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The Newsletter of the Multnomah County Amateur Radio Emergency Services

July 2019

Meetings

Multnomah County ARES

Every 4th Thursday
7:00 P.M.

Informal Q&A begins 6:15
Portland Fire & Rescue CTR
4800 NE 122nd Avenue, Portland
<http://www.multnomahares.org/>

PARC Meeting

Every 2nd Monday
7:30 P.M.

4415 NE 87th Ave., Portland
<http://www.w7lt.org/>

HARC Meeting

Every 3rd Thursday
Mount Hood Comm. College
Room 1001

<http://www.wb7qiw.org/>



Nets

Multnomah Co. ARES Net
Wednesdays at 7:00 P.M.
146.84 (no Tone)

District 1 ARES Net
Daily at 7:30 P.M.
147.320 (PL Tone 100.0)

Digital Modes Training Net
1st Tuesday at 8:00 P.M.
440.400 (PL Tone 123.0)

FIELD DAY, 2019

Upcoming Events

Thursday, July 25 7:00 PM—
General Meeting: Voice traffic
handling presented by Eli W7ELI
Informal networking and Q&A starts
at 6:15.

Sunday, July 21—All teams
Firestarter Drill: 8:45-noon

Saturday, August 17— All teams
Firestarter Drill: 8:45-noon

Thursday, August 22—General
Meeting: Go-Kit Show and Tell in
the parking lot with potluck picnic.
Get your gear ready to put on display,
or just come for ideas to assemble
your kit.

Friday-Sunday, September 13-15—MCARES Annual HF Campout: Pine Point Campground at Timothy Lake. \$20 per person. Contact Eli eliza.pride@gmail.com to sign up.

Staying Calm During a Crisis

By Carrie, K7CAC

We'll have a full training on this topic in September. In the meantime, here is some food for thought.

As emergency amateur radio operators, we are called on to *pass information* during crises/disasters. Our roles don't include a lot of decision making. Exhale.



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The bare minimum here is to show up, team well, and get the job done. Know how to use your equipment, where to be, who to connect with, and who is in charge. If any of these concepts cause you angst or raises your blood pressure, that's your first area of focus. Spending some time and energy there will increase your confidence and reduce your stress in an actual event.

Here are some basic pointers for managing yourself as the pressure increases:

- Take care of your body. Make sure you have ample food and water as well as clothing matched to the environment. Get adequate rest before, during, after.
- Know how to operate your equipment. If you don't or you're having an off day, you can still be helpful. Volunteer for a role you feel more comfortable doing.
- You need to be able to accept and follow directions, given directly.
- Know when to take a break (self or other directed), when to ask for help, and when to offer.
- SLOW down. Equipment fails, you don't have to.
- Don't ask "what if?" If you can't avoid this common pitfall, try changing it to "how?"

Most people are prone to increased stress in stressful situations. It's not rocket science, it's life preserving. It's your job to know and work with your triggers in stressful events/situations.

Sharing these with your team lead in advance can assist with assignments and practice opportunities during drills.

Teaming well and taking care gets the job done.

In September we'll go both over in-the-moment and long-term strategies/concepts for maintaining calm during stressful events.

Membership News By Deb KK7DEB

Welcome to our newest members! Sue KG7ALI joins the Alpha Team, Catha KJ7FWT joins the Bravo Team, Jon KG7HVA joins the Delta Team and Richard KJ7FBH joins the Echo Team.

The annual ARES raffle continues at our monthly meeting. We hope you can find something that you would like to have. Tickets are \$5 and proceeds are used to purchase food items for our go-kit show and tell and Field Day BBQ'S. The funds are also used to purchase propane for the ARES trailer. You can see the raffle items at the back tables at the ARES meeting where tickets are also sold. The drawing will be at our August Meeting and you will not need to be present to win!

SEE
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FOR
ADDITIONAL
FIELD DAY
PHOTOS



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45°28'23", -122°40'10", -45.9ft, 150°
06/22/2019 18:52:24



45°28'23", -122°40'9", -34.6ft, 218°
06/22/2019 18:44:51

Additional Nets

District 1 ARES Net:

Daily at 7:10 P.M.
147.320 Mhz and 147.04
Both with PL Tone 100

NTTN:

Daily at 6:05 P.M.
145.27, 145.43, 145.47
146.80, 442.875, & 107.2

Portland NET Net:

Sunday 8:00 P.M.
147.040 PL tone 100.00

