



Mercer Island Radio Operators



## MIRO Newsletter for December 2019

### **Holiday Tree Lighting, Chili Munch and Santa on Simplex** **Friday, December 6th, 5-8:30 PM**

MIRO, at the North Fire Station, is supporting the MI Firemen's Union Chili Munch with our usual drink table – this year without sugared drinks. We are also running a table for kids to talk to Santa Claus on Simplex. Currently the volunteer contingent on the Drink Table are Bill Ellis KF7PB, Frank Morant AF7PC, and Jeff Petersen KJ7CVJ. Handling “Santa on Simplex” are Bob Tykulsker KM6SO on the radio and support elves Pat Hackett K7PTH, Toni Okada KI7UZL, Laurent Lathieyre K2BRC and daughters. The Holiday tree-lighting event will start about 5:30 PM with the tree lighting itself occurring at 6:30. The throngs then move to the Fire Station for chili, music and lots of other goodies. MIRO will welcome your assistance. Just come if you are available and interested; friends and family also welcome. We have no idea what the interest will be for “Santa on Simplex,” so extra help is most appreciated.

### **EMERGENCY PRACTICE NET**

**Thursday, December 12th, 7:00 PM**

**Bob Tykulsker KM6SO - NET CONTROL, Laurent Lathieyre K2BRC scribe**

The net will start on the VHF MIRO repeater frequency of 147.160 MHz + offset, with a CTCSS tone of 146.2 Hz for business and check-ins. It will then shift to the UHF repeater on frequency 440.150 MHz + offset with a CTCSS tone of 103.5 Hz for a roll call of the participants on the VHF repeater. In the event of a repeater failure, first try the other repeater; if that has failed, shift to the Mercer Island Simplex 147.440.

*PLEASE SPEAK SLOWLY AND CLEARLY ON THE NET! Information being sent over the net is recorded by hand in the Radio Room. Practice Prepares!*

### **Tykulsker “Coverage Test of Lynn Burlingame’s repeater on 12/12/2019”**

At our 11/21/19 meeting, Lynn Burlingame, N7CFO, showed us his portable 70 cm repeater that he can deploy in about 5 minutes. He also showed us a “predicated coverage map” of where he expects his repeater to be heard from his home location. Due to the geography, reception on Mercer Island is not guaranteed. At my house, I couldn't raise the repeater. However, from the MIRO radio room, I had an excellent signal. So, at the conclusion of the UHF Net on Tuesday, December 12, I'm asking all MIRO members to switch their radios to:

- 440.000 MHz receive
- positive offset (that is, 445.000 MHz transmit)
- 88.5 CTCSS tone for transmit

I'll then do a roll call through the check ins, as well as stay around for folks who are having troubles switching frequencies. I'll give the instructions at the beginning of the VHF Net as well as the end of the UHF Net.

Please feel free to program your radios now, so that you will be ready. If you are having trouble programming, please reach out to Bob ([rtykulsker@gmail.com](mailto:rtykulsker@gmail.com)) or Woody ([Whowse@me.com](mailto:Whowse@me.com))

and we'll help you out. Lynn reminds us all that his repeater is not on high ground and coverage is limited, so you might have better results going outside and to high ground before attempting a contact to the repeater. In his words: "there is a good chunk of dirt in the way." Don't be disappointed if you can't make contact. Remember, the point of this particular exercise is to map out coverage to his repeater.

## **MIRO MEETING at the North Fire Station – FD91**

**Thursday, December 19<sup>th</sup>, starting promptly at 7 PM:** We will sit in a rectangle around the meeting room, facing each other, for a brief review of our 2019 activities and the preview of our planned 2020 activities and calendar. Then we will open up the meeting for each member to have the opportunity to make relevant observations about MIRO and its plans. Suggestions for alternatives, volunteers to set up activities and any other topic of interest to MIRO members are welcome. This will be the best time to speak up for the good of the group.

### **Mini Swap meet / gift exchange at 12/19 meeting**

One person's trash is another person's treasure, or so "they" say. Let's find out for ourselves by having a swap meet and/or gift exchange at our regular meeting on 12/19. I'm not sure what the rules should be, so how about these:

- please bring one or more items, ham radio related preferred. Try to bring an item that at least one person will enjoy.
- items **should be** clean, working, etc.
- I'd suggest a value of no more than \$50, but it's up to you
- feel free to put a price tag on an item if you wish to **sell** it, but be prepared to take it home if it doesn't sell.
- Members who bring an item can take an item, etc. Members who don't bring anything will have to wait until closing time to pick up whatever is left.
- If no one claims your item, you can either take it home, or else Bob Tykulsker will.

Remember, the goal is to have fun with the holiday spirit. So, let's start cleaning up our shacks!

## **NEWS & ANNOUNCEMENTS:**

**1. November 21<sup>st</sup> MIRO meeting:** 20 MIRO members and 1 guest filled our meeting room to listen to Mike Sedgwick's fascinating presentation on Radio Frequency Interference. We learned about the causes, how to locate interference and various solutions. Most interesting were the pictures of Puget Sound Energy disassembling a major switching component on a MI high voltage line. Here's the link to Mike's presentation: <https://miro.cmivolunteers.org/wp-content/uploads/2019/11/RFI.pdf>

We also had a surprise visit by Lynn Burlingame N7CFO, ARRL club liaison, to demonstrate his newly-assembled emergency repeater setup. His device, using a single radio, a duplexer and matched, unassigned 440 MHz repeater pairs, can be quickly set up to provide communications when the local repeater fails. As noted above, we plan to test it during our December 12<sup>th</sup> MIRO Emergency Net with Bob Tykulsker acting as Net Control Operator.

**2. December 7<sup>th</sup>, Fifth Saturday EOC-EOC exercise (rescheduled from 12.31.19)**

This exercise continues the State EOC effort to build statewide capability to respond to emergency needs with precision and smoothness. This exercise will entail submission of Resource Requests from the local jurisdictions to their county EOCs and the State EOC. The emphasis is on obtaining “complete” resource requests that describe exactly what is needed, in appropriate quantities and addressed to the proper consuming locations. The goal is to provide adequate, clear information for the supplying logistical personnel to be able to fulfill Resource Requests without further questions. Completeness and accuracy are paramount. Bob Tykulsker KM6SO will be participating at the King County ECC as part of the ARES Net Control team. Jon Conradt N7OOB, Laurent Lathieyre K2BRC, Toni Okada KI7UZL and Ron Parrish K7RFP will man the MI EOC, taking turns making requests, typing the Winlink WA ICS213RR form, QA checking the Winlink forms before submission, handling radio communications with the various EOCs and Camp Murray during the 1000 – 1200 hours exercise and logging all activities that take place during the exercise. This quarterly exercise is the best opportunity to increase your knowledge and skill in emergency communications.

**3. January 25-26 & February 22-23, Oregon ACES classes in 2020:**

Two new Oregon Aces (<http://www.oregonaces.org/>) classes have just been scheduled:

- Bremerton, January 25 and 26, 2020
- Kirkland, February 22 and 23, 2020

This is an excellent opportunity for you to improve your skills as an EmComm team member. There is a fee of \$25. The ACES class can be used to substitute for the ARRL/ARES EC001 (<http://www.arrl.org/online-course-catalog>) course as a requirement for ARES Level 2 certification. Space is limited, so if you are interested, I'd suggest that you sign up soon. Tykulsker has signed up for the Kirkland class and hopes to see some of you there

**4. February 7<sup>th</sup>, 8<sup>th</sup>, & 9<sup>th</sup>, Amateur Radio Technician Licensing Class:** David Okrent W7DAO, world-class Ham Radio License Instructor, will be teaching at the Mercer Island North Fire Station. On Saturday, February 15<sup>th</sup>, License exams will be administered at The Church of Jesus Christ of Latter-day Saints at 4001 Island Crest Way. The brochure about this class and exam is attached at the end of this Newsletter, after the calendar.

**4. March 20<sup>th</sup>, 21<sup>st</sup>, & 22<sup>nd</sup>, Amateur Radio General Licensing Class:** David Okrent W7DAO, world-class Ham Radio License Instructor, will be teaching at the Mercer Island North Fire Station. On Saturday, March 28<sup>th</sup>, License exams will be administered at The Church of Jesus Christ of Latter-day Saints at 4001 Island Crest Way. The brochure about this class and exam is attached at the end of this Newsletter, after the calendar.

**5. Thursday, February 20, 2020, MIRO Meeting – STOP-THE-BLEED!** We will meet at MICEC for a special course in emergency actions to be taken when encountering someone who is bleeding profusely. Such bleeding, if not stopped, can lead to death within several minutes and possibly before First Responders can arrive. This program was initiated by Lenworth Jacobs, MD, head trauma surgeon at Hartford Hospital in

Connecticut after the Sandy Hook Elementary School shootings in 2012. The goal of the program is to train members of the public to identify and treat life-threatening bleeding on-the-spot. Just as CPR became a standard for public response to heart attacks, Stop the Bleed is the next method being taught. Following is the link to an article that describes this history:

<https://www.newyorker.com/magazine/2019/04/08/turning-bystanders-into-first-responders>

We are limited to 8 trainees per nurse instructor thus requiring reservations. **Reservations are now open for MIRO members and no more than one guest. Email Pat Hackett (Pat@pathackett.com) with name, phone and email address for each person.** At the moment, we expect 4 trained nurses, limiting us to 32 participants. When we exceed the available slots, we will start a waiting list. On January 1, 2020, we will open reservations more broadly to MI Volunteers and others. We are still working to recruit several more medical people to send through training. If you know a nurse or doctor who would be willing to take the training, please refer them to Pat Hackett, phone: (206) 972-2724 or pat@pathackett.com. Pat has taken the course and organized MIRO to sponsor a session. MIRO Foundation will make a donation to the group that runs the training. Interestingly, the two nurses who run the program out of Seattle, also have their ham licenses.

## **TYKULSKER'S TIDBITS!**

### **Logging**

I've had some recent discussions about radio logging. While maintaining a written log is no longer a requirement of the FCC, I consider keeping a complete and accurate log a "best practice" that we should be doing for our monthly nets.

To me, a log should cover the basics of each conversation:

- when – when did the conversation occur
- who – who were the parties to the conversation
- what – what, **of note**, was said

If I'm logging a Net, then I also note the Net name, date and time, the Net Control Station call and name, etc.

Following are my "raw" log of our MIRO net from 11/14/19, plus a "cooked" or cleaned up version. Word and PDF version of the logging form that I use will be posted on the website. I'm not claiming that my log is perfectly accurate or that the format I'm using is the best. It helps me get the job done, and I hope it will help you too. I'll talk a bit more about this at the December 19 meeting.

To encourage better logging from our members, we'll be awarding an additional BaoFeng 2020 contest entry to every member who submits a complete and accurate log within 24 hours after the conclusion of our monthly Net.

<b>COMM Log</b> ICS 309-SCCo ARES/RACES		1. Incident Name and Activation Number Mercer Island		2. Operational Period (Date/Time) From: 2019/11/14 To: 1900	
3. Radio Net Name (for NCOs) or Position/Tactical Call W7MIR / Michael KG7MV			4. Radio Operator (Name, Call Sign) UHF 440.15 +1035 1476440 6:1 index		
5. COMMUNICATIONS LOG					
Time (24:00)	FROM		TO		Message
	Call Sign/ID	Msg #	Call Sign/ID	Msg #	
R1 NW 1903	K7PT		Mike		wk/dubb (scott)
1904	K7PTH		PAT		Ack wk
1904	K7UZZL		TONY		
1905	K7ESP		SCOTT		
1905	K7PTH				ask about wintlink 8, will be acked wintlink
R2 WK R3 1906	K7ELH		BOB		
1907	K7FPB		Bill		(muddy)
1908	W6 DRW		DAN		wintlink
R4 1909	K57 <del>CVJ</del>		JEFF		
1910	W7TOH		(charles)		
egat 1911	K7REP		RON		wintlink
1912	K5MBSO		BOB		Agree with wintlink
R6 SE 1912	K7HCQ		HAL		
1913	W7VXS		Don		wk without waiting
1913	W7HUT		Michael		Bainbridge JS
L/m visitor 1916	Annou H				1) meeting 7pm: RFS what's on page; Mike says 2) Dec 6th Free Lighting signup at meeting
1918	AK7RC		(FRANK)		(Sather) shopping milk
1921	N7NG		(MARK)		late
1922	Shift to UHF		(K57FIF) (called @ 1933)		W7HIE HARLAN
6. Prepared By (Name, Call Sign)		7. Date & Time Prepared			8. Page ___ of ___

ICS 309-SCCo ARES/RACES (rev. 2014-Dec-18)

closed 1936

ACTOR / scribe  
2/10/18

1924 - whod's milk,  
1925 W7HUT  
1926 K5MBSO, K7PTH

U  
1928  
1928  
1928  
-  
-  
-  
1929  
1930  
1930  
1931  
1931  
1932  
1932  
1932  
1933  
1933  
1934

<b>COMM Log</b> ICS 309		1. Incident Name and Activation Number MIRO Monthly Emergency Net Practice		2. Operational Period (Date/Time) 2019-11-14  From: 19:00 To: 19:36	
3. Radio Net Name (for NCOs) or Position/Tactical Call W7MIR			4. Radio Operator (Name, Call Sign) KG7MX Michael (NCO) / AC7UR Mike (scribe) / K7EDH, Woody		
<b>5. COMMUNICATIONS LOG</b>					
Time (24:00)	FROM		TO		Message
	Call Sign/ID	Name	Winlink?	UHF	
19:03	K7PI	Mike	Y	19:28	Non-standard phonetics, doubled with Scott,
19:04	K7PTH	Pat	Y	19:28	
19:04	KI7UZL	Toni		19:28	
19:05	K7ESP	Scott			
19:05	K7PTH				Pat asked about W/L acks, NC said 8, will be acked
19:06	KI7ELH	Bob	Y		
19:07	KF7PB	Bill		19:29	(muddy signal)
19:08	W6DRW	Dan	Y	19:30	
19:09	KJ7CVJ	Jeff		19:30	
19:10	W4QTH	Charles			
19:11	K7RFP	Ron	Y	19:31	
19:12	KM6SO	Bob	Y	19:31	
19:12	K7HCQ	Hal		19:32	
19:12	W7VXS	Don	Y	19:32	
19:13	W7HUT	Michael			Bainbridge Island
19:16	K7EDH	Woody			Announcements: 1) Next Week Meeting: RFI, Mike Sedgwick 2) Dec 6 <sup>th</sup> : Tree Lighting and Munch, sign up at meeting
19:18	AF7PC	Frank		19:33	South End Shopping Mall
19:21	N7NQ	Mark			
19:22					Call to shift to UHF
19:24	???				Where's NC? Unknown =>W7HUT (repeater is working) KM6SO => K7PTH to take Net 19:28: NC back on air
			KJ7FIF	19:34	NC called, I never heard KJ7FIF check in
	W7HIZ	Harlan		19:34	Missed VHF
				19:36	Net Closed
					After Net on Mercer Island Simplex: 147.440 K7PI to K7PTH (PTH Not heard, PI was CM5) W6DRW was CM3 W4TQH was CM5 KM6SO was reported by Mike as CM5. First Hill is IDEAL QTH
					Summary for KC ARES: 21/0/2/8
6. Prepared By (Name, Call Sign) Bob Tykulsker, KM6SO			7. Date & Time Prepared 2019/11/15 00:23		8. Page <u>  1  </u> of <u>  1  </u>

**(2020) PROJECTS:**

- 1) Increase MIRO use of Winlink and FLDIGI
- 2) Increase number of licensed General Hams in MIRO
- 3) Commence training and qualification for HF and VARA for Winlink
- 4) Continue MIRO training and qualification program starting with Net Control Operators, Radio Room Procedures, Winlink, CEMNET and WebEOC.

**MIRO October Activity Report:**

During October 2019, 25 MIRO members, driving 218 miles, gave 107 hours of volunteer time in support of 2 public service events and 11 drills, meetings and exercises.

**73, Woody Howse K7EDH – MIRO Volunteer Chair**

**Email: [whowse@me.com](mailto:whowse@me.com) Phone: 206-849-5370**

## MIRO Current Schedule 2019/2020

Date	Topic
Dec 6	Holiday Tree lighting, FD Chili Munch, Santa on Simplex
Dec 7	Faux Fifth Saturday EOC-EOC
Dec 12	Emergency Net NCS – Bob Tykulsker KM6SO, Laurent Lathieyre K2BRC scribe
Dec 19	MIRO Mtg 2019 Review – 2020 Preview Mini Swap Meet.
<b>2020</b>	<b>LEAP YEAR</b>
Jan 9	Emergency Net NCS – Laurent Lathieyre K2BRC, scribe Vadim Volkov N7PIX
Jan 16	MIRO Mtg – Officer Jennifer Franklin MIPD
Jan 21	Alternative Last Tuesday at Howse House
Feb 13	WHX Emergency Net NCS – Vadim Volkov N7PIX, scribe Pat Hackett K7PTH
Feb 20	MIRO Mtg - <b>STOP THE BLEED!</b>
Feb 25	Last Tuesday
Feb 29	Fifth Saturday EOC-EOC
Mar 12	WHX Emergency Net NCS
Mar 19	MIRO Mtg MI Half Marathon final planning
Mar 29	MI HALF
Mar 31	Last Tuesday
Apr 9	Emergency Net NCS
Apr 16	MIRO Mtg - Lt. Stephen Mair MIFD – CPR Training
Apr 25&26	Comm Academy
Apr 28	Last Tuesday
May 14	Emergency Net NCS
May 21	MIRO Mtg - <b>Daniel Liefer, MD BioTerrorism</b>
May 26	Last Tuesday
May 30	Fifth Saturday EOC-EOC
June 11	Emergency Net NCS
June 18	MIRO Mtg Preparations for Emergency Preparedness Day/ARRL Field Day
June 27	MI Emergency Preparedness Day and ARRL Field Day
July 9	Emergency Net NCS
July 16	MIRO Mtg
July 28	Last Tuesday
Aug 13	Emergency Net NCS
Aug 20	MIRO Summer Social Meeting
Aug 25	Last Tuesday
Aug 29	Fifth Saturday EOC-ECO

### Unassigned Topics:

- WINMOR on HF, VARA
- WEBEOC training
- Optimizing HT radios – Introduction of Tiger Tails counterpoise.
- Hands on soldering
- “Summits On The Air: An Overview” by guest presenter Tim Nair KG7EJT.

<https://www.wta.org/news/signpost/meet-the-trail-community-ham-radio-operator>

- **WHX = Woody out of town**



Sponsored by the  
**Mercer Island Radio Operators**

Announcing a new  
**Amateur Radio Technician Licensing Class**  
(No Morse Code Requirement)

The Technician license is your entry to the world of amateur radio giving you access to VHF and UHF communications that spans local to satellite communications, from voice to digital modes, and to meeting new people and supporting your community in times of need.

**Dates:**

Friday, February 7, 2020 : 6:00PM – 9:00 PM  
Saturday, February 8, 2020: 8:30 AM – 4:30 PM  
Sunday, February 9, 2020: 9:00 AM – 4:00 PM

**Class Location:**

Mercer Island North Fire Station  
3030 78<sup>th</sup> Ave. SE, Mercer Island, WA 98040  
(parking in the back of the station)

**Licensing Test and Location:**

Saturday, February 15, 2020, 10:00 AM  
The Church of Jesus Christ of Latter-day Saints  
4001 Island Crest Way, Mercer Island, WA 98040  
Alternate test dates, times, and locations available

**Cost:** \$15 examination fee, no fee for class

**Textbook:**

Recommended: The ARRL Ham Radio Licensing Manual, <http://www.arrl.org/shop/Ham-Radio-License-Manual/>. Please purchase the book when you register and begin working with it prior to class. You are not obligated to use this book, but if you select another resource make sure it has the current questions pool.

**Registration or Questions:**

email [pat@pathackett.com](mailto:pat@pathackett.com)

**Special Offer:** The first 10 people to sign up and attend the Technician Class will receive a FREE voucher for Ham Test Online, a \$20 value.

Sponsored by the  
**Mercer Island Radio Operators**

Announcing a new  
**Amateur Radio General Licensing Class**

Now is a great time to upgrade and get access to more of what amateur radio has to offer.

**Dates:**

Friday, March 20, 2020 : 6:00 PM – 9:00 PM  
Saturday, March 21, 2020: 8:30 AM – 4:30 PM  
Sunday, March 22, 2020: 9:00 AM – 4:00 PM

**Class Location:**

Mercer Island North Fire Station  
3030 78<sup>th</sup> Ave. SE, Mercer Island, WA 98040  
(parking in the back of the station)

**Licensing Test and Location:**

Saturday, March 28, 2020, 10:00 AM  
The Church of Jesus Christ of Latter-day Saints  
4001 Island Crest Way, Mercer Island, WA 98040  
Alternate test dates, times, and locations available

**Cost:** \$15 examination fee, no fee for class

**Textbook:**

Recommended: The ARRL General Class Licensing Manual, <http://www.arrl.org/shop/ARRL-General-Class-License-Manual-9th-Edition/>. Please purchase the book when you register and begin reading it prior to class. You are not obligated to use this book, but if you select another resource make sure it has the current questions pool.

**Registration or Questions:**

email [pat@pathackett.com](mailto:pat@pathackett.com)

# phonetic alphabet

<b>A</b> alpha	<b>B</b> bravo	<b>C</b> charlie
<b>D</b> delta	<b>E</b> echo	<b>F</b> foxtrot
<b>G</b> golf	<b>H</b> hotel	<b>I</b> india
<b>J</b> juliett	<b>K</b> kilo	<b>L</b> lima
<b>M</b> mike	<b>N</b> november	<b>O</b> oscar
<b>P</b> papa	<b>Q</b> quebec	<b>R</b> romeo
<b>S</b> sierra	<b>T</b> tango	<b>U</b> uniform
<b>V</b> victor	<b>W</b> whiskey	<b>X</b> xray
<b>Y</b> yankee	<b>Z</b> zulu	

With this NATO alphabet chart you will no longer use “M as in Mancy” during a support call with your mom, or while defusing a bomb.



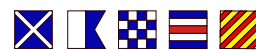
**semaphore**

Pre-electronic flag letter signals for naval communication represented in a circle. The peace sign was created by combining the letters N (Nuclear) and D (Disarmament).



**international morse code**

The world's first digital code. The length of each letter's code corresponds to the frequency of that letter's usage in Morristown, New Jersey's newspaper in 1837.



**international code of signals**

These maritime flags are used to visually communicate letters and messages while maintaining radio silence.