

MIRO Newsletter for May, 2021

Upcoming MIRO Activities

Traffic Net, Thursday, May 6th, 7:00 PM KM6SO, Bob, Net Control

The net will start on the VHF MIRO repeater frequency of 147.160 MHz, positive offset, CTCSS tone of 146.2 Hz.

Bob, KM6SO, will be Net Control. Before the Net, please prepare a [Washington State ICS-213 Resource Request form](#) (boxes 1 through 15) that you will read "over the air". Be prepared to copy that message and transit it as a Winlink message to all Net participants. Other activities to be determined based on interest and capabilities.

This is a great opportunity to enhance your voice, Winlink and other operating skills.

Emergency Practice Net, Thursday, May 13th, 7:00 PM K7GHP, Grete, NCS

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 UHF 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.

No radio? Out of range of our repeaters? Try Echolink, station W7MIR-R. NOTE: this currently works on VHF only.

All participants should submit ICS-309 logs of the significant activity (check-ins, messages, simplex transmissions heard, etc.) after the net: by Winlink to KM6SO and by email to RTykulsker@gmail.com.

MIRO General Meeting, Thursday, May 20th, 7:00 PM

The Zoom Link will be operating no later than 6:50 PM so people can get checked in and we can start on time.

Dave Uhler, W7DDU, will give a brief introduction to the various ICS forms and why they are important to MIRO and the City of Mercer Island. Our **featured presentation** will be by MIRO Chair Emeritus, Woody Howse, K7EDH on "Service in the Nuclear Submarine Force".

Note our Zoom address

<https://us02web.zoom.us/j/8656593928?pwd=TIIRIUybdICT2E1Sm1nVUpaK0JZZz09>

Meeting ID: 865 659 3928

Passcode: MIRO

And somebody, please remind me to push the "RECORD" button at the start of the meeting!

MIRO Working Meeting, Tuesday, May 25th, 7:00 PM

The purpose of this ongoing meeting is to get stuff done: solicit volunteers for Traffic and Practice Net Control, CEMNET and ARES liaison; solicit volunteers for other MIRO/ City volunteer opportunities; solicit volunteers for other ongoing roles, such as Web Master, Radio Officer, BaoFeng contest administrator. We also review progress on ongoing projects, like upgrading our Winlink infrastructure to support VARA, etc.

Everyone is welcome; but if you do show up, don't be surprised if we ask for your help! Zoom address above.

Also, this is a great opportunity for you to express ideas that you'd like to see MIRO work on. If you have material to distribute, you can forward it to me; and I'll relay it on to all.

5th Saturday Exercise, Saturday, May 29th, 09:00 – 11:00

I haven't received any information from the State or County as of this writing, so I'm recycling our January, 2021 plan. **Before Saturday:**

- find at least one repeater, used by a local EOC, that you can reach from your radio. See the King County Frequencies List on the King County ARES website. Concentrate on the local EOCs in Fire Zone 1 (North/East). This includes Bellevue, Issaquah, Kirkland, Redmond, Eastside Fire & Rescue, etc. If you're having troubles programming your radio, you might want to check that you can reach the "PSRG" repeater, 146.96, which is the primary repeater for the Seattle ACS and is MIRO channel 11.
- Be prepared to verbally transmit a single WA-ICS-213-RR over the radio to another member. Let's use the scenario of a "MIRO Memorial Day Party" as in our Traffic Net. Prepare **only** boxes **5a, b, c, d and e**. Use the "boilerplate" file [here](#).

On Saturday, May 29:

- **Before 09:00**, initiate an ICS 214 Activity Log **for yourself only**. You can keep track of your activity in any format you choose, but I'd like you to submit a **Winlink ICS 214** at the completion of the exercise.
- **Before 09:00**, send a Winlink "GENERAL Forms/**Winlink Check-In**" message to me.
- **Before 09:00**, initiate an ICS 309 Communications Log. You can log all communications in any format you choose, but I'd like you to submit a **Winlink ICS-309** at the completion of the exercise.
- **At 09:00**, I will start the Mercer Island Emergency Net on 147.16, +146.2. As I take check-ins, I'll ask each member:
 - If you can participate in Winlink
 - Is there an EOC repeater that you can reach and will be our liaison station
- After check-ins, we'll each pass our prepared WA-ICS-213_RR request to another member.
- After message passing, we'll **pause** the Emergency Net and prepare for the next phase of the exercise

I'll continue to monitor our 147.16 frequency. You're welcome to also monitor.

Send a Winlink WA-ICS-213-RR message back to the originator, with a CC to KM6SO and RTykulsker@gmail.com. Use this "[boilerplate](#)" file to help complete the message.

- **Wait until 10:00** and "check in" with the King County ARES/ECC operating on 147.08, +110.9. they may ask for number of participants and messages passed. Consult your ICS-309 log!
- Wait until 10:00 and make voice contact with your liaison EOC.
- Stand by at 10:15 and 10:45 to copy a message from KC ECC on a SIMPLEX frequency. If you can't copy, see the next step. Copy onto an ICS-213 General Message form
- Stand by at around 10:20 and 10:50 to check back to the MIRO net to copy that same message from a MIRO relay. Copy onto an ICS-213 General Message form if needed.
- Note your success in your ICS-309 log and forward the message to me in an ICS-213
- **Check out** with the King County ARES/ECC if you haven't already
- **Check out** of the MIRO Net
- Complete your Winlink ICS-309 Communications Log and send to me (Winlink preferred)
- Complete your Winlink ICS-214 Activity Log and send to me (Winlink preferred)
- Send a Winlink "GENERAL Forms/**Winlink Check-Out**" message to me
- Under Winlink's Message/Generate ICS 309, generate a PDF of your Winlink traffic just for May 28, 2021 and send to me (Winlink or email)

I know that sounds like a lot of work and even more Winlink messages but it's pretty straight forward and we'll review on the air. I hope to hear from you all!

News and Announcements

March 2021 Activity Report

Pat reports that during March, 2021, 29 members, driving 61 miles, gave 70.5 hours of volunteer time in support of 3 public service events and 11 drills, meetings, and exercises.

MIRO members continue to be the most active group of City-sponsored volunteers!

April 2021 meeting follow up

Thanks to MIRO friend Lynn *Burlingame N7CFO*, for his presentation on Mobile Installations. Alas, I did forget to push the "RECORD" button right at the start of the meeting, I did record most of his talk. The video is [here](#) and his slides are [here](#).

MIRO Membership Survey Results

Responses

19 members responded between January 27, 2021 and February 17, 2021. This represent 40% of our active membership (48 total), and I think a 40% survey completion rate is fantastic. You're welcome to view the actual responses [here](#).

Winlink responses

14 of 19 (74%) responders are already Winlink users, versus 23 of 48 (48%) of our active members, so there's quite a bit of self-selection.

Of the 14 current Winlink users, 3 use Winlink both from home and mobile, while the rest operate only from home. Six (6) members aren't using Winlink radio capabilities **yet**, relying on the Internet to send and receive messages, yet 14 members indicate that they have some sort of interface (virtually all some sort of external sound card interface), which indicates a lot of interest in getting on the air! Eight (8) members are using our W7MIR-10 RMS Gateway (VHF, Packet FM) while 4 members are also using W7MIR-11 (UHF, VARA FM). However, since completing the survey, all Winlink responders are able to use our W7MIR-11 gateway.

As for when, if ever, to upgrade W7MIR-10 from Packet to VARA, there was a strong preference (about 2 to 1) to wait to gain more operational experience. Mike and I are researching the feasibility and reliability of operating "dual mode" Packet and Winlink.

However, given that:

- we've had over three months of solid operational experience
- we're seeing "real world" 20 times faster throughput with VARA-FM versus Packet
- none of our members rely **solely** on hardware packet engines for radio connectivity

I think it's safe to assume that W7MIR-10 will be upgraded to VARA-FM only sometime soon.

Other responses

We also asked what other Mercer Island volunteer teams our members would be interested in. Ten (10) of 19 were not interested in working on any other team, while 4 expressed interest in Damage Assessment, 2 in Animal Sheltering, 2 in Administration, 2 in the Medical Team, and so forth. Jennifer will be thrilled with all these responses

Project Management topped the list of other technical skills, along with computer hardware, software and other communications equipment; and I'm sure Alfredo Moreno, our City's IT Manager will be glad to know that there are some volunteers he can contact when the need arises.

All but 5 indicated some availability to help on a normal, business-as-usual basis rather than on a disaster/emergency/incident basis. I'm thrilled by this willingness to support our City.

Thank you to all who responded!

BREAKING NEWS: FCC Exposure Limits Rule Change

The ARRL [reports](#):

The FCC has announced that rule changes detailed in a lengthy 2019 *Report and Order* governing RF exposure standards go into effect on May 3, 2021. The new rules do not change existing RF exposure (RFE) limits but do require that stations in all services, including amateur radio, be evaluated against existing limits, unless they are exempted. For stations already in place, **that evaluation must be completed by May 3, 2023**. After May 3 of this year, any new station, or any existing station modified in a way that's likely to change its RFE profile — such as different antenna or placement or greater power — will need to conduct an evaluation by the date of activation or change.

...

The Amateur Service is no longer **categorically excluded from certain aspects** of the rules, as amended, and licensees **can no longer avoid performing an exposure assessment simply because they are transmitting below a given power level.**

I know that's a lot to digest. **Don't panic.** The exposure limits haven't changed; but now we must complete an assessment. There is an excellent [RATPAC video presentation](#) on this, along with [supporting materials](#). If any MIRO member would like to be our "point person" on this, please contact me.

Comm Academy Videos

I thought the 2021 Comm Academy was fantastic, great content and professionally produced. For those who didn't attend live, they have graciously placed the presentations on [youtube](#) for all to enjoy. Don't be surprised if we watch a session or two at one of our General Meetings in the future.

ICS-309 Logging – I was wrong!!!

In a previous newsletter, I stated that the Net Control Station (NCS) operator name and call sign should appear in Box 4 of the ICS-309 Communications Log. I have since learned that this is incorrect. Box 4 should contain the name and call of the operator **at the location** where the radio communications are being recorded. This can and often is your home location. Box 6, at the bottom of the form, is name and call of the person who actually produced the log at that station. When you are operating without a scribe, your name and call go into both Box 4 and Box 6. I've included a sample ICS-309 at the end of this newsletter.

Ham Licenses expiring soon

Each month, we'll list the names of those members whose call signs will expire soon. You may renew your ham license no sooner than 90 days before its expiration date. If you don't renew it, you have a 2-year grace period to do so after it expires. However, during those 2 years, you do not have radio privileges. After 2 years, your license expires entirely; and you will need to study and re-take the exam if you want to get another license. To renew your existing license, go to the FCC site at [Universal Licensing System | Federal Communications Commission \(fcc.gov\)](#), click on "File Online" and follow the instructions. The calls that are eligible for renewal are:

Name	Call	Expires
Bill Mohn	KG7RF	July 9, 2021

That's all for this month. 73!

Bob Tykulsker KM6SO, MIRO Chair, rtykulsker@gmail.com

Phone: 206-232-8049

Pat Hackett, K7PTH, MIRO Vice-Chair, pat@pathackett.com

Phone: 206-972-2724

Woody Howse, K7EDH, MIRO Chair Emeritus, whowse@me.com

Phone: 206-849-5370

MIRO Current Schedule 2021

(all MIRO meetings at 7 PM **SHARP** unless otherwise specified)

May 6	First Thursday Traffic Net; NCS: tbd
May 13	Emergency Net Practice; NCS K7GHP, Grete
May 20	MIRO General Meeting; Dave, W7DDU, Introduction to ICS Forms, Woody, K7EDH, Service in the Nuclear Submarine Force
May 25	Last Tuesday Working Meeting
May 29	Fifth Saturday EOC-EOC
Jun 4	First Thursday Traffic Net; NCS tbd
Jun 10	Emergency Net Practice; NCS; Eva
Jun 17	MIRO General Meeting; Grete, K7GHP, Performance under Pressure
Jun 29	Last Tuesday Working Meeting
Jul 1	First Thursday Traffic Net; NCS tbd
Jul 8	Emergency Net Practice; NCS tbd
Jul 15	MIRO General Meeting; KC7YYZ, Carl, DIY Emergency Solar Power and Home Automation
Jul 26	Last Tuesday Working Meeting
Jul 31	Fifth Saturday EOC-EOC
Aug 3	First TUESDAY Traffic Net; NCS tbd
Aug 10	ADDITIONAL Emergency Net Practice; NCS determined on-air!
Aug 12	Emergency Net Practice; NCS tbd
Aug 19	MIRO General Meeting; tbd
Aug 30	Last Tuesday Working Meeting
Sep 2	First Thursday Traffic Net; NCS tbd
Sep 9	Emergency Net Practice; NCS tbd
Sep 16	MIRO General Meeting; tbd
Sep 28	Last Tuesday Working Meeting
Oct 7	First Thursday Traffic Net; NCS tbd
Oct 14	Emergency Net Practice; NCS tbd
Oct 21	MIRO General Meeting; tbd
Oct 25	Last Tuesday Working Meeting
Oct 30	Fifth Saturday EOC-EOC; tbd
Nov 4	First Thursday Traffic Net; NCS tbd
Nov 11	Emergency Net Practice; NCS tbd
Nov 18	MIRO General Meeting; tbd
Nov 30	Last Tuesday Working Meeting
Dec 2	First Thursday Traffic Net; NCS tbd
Dec 9	Emergency Net Practice; NCS tbd
Dec 16	MIRO General Meeting; tbd
Dec 28	Last Tuesday Working Meeting

Other Resources

Training Links

Below are some links for **ongoing**, third-party training and/or testing

- Not training, per se, but online ham testing when you are ready to upgrade your Technician or General License: <https://hamstudy.org/sessions>
- Online CERT training: <https://i.slcc.edu/emergency-prepare/docs/CERT/online-cert-course.pdf>
- FEMA IS-100C. Introduction to the Incident Command System. A requirement for being badged as a City Volunteer: <https://training.fema.gov/is/courseoverview.aspx?code=IS-100.c>
- FEMA IS-700B. Introduction to the National Incident Management System.
- Another requirement to be badged: <https://training.fema.gov/is/courseoverview.aspx?code=IS-700.b>

Regional Radio Nets

What better way is there to improve our radio capability than by participating in available nets easily found in the [Mike & Key Amateur Radio Guide](#). Following is a list of available opportunities. I highly recommend that our new hams actively participate.

- Daily: 0900; 146.960; - 103.5; PSRG Nine O'clock net
- Daily: 2100; 146.960; - 103.5; PSRG Nine O'clock net
- SUN: 2000; 147.080; +110.9; King County ARES/RACES Net
- MON: 1200; 441.550; + 103.5; Informal Social Net
- MON: 1900; 146.960; - 103.5; Seattle ACS
- MON: 2000; 444.550; + 141.3; Puget Sound Digital Hams Practice Net- Fldigi
- WED: 1730; 146.820; - 103.5; Mike and Key Technical Net

RATPAC Videos

Great videos the Radio Amateur Training, Planning and Activities Committee:

- Published Format- <http://tiny.cc/ratpac-list>
- Menu Format- <http://tiny.cc/ratpac-ss>

MIRO Tool Exchange

Vadim has put together a spreadsheet with tools to lend, tools wanted, stuff to give away, etc. So check it out at <https://docs.google.com/spreadsheets/d/1nwNiLDE76nnzxXjPcHnHte39NW3gfx0hodF1L4IGlqs/>

COMM Log ICS 309		1. Incident Name and Activation Number MIRO Emergency Practice Net - n/a		2. Operational Period (Date/Time) From: 2021-04-13 19:00 To: 2021-04-13 20:00	
3. Radio Net Name (for NCOs) or Position/Tactical Call MIRO Emergency Practice Net			4. Radio Operator (Name, Call Sign) Bob Tykulsker, KM6SO		
5. COMMUNICATIONS LOG					
Time (24:00)	FROM	TO	Message		
19:04	K7GHP		Grete: assume NCS role, start MIRO Emergency Practice Net		
19:06	K7GHP		Grete: any mobile; battery; emergency power? Nothing heard		
19:06	K7GHP		Grete: taking check ins; Alpha through India		
19:08	K7EDH		Woody: check in		
19:08	W7EVA		Eva: check in		
19:09	K7GHP		Grete: taking check ins; Hotel through Papa		
19:09	K7PTH		Pat: check in; 1 announcement		
19:10	K7GHP		Grete: taking check ins; Quebec through Zulu		
19:10	KE7WUD		Alex: check in		
19:10	KM6SO		Bob: check in		
19:10	K7RFP		Ron: check in		
19:11	K7GHP		Grete: taking check ins; late or missed?		
19:12	K7GHP	K7PTH	Grete->Pat: come back with announcement		
19:12	K7PTH		Pat: mail sent to all about basic training; see newsletter; respond to pat@pathackett.com		
19:13	K7GHP		Grete: must leave net; need new NCS		
19:13	K7PTH		Pat: will take NCS		
19:13	K7GHP		Grete: leaving net		
19:14	K7PTH		Pat: close VHF; switch to UHF		
19:16	K7PTH		Pat: open net on UHF		
19:16	K7PTH	K7GHP	Pat->Grete: loud and clear		
19:16	K7PTH	K7EDH	Pat->Woody: loud and clear		
19:16	K7PTH	W7EVA	Pat->Eva: not heard		
19:17	K7PTH	KE7WUD	Pat->Alex: loud and clear		
19:17	K7PTH	KM6SO	Pat->Bob: loud and clear		
19:17	K7PTH	K7RFP	Pat->Ron: loud and clear		
19:17	K7PTH	KM6SO	Pat->Bob: any announcements		
19:17	KM6SO		Bob: meeting Thursday; mobile installation; N7CFO		
19:18	K7PTH		Pat: close UHF		
6. Prepared By (Name, Call Sign) Bob Tykulsker, KM6SO			7. Date & Time Prepared 2021-04-13 19:47		8. Page 1 of 1