡Flashlight with batteries. To share stock with other devices, select a device that uses AA batteries.
- ◆ ‡Evacuation plans for your region. For Duane Arnold, remove from telephone book, or print out from: http://www.nmcco.com/about_us/emergency/duane_arnold/daec_home.htm
- ◆ ‡Tools, screwdrivers, pliers, knife, cutters, adj. wrench, hex wrenches. Do not overlook the value of bringing a pair of tweezers or nail clippers. Multipurpose tools are compact and easy to carry and pack.
- ◆ Electrical and duct tape, twine or light rope.
- ◆ DVM, Soldering supplies, such as a small soldering pencil, solder, grippers, cleaning cloth or sponge, etc. If not in your 24 hour go bag, put in day-2 to day-3 go bag.
- ◆ Extra wire, rag, hat.
- ◆ Money: many quarters and some dollar bills. See how I have wrapped up \$8 in quarters inside 4 dollar bills.
- ◆ Telephone long distance/calling card.
- ◆ Alarm clock.
- ◆ ‡Rain gear, such as a poncho.
- ◆ ‡ARES training card, copy of license
- ◆ ‡Water, ~ 1 gallon per day. It is awkward to pack a 1 jug of water inside a go bag. Consider a gallon of distilled water to keep near (not in) your bag, or bottled water.
- ◆ ‡plastic drinking glass or container.
- ◆ ‡Food. For 24 hours, you can survive on most anything. Dried foods, energy bars, canned meats, nuts and raisins, crackers, etc.
- ◆ If you know you will have access to a kitchen or a microwave, bring frozen meals or soup. If you bring any canned item, remember to bring a can opener and a spoon. A frozen meal will thaw out in 24 hours. If not used in 24 hours, discard or determine safety of consumption. Simply wrapping a frozen meal in a towel or other insulating material will conserve the cold. This leads to the idea of having a small cooler or container for frozen food with ice, ice substitutes, etc. Could throw in pop and more water. May operate from 12 volts. However, this will add weight and the number of

things to carry.

- ◆ Don't consider bringing a cook stove or other facilities just for 24 hours. The number of additional items needed to support this gets heavy and awkward. However, if you are already set up for flea-weight backpacking, go ahead.
- ◆ ‡Personal medications - prescriptions, supplements, sleep aid, etc.
- ◆ First aid kit
- ◆ Personal protection: sunblock, lip balm, eye drops, sun glasses, hat or head covering, insect repellent, small roll of toilet paper, binoculars
- ◆ Candles, waterproof matches or lighter.
- ◆ ‡Notepad with pencil or pen.
- ◆ ‡Message blanks, instructions for use.
- ◆ ‡Copy of ARES procedures and contacts.
- ◆ ‡Inventory of contents.

For longer ranges

- ◆ Mobile radio. If you are separated from your vehicle, bringing an extra mobile radio will require a significant power source. Gel cells, deep discharge batteries, strong AC power supply, etc.
- ◆ If you have access to your vehicle, another option may be to use your vehicle mobile as a cross-band repeater, if you are in range of your vehicle.
- ◆ External mount 5/8 wave or other gain antenna (J-pole, etc.) Antenna pole or support. Extra coax.
- ◆ Car? Weather? Shelter?

Day-2 to day-3 go bag.

The assumption here is you will have your 24-hour go bag with you, so many items you will already have.

- ◆ Mobile radio
- ◆ Higher power 12 volt source
- ◆ ‡More food
- ◆ ‡more water
- ◆ ‡clothes
- ◆ ‡extra money
- ◆ ‡personal supplies: wash rag, regular or camp towel, small bar of soap, shampoo, deodorant, toothbrush and toothpaste, minimum make-up, comb or brush. Trial sizes work here, along with left over quantities of household products.
- ◆ ‡larger/longer running flashlight - may have to use D cells for this
- ◆ ‡more batteries
- ◆ ‡more supplies: universal battery eliminator, small battery tester, fuse assortments, wire nuts, mini stereo, plug to phone plug adapter, shelter, water purification tablets, FRS radios using AA batteries, GPS receiver using AA batteries, instructions, spare 9 volt battery
- ◆ Car? Weather?
- ◆ Consider bringing a cook stove and other lightweight utensils

Deployment longer than 3 days?

In this instance, you will need to borrow heavily from your camping and field day experience and equipment.

- ◆ Tents or portable shelters, camp shovel, saw, axe, survival gear, cot, tarps, folding chairs and tables, heaters, extra clothing, more food, more money, rope, etc. This deployment would be difficult separated from your vehicle due to the sheer volume of equipment necessary. Generators, maybe extra gas cans with gas. HF equipment would require a whole new list of equipment. Temporary antennas, matching devices, SWR bridge, temporary supports and guying, stakes and ground spikes, lightning protection, extra lead-acid deep-cycle batteries, power cables, extension cords, ground rods, ground fault interrupters, duplex outlets, garbage bags, solar panels, computer capable of running from 12 volts or 120 if a generator is available, packet gear, water purification tablets/kits, fire extinguisher, expense log, the list could go on and on. These are just ideas to spark recognition of what you may need.

How much to prepare for?

- ◆ Natural disasters: Localized flooding (Indian Creek, Jones Co.,) regional flooding (floods of 1993,) tornados, blizzards, widespread wind damage.
- ◆ Man-made disasters: Local evacuation (Toxic Tuesday,) regional evacuation (Duane Arnold,) loss of 911 services, train derailments, plane accident, bus accident, highway closures, water contamination, wide area power outages/blackouts.
- ◆ Others to consider: earthquake (check out the New Madrid Fault,) extensive drought, terrorist attack.

Care of the Go Bag

Store go bags in a secure location that won't freeze or see extreme temperatures. Outside on a porch or garage is bad (unless attached and heated,) trunks of cars and attics are bad (too hot.) Basement is OK, except watch for moisture/mildew. Closet in living quarters would be best.

Feeding of the Go Bag

A go bag needs maintenance and periodic attention. If you pack it away and forget about it, the bag will fail to serve you when needed. Here are some of the following items you must check and change:

- ◆ Water: bottled water has between a 6 month to 2 year life span. It doesn't turn to poison the day after expiration, so remove the water, use it, and replace it with fresh water. Some distilled water is labeled for more than two years.
- ◆ Food: Check expiration dates of foods. If there is no expiration, label the product "Bought x/xx/xx." Research how long it may last, then go back and put the expiration date on the item. As items approach expiration, remove and consume them, and replace with

fresh.

- ◆ Canned foods are usually good for at least 1 year, many are good for 2. Again, they don't turn to poison the next day after expiration unless damaged, they simply aren't as fresh or tasty as new products. Remember to have a can opener someplace.
- ◆ Dried foods are usually good for 3-6 months, depending upon the type. If not marked, research the specific food and mark the expiration accordingly.
- ◆ Batteries: Once per month, use the radio with the rechargeable batteries. Give the batteries atop-off charge.
- ◆ Alkalines: Check the expiration dates. Good quality alkalines can be stored for 5 years or more. Rotate the batteries: As you need batteries around the house, take them from the go bag, and **make sure you replace them** with new ones. Check for corrosion and rust. There is no need to store extras in the freezer or refrigerator.
- ◆ Note: If others in your household are aware you have a cache of AA batteries in the bag, warn them that your batteries are for emergencies, and can't be used as the battery stockpile for the house without your permission, or letting you know.
- ◆ Check clock/alarm operation and batteries as you see fit.
- ◆ Others: First aid kit supplies deteriorate. Aspirin and other packaged medications may last about a year, tape or bandages will turn gooey after 2 years, creams and salves may last a year, gauze may last forever. Toothpaste will last 1-2 years. Other toiletries? Check.
- ◆ Check the expiration or activation date of any phone card you may have. Some will not start to suffer monthly fees until the initial usage; others suffer monthly fees the day purchased or six months later. Know the terms on the card, and exchange it when near expiration. Or donate the card to a charity and purchase a replacement.
- ◆ Make a list of everything that needs periodic attention, attach it to the outside of each bag, and check it at required intervals. Mark off when you have checked each item.

During and After Deployment

- ◆ Write down things that are going right, and also things that went wrong. Suggest ways to improve the areas that went wrong, don't just complain about them.
- ◆ Feed back any operational details and suggestions to your local ECs or similar responsible parties in your area of deployment. Keep the tone as positive feedback, a bitch list isn't going to be well received.
- ◆ Check bag contents against your inventory, and procure replacement items.
- ◆ Correct/add to your go bags as necessary. Share your experiences and improvements with your fellow hams, either via a newsletter such as this Bandspread, or on newsgroups and discussion groups.

About CVARC:

The Cedar Valley Amateur Radio Club is a regional group promoting amateur radio activities in the Cedar Rapids, Iowa area. CVARC is a non-profit corporation registered in the state of Iowa. CVARC meets on the second Thursday of each month in the Kenwood Park Methodist Church at 7:30 PM, Central Time. The meeting consists of club business and a program. The programs tend to be Amateur oriented but we occasionally host a general interest topic. Watch the website at cvarc.rf.org or the Bandsread newsletter for the topic.

All are welcome at these meetings, neither membership nor amateur radio license is required.

CVARC affiliations:

- Amateur Radio Relay League (ARRL)
- Linn County Amateur Radio Emergency Service (ARES)
- Linn County Emergency Management Agency

CVARC Activities:

- Sponsor and present the premier Hamfest of eastern Iowa, in August
- Participation in the Annual ARRL Field Day Event
- Publish a monthly newsletter known as the Bandsread
- Participate in a number of Public Service Activities in the Cedar Rapids area
- Support and Participate in the Storm Watch Net operated by the Linn county ARES organization
- Hold social functions during the year, including the annual Holiday Party and Picnic
- Sponsor a complete ham station at Linn County Emergency Management HQ.
- Conduct classes for Technician and higher licenses each year
- Sponsor VE testing three times a year
- Maintain the 146.745 MHz repeater in Cedar Rapids

**Cedar Valley Amateur Radio Club
 PO BOX 2352
 Cedar Rapids, IA 52406-2352**

Call _____ Name _____ Date _____

Spouse Call _____ Spouse Name _____

Family Members' Call and Name _____

Address _____

City _____ State _____ Zip _____

Phone (H) _____ (W) _____ ARRL Member? Yes() No()

Do you wish to be included on the Emergency Call List? Yes() No()

EMAIL ADDRESS _____

Are you interested in participating in Public Service Events? Yes() No()

Dues Regular or Family: ___ \$10/year; Under 18 years of age: ___ \$5/year Half year after July 1 ___ \$5

===== Club Use Only – Do NOT Write Below This Line =====

Recd; _____ Treas: _____ Entered: _____ Card: _____

Bandsread: _____ **Emergency Director:** _____ **Comm. Act. Director:** _____



National Weather Service

Severe Weather Spotter Training

Saturday, 25 February 2006
In Cedar Rapids, Iowa

BASIC SPOTTER TRAINING

9:30 AM - Registration
10:00 AM - Training Session (2 hours)

Basic storm feature identification
Spotter safety
Reporting procedures/protocol

ADVANCED SPOTTER TRAINING

1:00 PM - Registration
1:30 PM - Training Session (2 hours)

Prerequisite:
Basic Spotter Training in the last two years

Radar and thunderstorms
Gleaning information from local products and SPC products
Meteorological terminology
Estimating wind speeds based on damage

Training will be conducted by Warning Coordination Meteorologist Donna Dubberke (KC5MDO) from the Quad Cities National Weather Service Office.

OPEN TO THE PUBLIC

There is no charge for this training. You are not required to be part of any organization or agency to participate in this session. However, if you anticipate sending a large group, please let us know so we can arrange for additional handouts.

LOCATION

Park in level 3 or 4 of the parking ramp behind St Luke's Hospital, 1026 A Avenue NE, Cedar Rapids. The auditorium entrance is at the north end of the parking ramp.

For further information, contact event coordinator Bill Caldwell at 295-8624 (work), 378-8636 (home).



Sponsored by the Linn County Amateur Radio Emergency Service (ARES) and the Cedar Valley Amateur Radio Club. "Talk-in" for Amateur Radio operators will be 146.745 MHz (-600kHz, no tone). To find out more about ARES or CVARC, visit <http://ares.rf.org/> or <http://cvarc.rf.org/>.