



# DCARCCommunicator

Davis County Amateur Radio Club

Editor - Lon Stuart WM7E

November 2008

## ARES/RACES Workshop November 8 November DCARC Meeting Cancelled!

The DCARC Meeting scheduled for November 8 has been cancelled due to scheduling of the ARES/RACES Conference to be held on the same day at the Salt Lake City Red Lion Hotel.

All DCARC members are encouraged to register for and attend the conference, which will feature information about ARES and RACES activities. The meetings will start at 8 a.m. with a continental breakfast for attendees and then sessions on emergency activities for the day, with a luncheon break at noon.

Registration is required through the UTRAIN web site, using the course number supplied on the IDCARC web site. Go to that site for registration instructions. Registration is limited to about 200 guests and late estimates said that about 175 persons have now registered.

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The Radio Amateur Civil Emergency Service (RACES), independent nets and other amateur public service groups are also a part of ARRL-recognized Amateur Radio public service efforts. RACES is administered by local, county and state emergency management agencies, and supported by the Federal Emergency Management Agency (FEMA) of the United States government, is a part of the Amateur Radio Service that provides radio communications for civil-preparedness purposes *only*, during periods of local, regional or national civil emergencies. These emergencies are not limited to war-related activities, but can include natural disasters such as fires, floods and earthquakes.

Although RACES and ARES are separate entities, the ARRL advocates dual membership and cooperative efforts between both groups whenever possible for an ARES group whose members are all enrolled in and certified by RACES to operate in an emergency with great flexibility. Using the same operators and the same frequencies, an ARES group also enrolled as RACES can "switch hats" from ARES to RACES and RACES to ARES to meet the requirements of the situation as it develops. For example, during a "nondeclared emergency," ARES can operate under ARES, but when an emergency or disaster is officially declared by a state or federal authority, the operation can become RACES with no change in personnel or frequencies.

Go to: <http://www.DCARC.net> for registration information.

## The December 13<sup>th</sup> Meeting -- Club Elections and Homebrew



Yaesu FT-1802

If you want to help out in the club think about running for a position. Please contact a member of the Executive Committee if you are interested and/or have questions. Remember, it is the club members that make a top notch club, which DCARC is.

Also, start getting your Homebrew ready to show off at the meeting. It is always interesting to see what people are up to. You will have a maximum limit of 5 minutes to present.

We also have a drawing for a radio. This year, the radio will be the [Yaesu FT-1802](#). Tickets will be a donation of \$5 for 2 tickets. You must be a member of DCARC in good standing (dues paid) and present at the meeting to be eligible to win.

A bean supper will be held on Tuesday evening in the church hall. Music will follow. This evening at 7 PM there will be a hymn singing in the park across from the church. Bring a blanket and come prepared to sin.

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### Marginal Thinking... From Church Bulletins:

Ladies Bible Study will be held Thursday morning at 10 AM. All ladies are invited to lunch in the Fellowship Hall after the B.S. is done.

Remember -- **No DCARC Meeting November 8** - Register and attend the ARES/RACES Conference at the SLC Red Lion Hotel at 8 AM on that day. We'll see you at the meeting December 13th.

**DCARC Schedule...** By John Gold, N7UPI

Saturday 11/8/08 - ARES/RACES Conference - See DCARC website (Front Page and Calendar Section) for information and also yahoo groups.

Saturday 11/8/08 - Club Meeting - CANCELED

Saturday 12/13/08 - Club Meeting - Elections/ Homebrew - Need to be looking at officers willing to continue and replacement officers as needed.

**Future Meetings:**

Broadcast Television History - Tim Seeley coordinator/presenter along with Mel Parkes input.

Broadcast Radio - John Dehnel KSL Radio Engineer ANY additional topics/presenters for future meetings?

**Marginal Thinking...**

The Pastor would appreciate it if the ladies of the congregation would lend him their electric girdles for the pancake breakfast on Sunday.

**New on the DCARC Web Site**

By: Matt Zundell, KD7HHW

[kd7hww@interfold.com](mailto:kd7hww@interfold.com)

I have a new function on the website. This function is called "Attend Events." It is to help in managing volunteers.

The flow is as follows:

1. A new Attend Event is added.
2. Users are able to sign-up until either the max allowed has been reached or the closed date for registration has been reached.
3. If the user feels they can no longer attend the event, they can cancel their sign-up from the site as well.
4. When users sign-up or cancel, an email is sent to the owner of the event.
5. Before the event starts and at a time the event owner wishes, a report can be generated of everyone that has signed-up for the event.

So, if you are in need of volunteers, let me know and I will add the item for you.

You might have noticed this draw back (that the admin is the only one that can add events). Maybe in future releases, it will be available, but not yet. You will still be the one receiving emails when someone signs-up (or cancels). I hope this will help our site!

Our thanks to Matt for the new **DCARCommunicator** front page masthead. -Ed.

For those of you who have children and don't know it, we have a nursery downstairs.

**DCARC Organization**

President	<b>Alia Zundel, KD7JGA</b> <a href="mailto:kd7jga@arrl.net">kd7jga@arrl.net</a>	
Vice President	<b>John Leary, K7JWL</b> <a href="mailto:John9mm@gmail.com">John9mm@gmail.com</a>	
Secretary	<b>Joe Leary, N7PCS</b> <a href="mailto:joe@utahjoe.com">joe@utahjoe.com</a>	
Treasurer	<b>Gary Johnson, N7DND</b> <a href="mailto:n7dnd@arrl.net">n7dnd@arrl.net</a>	292-1212
Program Director	<b>John Gold, N7UPI</b> <a href="mailto:john.gold@earthlink.net">john.gold@earthlink.net</a>	295-8863
Master Elmer	<b>Morton Sparks, W7C</b> <a href="mailto:mortsparks@hotmail.com">mortsparks@hotmail.com</a>	774-0561
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Webmaster	<b>Matt Zundel, KD7HHW</b> <a href="mailto:webmaster@dcarc.net">webmaster@dcarc.net</a>	731-8939
ARES (State)	<b>Jerry Wellman, W7SAR</b>	
ARES (Davis Co.)	<b>Tim Seeley, KK7EF</b>	544-7928
VE Exam Chairman	<b>Mike Youngs, KK7VZ</b>	
DAV Node Coord.	<b>John Mabey, W7CWL</b>	
JOTA Chairman	<b>John Moyer, KG7DE</b>	
War Wagon Chairman	<b>Hall Blankenship, KC7RAF</b> <a href="mailto:kc7raf@arrl.net">kc7raf@arrl.net</a>	292-1695
Antenna Trailer Coord.	<b>Position open</b>	
Club Bookstore	<b>Brent Thomas, AC7H</b> <a href="mailto:ac7h@arrl.net">ac7h@arrl.net</a>	292-8110
	<b>Fred Holston, KD7YFG</b> <a href="mailto:Kd7yfg@arrl.net">Kd7yfg@arrl.net</a>	518-3170
	<b>Mel Parkes, NM7P</b> <a href="mailto:NM7P@arrl.org">NM7P@arrl.org</a>	547-1753
Public Service Info	<b>John Gold, N7UPI</b> <a href="mailto:john.gold@earthlink.net">john.gold@earthlink.net</a>	295-8863

The Fasting and Prayer Conference includes meals.

Internet Services  
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**Davis County Amateur  
Radio Club**  
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The DCARCommunicator is written, typeset and printed in the good ole' US of A by the Davis County Amateur Radio Club. The club is an affiliate of the American Radio Relay League (ARRL) and is incorporated in the State of Utah. The club meets on the second Saturday of each month, unless other circumstances dictate changes. The meetings are held at the Davis County Sheriff's Office, 800 W. State St., Farmington, UT. Dues are \$15 per year individual; \$20 per family; \$10 Senior Citizen over 65 years and Free for 105-year-old geezers... Dues may be mailed to the address above or be paid in person at the club meeting. Typesetting is accomplished by a troop of Trolls, plying their trade under the Club Bookstore table, where Brent Thomas is trying to shoo them away while collecting the money for another goodie being purchased by a club member. Little do they know that e-mail has made them all obsolete and they are madly typesetting in vain!!

Ladies, don't forget the rummage sale. It's a chance to get rid of those things not worth keeping around the house. Don't forget your husbands.

Remember in prayer the many that are sick in our community. Smile at someone who is hard to love. Say "Hell" to someone who doesn't care much for you.

# Encomm Alley

By Tim Seeley, KK7EF

To all AEC's:

The purpose of rotating NCS duties are:

- To train AEC's and others so that they can do NC if needed. Each city should have at least two or three viable NCS operators.
- To get more people used to the equipment and settings of different ECC's.
- To regularly use EOC's stations for operability testing and to scope out how to improve ECC. (For those of you who do not have access problems.)
- To show agencies who have put trust and money into ARES stations, that we are active.(In addition, AEC's should have regular contact with key individuals in that agency to which they are assigned, at *minimum* once a month.) Sign usage log books to be kept @ ECC's for sign in, one that is different than an event logbook.
- To fill in for me when I am working nightshift.

After the AEC feels comfortable with NC duties, they are responsible to train those in their area who they feel is NC material. You can have a training topic ready, if you would like. I will jump in periodically with a topic.

The preamble can be found on the club website. The roll will be updated and available also on the website. If you cannot open an Excel spread sheet, contact me. If I am not on net, I will send you any business that should be conducted. Please send the roll and any pertinent traffic back to me. If an AEC cannot do net control, please ask someone from your area to fill in or trade with another city and let me know, so I can be sure to get an attendance roll and send it to me. The preferred method is via e-mail, because of my rotating shift schedule.

E-mail: [kk7ef@arrl.net](mailto:kk7ef@arrl.net) , phone 544-7928.

- 06 Nov. Fruit Heights
- 13 Nov. Farmington
- 20 Nov. War Wagon
- 27 Nov. Thx'giv'ng - No Net
- 04 Dec. D.C.S.O.
- 11 Dec. Centerville
- 18 Dec. Lakeview Hospital
- 25 Dec. Christmas No Net
- 01 Jan. '09 Bountiful
- 08 Jan. West Bountiful
- 15 Jan. Woods Cross

**Marginal Thinking...**  
 The ladies of the church have cast off clothing of every kind. They may be seen in the basement on Friday afternoon.  
 Weight Watchers will meet at 7 PM at the First Presbyterian Church. Please use large double door at the side.  
 Please place your donation in the envelope along with the deceased person you want to be remembered.  
 Miss Charlene Mason sang "I will not pass this way again," giving obvious pleasure to the congregation.

.... Until next month,  
 I'll see you in *The Alley*.  
 Tim \_ . \_ . \_ . . . . \_ .

The Rector will preach his farewell message after which the choir will sing: "Break Forth into Joy."  
 At the evening service tonight, the sermon topic will be: "What is Hell?" Come early and listen to the choir practice.  
 The Low Self Esteem Support Group will meet Thursday at 7 PM. Please use the back door.

Eight new choir robes are currently needed due to the addition of several new members and the deterioration of some older ones.

# FCC Maximum Permissible RF Exposure Regulations

The Federal Communications Commission (FCC) is the United States' governing body for the electromagnetic spectrum. They are the Big Brother of radio waves. As with most (hopefully) government functions, the intentions are good, and the people working in them are sincere in the execution of their duties, but they are not always right. If that were not the case, then there would never be a need to challenge policies. One of the biggest challenges for the average citizen these days is keeping frequency band allocations that are dedicated to hobbyists from being re-delegated to commercial applications.

One area where the FCC has excelled is in the consumer safety realm, regarding safe exposure limits to electromagnetic fields. Even that is somewhat subject to political concerns - for instance, the SAR (specific absorbed radiation) limits for cell phone radiation in the human body. Phone manufacturers say no harm is done with 2 W of 1-2 GHz radiation blasting an inch from your brain, or from 1 W of 2.4 GHz energy sitting on your crotch (notebook computer). Time will tell, but a recent study found that the normal 10-year development period for cancer is beginning to reveal high incidences of brain cancer on long-time, high-use mobile phone addicts.

Here are the most current Maximum Permissible Exposure number form the FCC (2007).

### Limits for Maximum Permissible Exposure (MPE) - from §1.1310

Frequency Range (MHz)	Electric Field Strength (V/m)	Magnetic Field Strength (A/m)	Power Density (mW/cm <sup>2</sup> )	Averaging Time (minutes)
0.3-3.0	614	1.63	100 <sup>†</sup>	6
3.0-30	1842/f	4.89/f	900/f <sup>2†</sup>	6
30-300	61.4	0.163	1.0	6
300-1500	-	-	f/300	6
1500-100,000	-	-	5	6

### Limits for General Population/Uncontrolled Exposure

Frequency Range (MHz)	Electric Field Strength (V/m)	Magnetic Field Strength (A/m)	Power Density (mW/cm <sup>2</sup> )	Averaging Time (minutes)
0.3-3.0	614	1.63	100 <sup>†</sup>	30
3.0-30	842/f	2.19/f	180/f <sup>2†</sup>	30
30-300	27.5	0.073	0.2	30
300-1500	-	-	f/1500	30
1500-100,000	-	-	1.0	30

f = frequency in MHz

† = plane-wave equivalent power density (see note)

Note: Equivalent far field strength that would have the E-field or H-field components calculated or measured.

Equivalent far field density for near and far fields can be calculated using  

$$\text{Power Density} = |E_{\text{total}}|^2/3770 \text{ mW/cm}^2 \text{ or } \text{Power Density} = |H_{\text{total}}|^2/37.7 \text{ mW/cm}^2$$

(This is only the beginning - watch for more on this subject in future issues of the DCARCommunicator.)

**ARES/RACES Differences**

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See: <http://www.arrl.org/FandES/field/pscmsec1ch4.html#1>

**Dumb Things People Do...**

**Plug into the wall without surge protection**

Here's one that actually *can* physically destroy your computer equipment, as well as the data it holds. You may think your systems are in danger only during an electrical storm, but anything that interrupts the electrical circuit and then starts the current back again can fry your components. Something as simple as someone turning on an appliance that's plugged into the same circuit (especially a high voltage one such as a hair dryer, electric heater, or air conditioner) can cause a surge, or a surge may be caused by a tree limb touching a power line. If you have a power outage, you may experience a surge when the electricity comes back on. You can protect your systems against damage from power surges by always using a surge protector, but it's important to be aware that most cheap surge protectors will survive only a single surge and need to be replaced afterward. An Uninterruptible Power Supply (UPS) is better than a surge protector; it has a battery that keeps power flowing smoothly even when there's an outage, to give you time to gracefully shut down.

(Go to next column)

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**"The handle on your recliner does not qualify as an exercise machine."**

**Surf the Internet without a firewall**

Many home users plug their computers right into their spiffy new cable or DSL modems and hop onto the Internet without realizing that they're putting themselves at risk from viruses and attackers. Every Internet-connected computer should be protected by a firewall; this can be a firewall built into the broadband modem or router, a separate firewall appliance that sits between the modem/router and the computer, a server at the network's edge running firewall software, or personal firewall software installed on the computer (such as ICF/Windows Firewall built into Windows XP or a third-party firewall program like Kerio or ZoneAlarm).

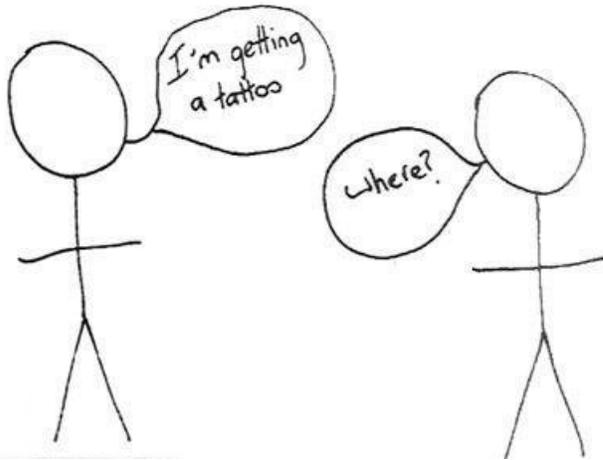
One advantage of personal firewalls on laptop computers is that they're still with you when you take the computer on the road and plug into a hotel's DSL or cable port or connect to a wireless hotspot. Just having a firewall isn't enough, though. You must also be sure it's turned on and configured properly to protect you.

**Neglect to run or update antivirus and anti-spyware programs**

Let's face it: Antivirus programs can be a royal pain. They're always blocking some application you want to use, you often have to disable them to install new software, and they have to be updated on a regular basis to do any good. Seems like the subscription is always expiring and prompting you to renew it—for a fee, in many cases. But in today's environment, you can't afford to go without virus protection. The malicious programs that AV software detects—viruses, Trojans, worms, etc.—can not only wreak havoc on your system but can spread via your computer to the rest of the network. In extreme cases, they can bring down the whole network. Spyware is another growing threat; these are programs that install themselves on your computer (usually without your knowledge) and collect information from your system that is then sent back to the spyware program's author or vendor. Antivirus programs often don't address spyware so it's important to run a dedicated spyware detection and removal program.

Scouts are saving aluminum cans, bottles, and other items to be recycled. Proceeds will be used to cripple children.

A Visit with the "Styx"...



Daryl, NU7X, and Bonnie Duffin are planning to be gypsies for the coming few months or years. They have announced they have purchased a truck and trailer. Their immediate plans are to travel in November to St. George and hole up there in the sunshine until better things are planned. Daryl was a former repeater engineer for the club and kept K7DAV running "round the clock." They will be thinking of us here in the cold as they are "soaking up the rays..."

Happy Trails to the Duffins...

147.04 Repeater Autopatch

Emergency Dispatch Center Access Numbers

910 Clearfield Dispatch	525-2806
911 Davis County Dispatch	911
912 Bountiful - NON Emergency	298-6000
913 Davis Co. - NON Emergency	451-4150
914 Hill AFB Security	777-3056
915 Layton Dispatch	544-1241
916 Weber Co. (Ogden City PD)	629-8221
917 Weber Co. (Roy Dispatch)	629-8221
918 SL Co. UHP	887-3800
919 Weber & Morgan Co. Sheriff	629-8221

**NOTE:** It is NOT necessary to use the autopatch UP code to use these Emergency Autopatch Access numbers. Just tap in the 9xx code for the center you want to access. Also note that if the issue does not involve a threat to life or property, then you should use the NON Emergency dispatch number, if available.

*The 3 minute call timer limit also applies to these calls.*

Marginal Thinking for November...

Bertha Belch, a missionary from Africa, will be speaking tonight at Calgary Methodist. Come and hear Bertha Belch all the way from Africa.

Potluck supper Sunday at 5:00 PM - Prayer and medication to follow.



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