

RAINBOW CANYONS AMATEUR RADIO CLUB NEWSLETTER

CEDAR CITY, UTAH



Club Website: www.rcarc.info Number 6 – Vol. 2 - February 2024

Club Meeting Information

The RCARC meets at 7:00 p.m. on the 2nd Tuesday of each month at the Cedar City Senior Center, 489 E. 200 South. Down Stairs.

2024 Club Officer's

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CQ, CQ, Happy Valentines Day



Presidents Message

Dear Fellow Amateur Radio Operators,
It has been a great start to 2024 and what a difference from last year! Winter Field Day was a lot of fun and went very well. The weather held out and much of the snow melted. We also had nice temperatures and we had 27 HAMs come out to Winter Field Day. We made 83 contacts and Brody (K7VXV) was our top operator (and really excited to get Hawaii). Our next presentation is on the Winlink digital mode for HAM radio. Winlink allows you to send email, photos, forms or other traffic using HAM radio, so come out to learn more at our next meeting. We will also be starting a General class in March so let potential students know!

Continued on page 2

RCARC Club Nets:

7:00 a.m. Breakfast Net - Monday – Saturday – 146.760.
12:30 p.m. Daily – Utah Beehive Net On 7.272.
8:30 p.m. Tuesday's - ORCA Digital Net. Using FLDIGI, FLMSG AND FLAMP – 3.581 +, 1500/MFSK32.
8:00 p.m. Wednesday – Panguitch Net – 147.160.
7: pm. Thursday– Morse Code Net- This is a Zoom Meeting.
8:30 p.m. Thursday's - WDN Digital Net. Using FLDIGI, FLMSG AND FLAMP – 3.581 +, 1500/MFSK32.
8: p.m. Saturdays – SSTV – 449.925.
9:00 p.m. Daily – Friendship Net – 146.760.
11: a.m. Saturdays (Mtn. Time) QCWA – 160 Net, Utah Chapter,
12: p.m. Freq. 7.272.
8:00 pm. Sunday's – New Harmony Valley Net – Bumblebee Repeater. – 146.680 with a minus offset – PL 100.

Local Repeaters:

Iron Mountain

146.760 MHz – Tone 123.0 Hz
146.980 MHz – Tone 100.0 Hz
448.800 MHz – Tone 100.0 Hz
449.500 MHz – Tone 100.0 Hz
448.400 MHz -- Tone 100.0/FM & DMR

Intermountain Intertie:

146.940 MHz – Tone 100.0 Frisco.
146.800 MHz – Tone 100.0 Blow Hard
147.200 MHz + Tone 100.0 Tod's/Hatch
146.820 MHz – Tone 100.0 Utah Hill

Bumblebee/New Harmony:

146.680 MHz – Tone 100.0 Hz

Rowberry:

449.925 MHz – Tone 100.0 VHF Remote

Dutton:

147.160 MHz + Tone 100.0 Hz.

Save The Date

February 13, 2024

RCARC Club Meeting.

7:00 pm. Cedar City Senior Center,
489 E. 200 South. [Winlink
Presentation and Demo.](#)

March 12, 2024

RCARC Club Meeting.

7:00 pm. Cedar City Senior Center,
489 E. 200 South. [More info to
follow](#)

April 9, 2024

RCARC Club Meeting.

7:00 pm. Cedar City Senior Center,
489 E. 200 South. [More info to
follow](#)

May 14, 2024

RCARC Club Meeting.

7:00 pm. Cedar City Senior Center,
489 E. 200 South. [More info to
follow](#)

President's Message **Continued from page 1.**

I encourage you all to play, share, and have fun on the radio! We all have strengths and weaknesses but we are all interested in radio communications and can benefit from each other. If you are interested in any aspect of HAM radio please explore the topic, experiment, and share what you have done with the group! That is what makes this such a fun hobby! Don't be shy, we are all friends here!

In service,

Fred Govedich (KI7TPD)

Notice

Winlink Presentation and Demo.

At the upcoming February 13, 2024 RCARC Club Meeting Ron Shelley (K7HDX) and Fred (KI7TPD) will do a presentation and demo on Winlink. See you there.

RCARC Monthly Breakfast

Please come join us on the first Saturday of each month at 9:00 am. for our club breakfast. We meet at the Golden Corral Buffet & Grill (in the back room), 1379 S. Main Street, Cedar City. Their menu offers an unmatched variety of quality foods from breakfast to dinner. See you there.



**Happy Birthday and
Anniversary to those
celebrating in February**



Happy Valentines Day

January 24 Net Winners				
Breakfast Net		Friendship Net		
First Place	WA7GVL - Paul	First Place	W0KLH - Kevin	Third Place
K2MFK - Kevin	Second Place	K7HDX - Ron	W6DLW - Dennis	KI7LVB - Tammy
KC6WFI - Tony	KK6FLO - Dave	K7NKH - Lee	W9YNK - Benjamin	KK7FLL - Maddie
KE6ZIM - Johnny	N7SIY - Sylvia	K7WEP - Paul	WA7GVL - Paul	
KE8OYI - Caleb	Third Place	KE8OYI - Caleb	Second Place	
KG7PBX - Linda	K7ZI - Dick	KI7LUM - Bruce	KA7J - Lance	
KI7TPD - Fred	K7ZZQ - Johnny	KI7TPD - Fred	KI7LVC - Tim	
KI7WEX - Bonnie	KI7LVC - Tim	KI7WEX - Bonnie	KJ7LTQ - Brant	
N7SND - Larry		N7WWB - Darlene		
See December 2023 Net Winners on page 13				

Rainbow Canyons Amateur Radio Club
Treasurer Report Jan 9, 2024

Bank balance Dec 1, 2023	\$1,227.22
Dec Deposits - membership 2024 KG7VEJ, K7NKH, KF7GPZ, KF7WIY, N7BO, KB7QXB, KJ7WBH, KC7IHE, N6NQX, N7TCE, KA7J, W9YNK, KE8OYI, N7SIY, KG7VEI & Family, N7SND, KI7SCX, KJ7LTQ, KK7FLL KA7LEG	+ 270.00
Expenses Rocky mountain Power	- 20.26
 Bank Balance Jan 1, 2024	 \$1,476.96
Jan Deposits - membership 2024 NL7EL, KK7CTI	+ 30.00
Dec Expenses Rocky Mountain Power (due 1/19/2024)	- 20.16
 Funds Available afer 1/19/2024	 <u>\$1,486.80</u>

Submitted by
Linda Shokrian KG7PBX
2023 RCARC Treasurer
435-867-5914

RCARC Upcoming Events

RCARC February 13, 2024 Club Meeting at the Cedar City Senior Center. 489 E 200 S. at 7:00 PM.

Presentation/Demonstration on Winlink will be provided by Fred (KI7TPD) and Ron (K7HDX).

Utah VHF Society Annual Swap Meet Saturday March 30, 2024 at the Legacy Event Center, 155 S. 1100 W., Farmington, Utah 84025.

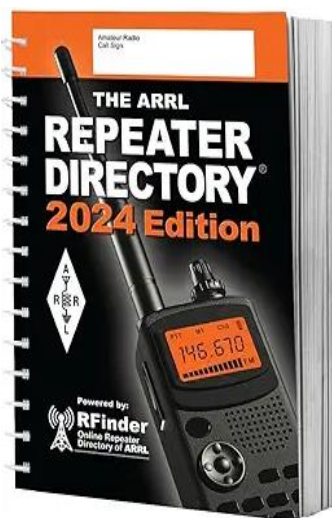
Rocky Mountain Division Conference Convention, July 12-13, 2024 in St. George, Utah. See www.hamconzion.com for additional information.

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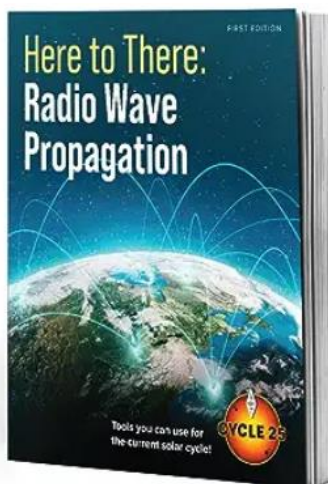
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RCARC Book Giveaway. Books are donated by Linda Shokrian (KG7PBX)

Shown below is the book that will be given away at the February 13, 2024 Meeting.



The Book below was given away to Stephen Vickers (K6NPA) at the December 9, 2024 Meeting.



Congratulations

Stephen

See picture on page 16

Contact Us.

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Newsletter E-mail:

rcarcnewsletter@gmail.com

Website

www.rcarc.info

Face Book Page:

<https://www.facebook.com/groups/440325486875752/>

To Join RCARC or Pay Dues:

Go to www.rcarc.info select "Club Info" and then "Join " RCARC. Follow the instructions on the template.

Make check payable to RCARC.
Please write call sign on check.

Thank You

Did you know

Wanting to look at some past years RCARC newsletters?

Check out our website at rcarc.info, click on Club Info and then Newsletters.

Enjoy

RAINBOW
CANYONS
AMATEUR
RADIO
CLUB
NEWSLETTER

30 Ways to Stay Warm When It's Cold Outside



Buzz's February Safety Tip(s)



30 Ways to Stay Warm When It's Cold Outside

Winter brings chilly temperatures, making staying warm and cozy difficult. But fear not! With a little creativity and preparation, you can keep the cold at bay and enjoy the season to its fullest. Today I want to talk about 30 ways to stay warm when it's cold outside.

1. Layer Up

Layering is the key to staying warm in winter. When working on your clothing layers, start with a moisture-wicking base layer, add a cozy insulating layer, and finish with a windproof outer layer. This strategy will trap heat and keep you comfortable throughout the day. Wearing jeans can also help insulate your body better than other pant fabrics.

2. Invest in Quality Winter Clothing

Investing in high-quality winter clothing is essential. Look for items made from materials such as cotton, wool, or fleece, which provide excellent insulation. Consider purchasing thermal socks, gloves or mittens, a scarf, winter boots, and various hats to warm your extremities. The key is to reduce the amount of exposed skin. You may want to consider wearing an extra pair of socks to make sure your feet stay warm. Boots with a lining should help keep you warmer during bad weather too. [How to Use Old Clothing for Emergency Preparedness](#)

3. Stay Active

Engaging in physical activity generates body heat and keeps you warm during cold weather. Try indoor exercises like yoga, dancing, or home workouts. If you prefer the outdoors, go for a brisk walk or try winter sports like skiing or ice skating. [Fitness for Survival](#)

4. Use Hand Warmers

Hand warmers are small packets that provide instant heat to your hands that you can carry in your pocket. They are perfect for outdoor activities or when you're just feeling a bit chilly indoors. Slip them into your pockets or gloves for added warmth.

5. Drink Warm Beverages

Sipping on hot beverages is not only comforting but also warms you from the inside out and helps offset those cold temperatures. Opt for hot tea, coffee, hot chocolate, or even a cup of warm soup to keep yourself cozy during cold days. [Hot Cocoa Bombs Are Easy To Make](#)

6. Utilize Heating Pads or Blankets

Heating pads or blankets are fantastic for warming up specific body parts or snuggling under. Place a heating pad on your lap or wrap yourself in an electric blanket while you relax. [6 Reasons To Store Blankets For Any Emergency](#)

7. Seal Drafts

Drafts can be a significant source of cold air entering your home. Inspect your doors and windows for any drafts and seal them with weatherstripping or draft stoppers to keep the warmth in and the cold out.

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30 Ways to Stay Warm When It's Cold Outside

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8. Use a Space Heater

If certain rooms in your house stay colder than others, consider using a space heater. Portable heaters allow you to warm up a specific area without cranking up the thermostat for the entire house. Please be aware that space heaters may cause a fire if left unattended. Always place these heaters away from flammable materials, including newspapers and clothing.

9. Make Use of Sunlight

Open your curtains or blinds during the day to let sunlight in. Sunlight not only brightens up your space, but also provides natural heat, especially if you have south-facing windows.

10. Practice Hot Water Bottle Tricks

A hot water bottle is a timeless remedy for staying warm. Fill it with hot water and place it on your feet, stomach, or back to provide instant warmth and comfort. [Hot Water Bottles](#)

11. Snuggle Up with a Furry Friend

Pets are natural heat sources! Curling up with your furry friend can offer both companionship and warmth so you won't be prone to the shivers. Just make sure your pet is comfortable and enjoys the extra snuggles. [What to do With Your Pets in an Emergency](#)

12. Cook Warm Meals

Cooking warm meals not only fills your belly but also warms up your kitchen. Opt for hearty soups, stews, casseroles, and baked goods to create a cozy atmosphere and keep you warm from the inside. A bonus to think about, using your oven to cook the meals will also add heat to the kitchen that can spill into other rooms.

13. Utilize Floor Rugs

If you have hardwood or tile floors, they can feel cold underfoot. Place rugs strategically around your home to add insulation and prevent heat loss through the floor.

14. Wear Insulated Slippers

Cold feet can quickly make you feel uncomfortable. Invest in a pair of insulated slippers to keep your feet warm and snug while you move around your home.

15. Keep Active Spaces Warm

If you have a home office or a crafting area, keep it warm and comfortable by using a small space heater or a heated floor mat. This will enable you to maintain productivity without freezing.

16. Use Thermal Curtains

Thermal curtains are excellent for blocking drafts and preventing heat loss through windows. They provide an extra layer of insulation and can help maintain a cozy temperature indoors.

17. Stay Hydrated

Staying hydrated is crucial for overall well-being and maintaining body temperature. Proper hydration means drinking plenty of water throughout the day, even if you don't feel as thirsty as you would in warmer months. [How To Tell If Your Child May Be Dehydrated](#)

18. Make Use of Your Fireplace or Wood Stove

If you have a fireplace or wood stove, take advantage of them during colder months. A crackling fire not only provides warmth but also creates a cozy and relaxing ambiance. [What is the Best Firewood for Home Heating?](#) If you have a fireplace that isn't in use, close the damper so warm air doesn't escape.

19. Use Hot Packs

Hot packs are a great way to warm yourself up quickly. They come in various sizes and can be heated in the microwave or with hot water. Place them on your body or wrap them around your neck for instant warmth. [Warm Hands](#)

Continued on page 15

The Hook-Up Fever

By H. GERNSBACK

WE are now in the midst of one of those peculiar outcroppings of radio which is unique in the art. We refer to the hook-up craze, which once more has taken not only this country, but perhaps the entire world, by storm. Not that the hook-up craze is new—it existed when the radio art was still young. The writer remembers that, away back in 1909 and 1910, in his first radio magazine, *Modern Electrics*, there can be found evidences of a hook-up craze. At that time the vacuum tube was unknown to the general public, and few amateurs and experimenters had ever heard of it. It was still in the laboratory stage; indeed, as the pioneer of the vacuum tube, Dr. Lee DeForest, was still experimenting with it. But we had the coherer, the crystal detector and the electrolytic detector. We had condensers, variable and fixed. We had tuning coils and loose couplers. These started the first hook-up fever. Every radio amateur, even though endowed with but a little originality, had his own pet hook-up.

For those good souls who do not know what we are talking about, let us enlighten them by saying that by a hook-up in radio is meant the wiring that connects the various instruments together. These hook-ups, which really are electrical circuits, follow some well defined laws. In many cases, however, they are no more than mere custom.

Taking an aerial, ground, a crystal detector, a pair of phones and a tuning coil, it is obvious that many combinations of connecting these instruments together are possible. All of them have been tried out. In the end, there may be five or six hook-ups that have been evolved from experiments and which are found to work efficiently. These then become known as standard hook-ups.

But as the art progresses and radio instruments multiply, it will be seen immediately that the combinations of hook-ups that are possible, with even a limited number of radio instruments, become enormous. At the present time, among standard radio instruments may be found vacuum tubes, which themselves fall into two groups—detector and amplifier tubes. Then we have various transformers such as Radio Frequency and Audio Frequency, the Radio Frequency standing for distance, the Audio Frequency for loudness of the signals received. Then we have phones or loud-talkers; condensers, fixed and variable; rheostats and potentiometers; grid leaks and high resistances; variocouplers and variometers; concentrated inductances such as honeycomb or spider-web coils; and the end is not yet. Taking just these few instruments which we mention, it becomes obvious that several million combinations of hook-ups are possible. It is like taking a stack of cards and trying to figure out all the combinations that are possible while a game is being played. These combinations run into the millions.

In our present day hook-up boom, we might say that we have only scratched the surface. Evidently, all the radio experimenters know this, for they are sitting up through many nights at a stretch, trying out new combinations. Every once in a while some ingenious amateur or research man comes across a hook-up that was not known before and if it be strictly original, not only fame, but fortune, awaits the tireless worker. Armstrong is an instance of this with his regenerative circuit, which is one of the best hook-ups, even

today, and which has not only brought him fame, but \$1,000,000 in cold cash as well.

No wonder then that the whole radio world has gone hook-up mad! Every possible, and impossible, combination has been tried. What does it matter if vacuum tubes are blown out, if the birth of a sacred new hook-up is at stake? Anything and everything is tried and frequently so-called "freak" hook-ups are evolved. The "freak" hook-up, by the way, is one that works well, but does not work along orthodox lines and is, therefore, sneered at by the radio experts—so-called.

Indeed when it comes right down to the finer workings of a hook-up there are few people who really know what happens within the circuits. The action of the vacuum tube is so involved that there are but few persons living today who have a correct inside knowledge of the mysterious "glass bottle." But why go so far as that? There is probably no man alive today who knows exactly what happens in a crystal detector.

In the meanwhile, the expert and "inexpert" merrily continue with the hook-up race and every day presents new surprises. One can hardly open a radio magazine, or newspaper containing a radio section, in which a new hook-up is not discussed. To show the trend of the times and how rapidly the hook-ups change, we mention just a few of the more prominent hook-ups. When broadcasting became stylish, there was, first of all, the Armstrong regenerative circuit, which has its many adherents and quite a number of those who do not uphold it. This is particularly true of the single circuit hook-up, which, while excellent, sends out waves into the ether to the great annoyance of other broadcast listeners when tuned by inexperienced persons. Then we had the Reinartz, the super-regenerative, the Reflexes, then the Neutrodyne. Of recent date the Autoplex, and the latest and perhaps the most popular, the Super-Heterodyne circuits came to the fore. These latter are perhaps the most sensitive, so far evolved, because with their use tremendous ranges can be covered, never dreamt of, even a year ago.

While, of course, the hook-up craze is harmless, as well as an exciting sport, which really is most interesting because it sharpens our wits, it presents also the poor sides of the game. We refer to the unscrupulous radio dealers who advertise their own "hook-ups" under some fancy jaw-breaking name. Indeed, there is hardly a radio store today that has not its own pet hook-up. Many of these are unquestionably good, but some irresponsible dealers are getting up hook-ups for the express purpose of moving surplus parts with which they are overstocked. They proceed to evolve a hook-up that contains half a dozen parts which are really not required, are unnecessary, and burden the ultimate victim with a lot of junk which he will promptly discard as soon as he finds out the swindle. The consumer should beware of such fancy hook-ups and he should keep in mind that if the particular hook-up were really good, the radio magazines and newspapers would be glad to publish it. Of course, there are stores that advertise hook-ups under special names, but they are really only well known ones with minor changes, and as long as the customer knows what the particular hook-up is, and knows that the brand of merchandise sold him is good, there can be no great harm in this custom.

**The Rainbow Canyons Amateur Radio Club (RCARC)
is Sponsoring an Amateur Radio**

General Class

Intermediate Level for Ham Radio

**Dates: Thursdays - March 7, 14, 21, 28, and April 4th, 2024
with the test, Thursday April 11, 2024
Time: 6:00 pm - 9:00 pm**

**Where: Cedar City Senior Center
489 E 200 South, Cedar City, UT 84720**

Class Cost: Free

Study Manual: Free Download

www.ad7fo.com/training.html

Click on Training/Amateur Licenses/General Syllabus (yellow button on left) to download. **Please bring to class.** This is your study manual.

This class will be held at Cedar City Senior Center, (Sorry, no Zoom available). Testing will be in person on Thursday, April 11h. If you cannot make the 11th, other arrangements can be made.



Contact to register:

**Linda Shokrian KG7PBX
435-867-5914 or
email: Lgshokrian@gmail.com**

There is a \$15 ARRL Test Fee
The FCC \$35 license fee does NOT apply to upgrades

RCARC Breakfast Pictures



Members enjoying conversation and breakfast.



Dick (K7ZI) helping Sylvia (N7SIY) with her Handheld Radio.



Another View



Great Fellowship in play.



Brody (K7VXV) in conversation with Terry West.

Continued next column



RCARC January Membership Meeting Pictures



Members visiting before meeting start.



Fred (KI7TPD) conducting meeting business.



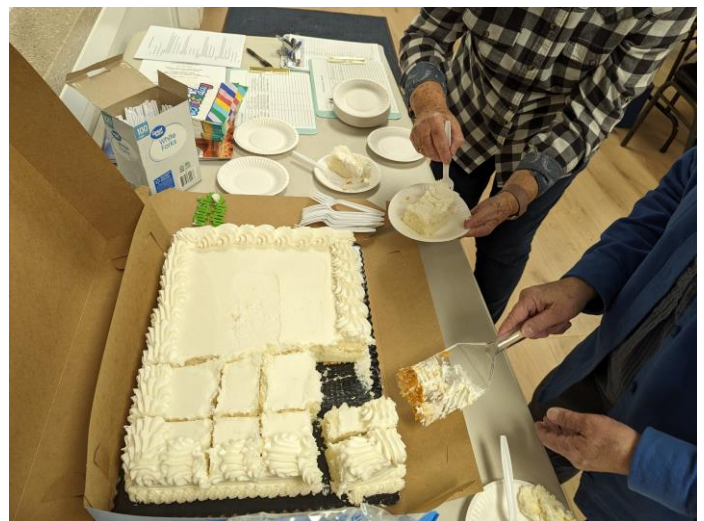
Fred (KI7TPD) bringing the meeting together and illustrating the one that got away.



Happy Birthday to Fred (KI7TPD)



Pledge of Allegiance



Bonnie (KI7WEX) and Terry West serving the cake.

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ARRL Responds to FCC Proposal on removing the symbol (baud) rate restrictions.

The ARRL responded to the Federal Communications Commission's (FCC) request for comments on removing the symbol (baud) rate restrictions that apply to data communications on the LF bands and the VHF and UHF bands below 450 MHz. The FCC also requested comments on the bandwidth limits applicable to those bands.

The FCC's action follows their 2023 decision to remove the symbol (baud) rate limits on the 160- to 10-meter amateur bands. Those limits were replaced with a 2.8 kHz bandwidth limit, a move ARRL had long advocated for.

The FCC's Further Notice of Proposed Rulemaking sought comments on updating the other amateur bands on which its symbol (baud) rate limits continue to throttle faster data rates. The subject bands are the LF bands (2200 and 630 meters) and the VHF and UHF bands below 450 MHz. In its comments, ARRL strongly agreed with the FCC's proposal to remove the symbol (baud) rate limits on the remaining bands.

The FCC's Further Notice of Proposed Rulemaking sought comments on updating the other amateur bands on which its symbol (baud) rate limits continue to throttle faster data rates. The subject bands are the LF bands (2200 and 630 meters) and the VHF and UHF bands below 450 MHz. In its comments, ARRL strongly agreed with the FCC's proposal to remove the symbol (baud) rate limits on the remaining bands.

ARRL concluded that the FCC should also remove the bandwidth limits that apply uniquely to the data modes on the subject bands, and instead, amateurs rely on voluntary band plans and local agreements, as they already do with regard to the mix of the other modes ranging from Morse code (CW) signals of 50 Hz or so (depending upon speed) to amateur television that employs signals of 6 or more MHz. ARRL also noted that the limited propagation range on the subject bands enables local cooperation that is not possible on the HF bands where propagation is such that signals can cover the globe.

Continued next column

The bands addressed in this rulemaking are:

* 135.7 - 137.8 kHz (2200-meter) and 472 - 479 kHz (630-meter) bands.

* 50.1 - 54 MHz (6-meter) and 144.1 - 148 MHz (2-meter) bands.

* 219 - 220 MHz (1.25-meter digital) bands.

* 222 - 225 MHz (1.25-meter) and 420 - 450 MHz (70-centimeter) bands.

The public period for reply comments remains open until January 22, 2024. An ARRL guide to filing comments is available at, <https://www.arrl.org/arrl-guide-to-filing-comments-with-fcc>.

End.

Announcements

The Amateur Radio on the International Space Station (ARISS) Program is seeking formal and informal educational institutions and organizations, individually or working together, to host an amateur radio contact with a crew member onboard the International Space Station (ISS).

ARISS anticipates that the contacts will be held between July 1 and December 31, 2024. Crew scheduling and ISS orbits will determine the exact contact dates. To maximize these radio contact opportunities, ARISS is looking for organizations that will draw large numbers of participants and integrate the contact into a well-developed education plan. The deadline to submit a proposal is February 29, 2024. Proposal information and more details, such as expectations, proposal guidelines, and the proposal form, can be found at www.ariss.org. An ARISS.



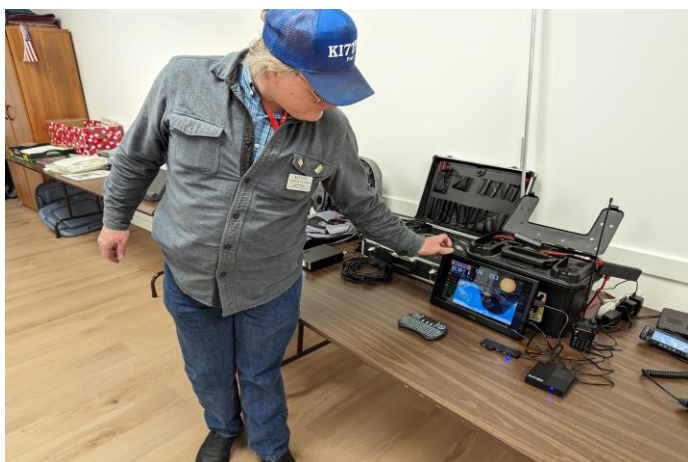
RCARC January Membership Meeting Pictures

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Show and Tell section



Above is part of what Fred (KI7TPD) brought to show and tell. To go kits and power supplies.



Fred (KI7TPD) discussing the items he brought to show.



Pictured is the FT-2000 and FT-2000D which provides a full 100 & 200 Watts of power output (AM: 25 W) on the 160-6 Meter Amateur bands, and the U.S. version includes a special memory bank containing the five 60-meter channels, as well. Item belongs to George (AL7BX). **Continued next column**



Ron (K7HDX) presenting is Field Go Bag top the group.



Another view of Ron's set up.



Members viewing Fred (KI7TPD) items that he brought to share.

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RCARC 2024 Winter Field Day

This year's RCARC's Winter Field Day Operations was held at the Iron County Emergency Operations Center (EOC) facility on Kitty Hawk Drive between Bull Dog Road and Airport Road across from the Cedar City Animal Control Office.

Set up commenced at 9 am. on Saturday January 27, 2023 and Winter Field Day was underway at 12 pm. and continue for 24 hours until 12 pm. on Sunday January 28, 2023.

Field Day demonstrates ham radio's ability to work reliably under any conditions from almost any location and create an independent communications network.

Ham radio functions completely independent of the Internet or cell phone infrastructure, can interface with tablets or smartphones, and can be set up almost anywhere in minutes.

This year we operated as 5 Mike set up with call sign N7U.

See Pictures next column

Continued next Column

RCARC Winter Field Day Pictures



Members unloading the Beam from its storage location.



Brody (K7VXV) leveling the Antenna Tower Trailer.



Bruno (KG7VVN) conducting the safety briefing prior to Antenna Tower setup.

Continued on page 14

RCARC Winter Field Day Pictures

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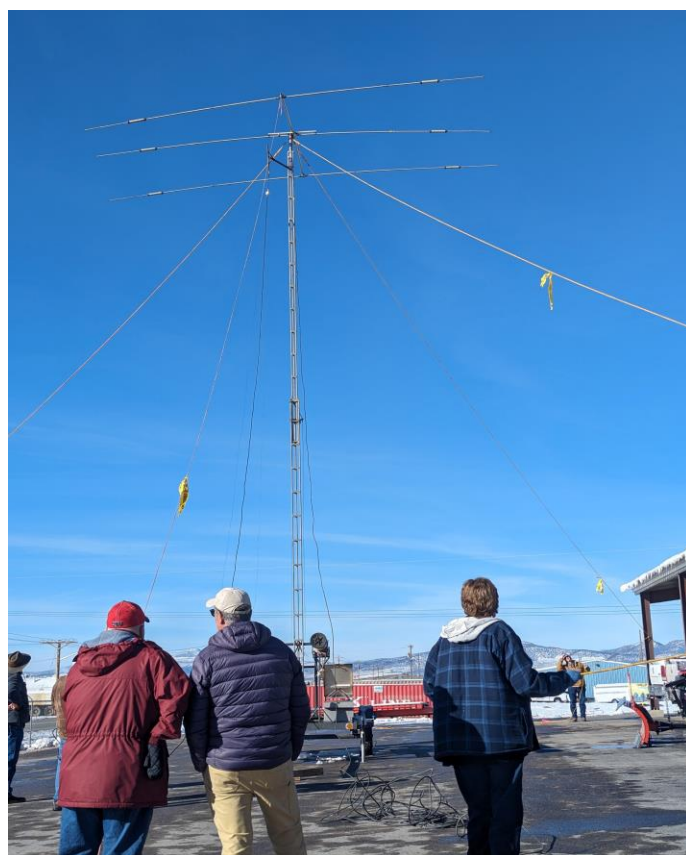
Fred (KI7TPD) assigning Antenna Tower setup position tasks.



Tower being raised.



Beam being assembled.



Antenna and Tower are up and ready to secure guy ropes.



Attaching the Beam to the Antenna Tower.

Continued on page 18

Continued next column

30 Ways to Stay Warm When It's Cold Outside

Continued from Page 6

20. Insulate Your Home

Proper insulation is essential for maintaining a cozy and warm environment indoors. Check for gaps or cracks in walls, ceilings, and floors. Add insulation to ensure heat doesn't escape and cold air doesn't seep in. [What to Use for Insulation to Stay Warm](#)

21. Use a Hot Tub or Sauna

If you have access to a hot tub or sauna, take advantage of them during really cold days. Soaking in a hot tub or spending time in a sauna can help raise your body temperature and provide relaxation.

22. Wear a Hat or Cap Indoors

Heat can escape from your head, so wearing a hat or cap indoors can help retain body heat. Opt for a beanie, a warm knit cap, or any hat that covers your ears to keep them warm.

23. Use a Portable Radiator

A portable radiator is an efficient way to heat a specific area in your home, such as your bedroom, bathroom, or living room. They are easy to move around and provide instant warmth wherever you need it most.

24. Warm Up Your Bed

Before getting into bed, warm it up by using an electric blanket or placing a hot water bottle under the covers. This ensures you climb into a cozy and inviting bed that will keep you warm throughout the night.

25. Wear Thermal Underwear

Thermal underwear, often called thermals, is designed to provide extra insulation against the cold. Wear them as a base layer to keep your core warm and prevent heat loss from your body.

26. Use a Humidifier

Winter air tends to be dry, which can make it feel colder. Using a humidifier adds moisture to the air, making it feel warmer and more comfortable. It also helps alleviate dry skin and respiratory issues.

27. Install Ceiling Fans on Reverse

Most people associate ceiling fans with cooling but can also help distribute warm air. Set your ceiling fan to run in reverse (clockwise) at a low speed to push the warm air down and circulate it throughout the room.

28. Drape Yourself in a Cozy Blanket

Wrap yourself in a soft and warm blanket whenever you're feeling chilly. Keep spare blankets in different rooms of your home for easy access and instant warmth.

29. Use Draft Stoppers for Doors

Draft stoppers are long, narrow fabric tubes that prevent cold air from entering under doors. Install them on exterior doors or draft-prone areas to maintain a warm and comfortable indoor environment.

30. Wear Warm, Fuzzy Socks

Keep your feet warm by wearing thick, fuzzy socks made of materials like wool or fleece. They provide insulation and help retain body heat, keeping your feet toasty even during the coldest days. End.



December 2023 Net Winners				
Breakfast Net		Friendship Net		
First Place	N7SIY - Sylvia	First Place	KJ7LTQ Brant	N7SND - Larry
K7ZI - Dick	N7SND - Larry	K7HDX - Ron	N7WWB - Darlene	Third Place
KC6WFI - Tony	Second Place	K7NKH - Lee	W0KLH - Kevin	WA7GVL - Paul
KE6ZIM - Johnny	K2MFK - Kevin	KA7J - Lance	W6DLW - Dennis	KK7FLL - Maddie
KE8OYI - Caleb	Third Place	KE8OYI - Caleb	W9YNK - Benjamin	
KG7PBX - Linda	WA7GVL - Paul	KG7VEJ - Jack	Second Place	
KI7SCX - John		KI7LUM - Bruce	K7WEP - Paul	
KI7TPD - Fred		KI7TPD - Fred	K7ZI - Dick	
KI7WEX - Bonnie		KI7WEX - Bonnie	N7SIY - Sylvia	



Reminder RCARC Dues are coming Due

Hello everyone, Buzz here with a reminder that the club dues are coming due at the end of this month

For information in regards to RCARC dues contact Linda Shokrian (KG7PBX) at (435-867-5914 or fill out and submit the dues form.

RCARC CLUB DUES ARE NOW DUE

Rainbow Canyons Amateur Radio Club (RCARC)

Please fill out the below form with the applicable information. Check the individual or family membership. If family members are hams, please add their name and call signs in the space provided.

Name		
Call Sign		
Address		
City, Street and Zip Code.		
Phone		
E-mail		
Dues	\$ 15.00 Individual	\$ 20.00 Family
Family	Name: Name: Name: Name:	Call Sign: Call Sign: Call Sign: Call Sign:

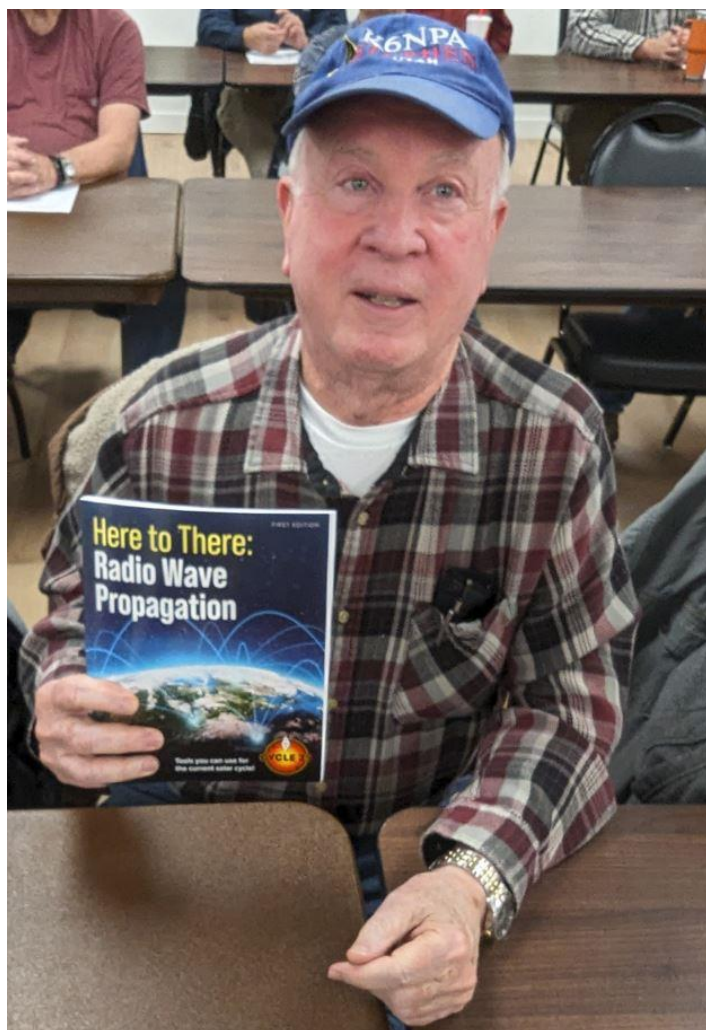
Please submit payment to:

Linda Shokrian (KG7PBX) at 2438 W. Carmel Canyon Drive. Cedar City, Utah 84720.

Please write your call sign on your check. Make check payable to RCARC.

RCARC January Membership Meeting Pictures

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Stephen Vickers (K6NPA) showing the book he just won through the book giveaway.

RCARC VE Testing



Left, Craig Miller (KK7BNZ) upgrading to Amateur Extra, which he passed. Right, Robert Rassmussen (KK7QXG) testing for Technician Class which he passed. Robert then took the General Test and passed that too.

Congratulations to both.

Letters: USGS Thanks Winlink Amateur Volunteers for Shakeout Service

"We at the USGS really appreciate the work of the Winlink amateur volunteers who contributed to the recent Shake Out earthquake scenario exercise as well as contributing to the USGS Did You Feel It? (DYFI) system since 2020. Winlink volunteers have sent in more than 6,000 responses for exercises and actual events. We anticipate that your contributions will help us provide critical situational awareness in the minutes and hours after a significant earthquake. You have a rather unique capacity to communicate after a damaging earthquake. Hence, the connection between amateur radio operators and the USGS' post-earthquake information tools is a natural yet impressive handoff.

"I've been really impressed with the enthusiasm and professionalism of all the amateur radio operators we've worked with over the past few years who have been ready and willing to develop the interface to connect directly to USGS via the DYFI system and to the many operators who have sent in felt reports. Fantastic!

"Lastly, I also want to thank Vince Quitoriano (USGS contractor) for making all the connections between Winlink and USGS work so smoothly." -- *David Wald, PhD, Supervisory Research Geophysicist, U.S. Geological Survey. End*



**New
Amateur
Extra**

Congratulation to Paul Erickson (WA7GVL) who tested and upgraded to Amateur Extra Class on Saturday January 27, 2024 at Winter Field Day (WFD).

Congratulations Paul

RCARC Winter Field Day Pictures

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Craig (KK7BNZ) setting up for 20-meter voice.



George (AL7BX) setting up for 10-meter voice.



Dave (KK6FLO) working 15-meters

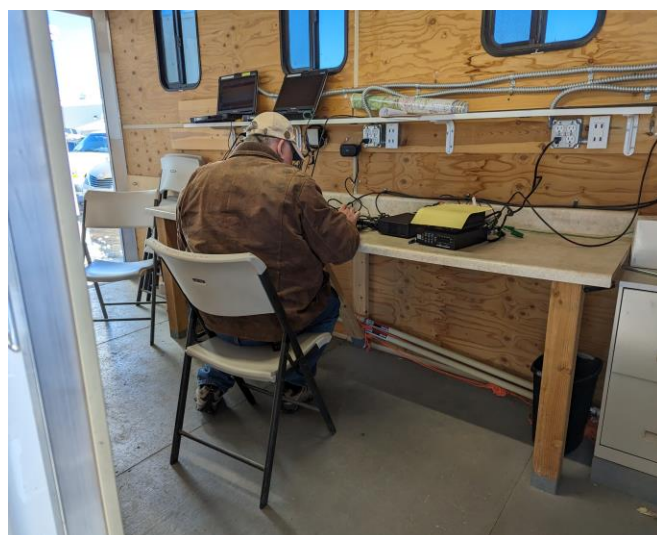
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Brody (K7VXV) working 20-meter voice.



(Linda (KG7PBX) working 10-meter voice.



Ron (K7HDX) working 20-meters.

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Radio Help Wanted: Must Like Geysers, Bison, and Helicopter Rides

Occasionally, *The ARRL Letter* shares job postings that may be of interest to radio amateurs, and this one may be the most scenic job yet -- Yellowstone National Park is looking for three radio technicians, according to posts on the park's social media and a [listing on the USA Jobs website](#).

The job listing says that the electronics technician (radio) positions are "located in Yellowstone National Park, in the Technology Services Radio Shop within the Administrative Division." There's even a provision for hazard-duty pay for mountaintop repeater helicopter flights and tower climbing.

On Facebook, the park [has some fun with their post](#): "Does your idea of taking your career to new heights involve flying in a helicopter to 10,000 foot peaks? How about hiking, snowmobiling, and even skiing your way to telecom sites? Well... do we have the job for you! We are hiring not one, but 3... yes THREE, Electronic Radio Technicians," it says.

The lucky three who are hired for these positions will have their work cut out for them; the system has eight repeaters, more than 20 base stations, and 500 mobile and 1,000 portable radios -- all in a national park with 500 geysers and 5,900 American bison.



A radio technician works on a tower in scenic terrain in this photo from the job posting. [Photo courtesy of Yellowstone National Park.] End

RCARC Winter Field Day Pictures

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Fred Ki7TRPD working 40-meter voice with Brody (K7VXV) working 10-meter voice in background.



Fred (KI7TPD) working 40 meters. Temp. around 30 degrees.



The gangs all here and trying to stay warm in the sun.

Continued on page 23

New Amateur Extra-Class Question Pool Released Effective July 1, 2024

12/07/2023

The [National Conference of Volunteer Examiner Coordinators \(NCVEC\) Question Pool Committee \(QPC\)](#) has released the 2024 - 2028 Extra-Class FCC Element 4 Question Pool and Syllabus to the public. The new [Extra-Class Question Pool is effective from July 1, 2024, through June 30, 2028.](#)

The 2024 - 2028 pool is available as a Microsoft Word document and as a PDF. The 10 graphics required for the new Extra-Class Question Pool are available within the documents or separately in PDF and JPG file formats.

ARRL VEC Manager Maria Somma, AB1FM, and member of the NCVEC QPC, said, "The new pool incorporates significant changes compared to the 2020 - 2024 version. We carefully went over the pool for technical accuracy, relevancy to today's amateur radio practices, syntax, grammar, style, format, and clarity and redundancy within and between the pools. With these goals in mind, 82 new questions were created, and 101 questions were eliminated, resulting in a reduction [of] the number of questions from 622 to 603. Over 350 questions were modified. We considered a question modified when the knowledge being tested was not changed but wording was improved, or answers or distractors were replaced."

Somma advised that "the newly revised pool must be used for Extra-class license exams starting July 1, 2024. New test designs will be available to [ARRL Volunteer Examiners \(VEs\)](#) on that date. The ARRL VEC will supply its officially appointed, field-stocked VE teams with new Extra-class [exam booklet designs](#) around mid-June."

Extra-class examination candidates preparing for their exams using the 12th edition of [The ARRL Extra Class License Manual](#) or the 5th edition of [ARRL's Extra Q & A](#) are encouraged to test on or before June 30, 2024. New editions of ARRL licensing publications will be available in May for exams taken on or after July 1, 2024.



Study, Study, Study

Georgia State Parks on the Air 2024

The second annual [Georgia State Parks on the Air](#) will be held April 6 - 7, 2024. ARRL member and event coordinator Claude Ray, AC4SH, said that the first event was a success and that participants insisted on having another one.

"For both activators and hunters, the event went far beyond our expectations. Of the 50 listed parks, 48 were activated, with 109 activators making nearly 20,000 contacts with over 4,000 hunters," said Ray. He added that the 2024 event promises to be even better, with the addition of two new Georgia parks and, based on feedback from participants, the rules have been tweaked to add new opportunities receiving awards.

There are now separate classes for rovers and single-park activators, as well as a new category for QRP activators. There are also new bonuses available, not only for past winners but also for first-time activators and those who contact the two newly added locations. A new hike-in bonus has been added for operators who carry their gear more than a mile into the park and activate from there. Ray said the basic purpose of the event remains the same. "The objective is to encourage ham radio operators to visit Georgia state parks and experience the fun of Parks on the Air activations. This is a fun contest only. The rules are minimal, the scoring is simple, and the main award is simply the fun of getting on the air."

The contest period begins at 8:00 AM EDT on April 6, and ends at 7:59 PM EDT on April 7. Operating hours are subject to park rules and times. Every station participating in the event and registering will, upon request, receive a certificate of participation. The top finishers in each category will also receive an award certificate.

Further information and event rules are available at <https://gaparks.org>. End

FEMA: Results of 2023 National Household Survey on Disaster Preparedness.

Since 2013, FEMA has conducted the National Household Survey on Disaster Preparedness. This survey of people from across the United States gauges the nation's disaster preparedness actions, attitudes, and motivations. The 2023 survey conducted from February 1 through March 14, 2023 included over 7,600 responses. Results from the 2023 survey indicate that slightly more than half (51%) of Americans believe they are prepared for a disaster and 57% took three or more actions to prepare for a disaster within the last year. The most common actions people took to prepare for a disaster were assembling or updating disaster supplies (48%) and making a plan (37%); the least common actions were planning with neighbors (12%) and getting involved in their community (14%). To review the survey results, [download the summary presentation](#).

Key Findings and Opportunities from the 2023 Survey

- **There were big shifts in the way people prepared for disasters in 2023** compared to the year before. There was a large increase in the percentage of people who assembled or updated supplies (from 33% in 2022 to 48% in 2023), but there was a large decrease in the percentage of people who signed up for alerts and warnings (from 46% in 2022 to 36% in 2023). Emergency managers should remind people that there is more to preparedness than just assembling supplies. When meeting with your community, help people sign up for alerts and warnings right in the moment. Walk them through the process of signing up to receive local alerts while you have their direct attention, so they don't have to remember to do it themselves later on.

- **Only 50% of people believed that taking steps to prepare for a disaster would help them in getting through a disaster and were confident in their ability to take those steps to prepare.** To increase preparedness efficacy, trusted local and community messengers should provide outcome testimonials to demonstrate the value of preparing for a disaster, especially for groups with lower rates of preparedness efficacy.
- **There was a strong association between having awareness of how to prepare for disasters and taking action to prepare.** 89% of people had read, seen or heard information in the last year about how to get better prepared for a disaster. People who had received information about how to prepare were five times as likely to take at least three preparedness actions compared to people who had not received preparedness information. Emergency managers should focus their preparedness outreach efforts on communities with lower awareness of preparedness information because the payoff could be big. Provide tips and strategies for preparing based on a community's specific needs, challenges, and environment. Leverage FEMA's preparedness resources from [Ready.gov](#).
- **There was a disconnect between the 60+ community's perceived preparedness and their preparedness actions.** People who were 60 years old and older were about as likely as people between the ages of 18 and 59 to feel prepared for a disaster (52% and 51% respectively). However, people ages 60 and older were less likely to have taken many preparedness actions compared to people between the ages of 18 and 59.

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FEMA: Results of 2023 National Household Survey on Disaster Preparedness.

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To increase the preparedness of the 60+ community, emergency managers should develop preparedness programming and materials that take into consideration the unique challenges facing older adults and empower them to prepare.

- **Cost barriers may prevent people who are socioeconomically disadvantaged from taking important preparedness actions.** They were less likely than those who are not socioeconomically disadvantaged to have taken higher-cost preparedness actions but were about as likely to have taken low- or no-cost preparedness actions. Emergency managers should leverage community resources to help those who are socioeconomically disadvantaged overcome the cost barriers to close the gap in taking higher-cost preparedness actions.
- **People living in areas at higher risk of flood and wildfire impacts had lower levels of risk perception** for those hazards. Only 43% of people reported that riverine flooding was 'likely' or 'very likely' to impact them, despite living in areas that are at higher risk of experiencing the impacts of riverine flooding. For higher risk wildfire areas, only 49% perceived their risk of being impacted by wildfires. However, hurricane risk perception (96%) was much higher for people at higher risk of experiencing hurricane impacts. Emergency managers should apply the tools and messaging techniques that effectively communicate risk for hurricanes to build a similar culture of risk perception for floods and wildfires in communities at greatest risk. End

Hints & Hacks



A Pop-Up Ham Shack for Portable Operating

If you ever spent time operating outdoors for ARRL Field Day or portable outing, you have likely run into a cold wind, a light rain or dew setting on all your gear and becoming a nuisance. To beat this consider buying an inexpensive one-or-two-person pop-up “privacy tent” of the type normally used as a portable shower or toilet. You can find them at outfitting stores, and they often cost less than \$70.00.

I have a model called the Outback Porta-Privy. Here are some of the features that make a good portable ham shack:

- No assembly required: simply pops up, in under a minute.
- Generous interior of 54X54X80 inches and holds a 2X4 foot folding table and up to two people.
- Water proof nylon lining keeps equipment dry.
- Large ventilation screens.
- Removable water proof floor.

With a light weight folding table and a couple of folding chairs or camp stools inside, you have a nice operating position for portable operating or an EComm deployment.

Robert Patterson (K5DZE). End

**HAPPY
VALENTINE'S
DAY!**

RCARC Winter Field Day Pictures

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Different view of the gangs all here.



Lunch is ready to be served. Chili, cornbread and other good stuff.



Field day is over and the troops are waiting for a few more to show to help take down the Antenna Tower.

Continued next column



The Antenna Tower is down and the beam is being removed.



Beam being disassembled.



That's all folks. File photo.