



Southwestern REACTer



MAY 2021





**SOUTHWESTERN
REACT, Inc.**

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OFFICERS

President: Roger McCollough
SWR 098

Vice-President: John Wright
SWR 042

Secretary: Jay Pistiolas
SWR 046

Treasurer: June McCollough
SWR 054

Director-At-Large:
George Reeves
SWR 081

SWR's mission is to prepare for communications during emergencies and disasters. This preparation is accomplished through working community events such as: The Lakeside Western Days, and North Park Toyland parades, the Midnight Madness Bicycle Ride and Fiesta Island Time Trials, the Silver Strand Half-Marathon, the San Diego International Triathlon and the Descanso Endurance Horse Ride

The Southwestern REACT board meeting is held the second Thursday of the month at 7 PM on the Zoom application. Any member is welcome to attend. Contact us for the link.

The Southwestern REACT General Meeting is held the third Thursday of the month at 6:30 PM on the Zoom application. Contact us for the meeting link.

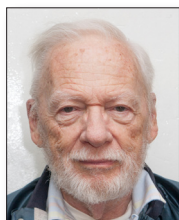
Reactive Team Net

The Team net is currently on hiatus.

A Message That Needs A Message

By Roger McCollough, SWR 098, President

What Can I Say That Needs Saying



Prologue

You may have noticed some of my past messages discussed urgent or necessary situation or condition. Others have discussed team needs, concerns, updates, or reminders. I have asked for additional items to bring to the team's attention, with no results. I have even suggested that any member could also fill this void, as a guest commentator. The response was again, the sound of crickets. With the likelihood of a return of event requests in the near future, I suggest that, while you are hiding behind your mask of Covid protection, where your writing skills will not be questioned, but your thoughts revealed, you can submit (next month) something to insert or fill this spot. Okay, at this moment you are sitting at your computer, we presume you know how to create and send a message, so NOW is the best time to create as little as a paragraph, to a full article, or anything in between. Just tell me if I can use your name for your creation, or something else.

You elected me President of the team probably because you didn't want the job. Personally, I feel that a number of the members are well equipped for the job of President better than I. If you got this far and are still awake, I look forward to hearing what you have to say and what you think that we should know. Come on all! Start typing. Now to this month's message.

Research shows that too much rest or sleep can leave you weak and less driven. A common example can be found in patients released from a prolonged stay in a hospital. They got extra sleep and are confined to general bed-rest (unless your nurse follows the "Nurse Ratchet", from "One Flew Over the

Cuckoo's Nest) and gave you a walker and told "Hit the hallway for several laps" right after some major procedure. Well, we may be the same after over a year of inactivity and practice of our very special skills and knowledge.

Well, in case you hadn't noticed, there are footsteps coming down the hallway and are headed for OUR room. Already there is a race planned around Black Mountain and noises are heard from other organizers of events, of possible dates for next call to action, in the near future. That's great IF we are ready to meet their needs.

Attendance at our Zoom General Meetings suggests some are still resting or asleep and need to clear their heads, stretch their drive and minds to respond if a request letter hits the Team mailbox. With schools opening to face-to-face classes, sports events, restaurants, work places, parks, and stores, all opening to larger gatherings, can events (our "lifeblood" for training) be far away? So wake up and freshen up for what we know it to come.

A Look Back In Our History: Holiday Wake-Breaks

While sitting here attempting to put my thoughts on the computer as a message, I am reminded that another 3-day holiday is fast approaching and what that meant to the team in the past: WAKE-BREAKS. I'll talk more about them sometime in the near future. But for now, for those that were not here when we did them, a sort-of brief explanation.

On those holidays that were 3 days long (Sat-Mon), we would go to one of the San Diego County rest stops on Friday afternoon and pass out free coffee, offer direction and other information, and tell who we were, through the following Monday. This event was generally

practiced through-out REACT International Teams everywhere. The few of us that were here then should consider submitting a memory or two (text and/or pictures) for those that missed the fun. Example Memory: To document the value of our traveler support and safety, we had a "Remarks Logbook" for any traveler to comment and sign. Some of those that did comment were of some fame. The one that comes to mind was Steven Spielberg, after the release of one of his first major

movies; I think it was "E.T. Any past members are welcome to also submit what they remember from those special days. That is my challenge. Submissions will be posted here or elsewhere in the REACTer, at the discretion of the Editor, of course.

"Nuf said..."

LET'S GIT' ER DONE!!! ✈

Southwestern React Board Meeting, April 8 2021

Submitted By Jay Pistolas, SWR 046, Secretary

The meeting was called to order by President Roger McCollough at 19:10

Quorum Check – All Five (5) Board Members present & One (1) Visitor, Jim Patterson

Special Motion – None

Correspondence List – Reviewed

Treasurer's List – June McCollough reported an ending balance of \$6,075.64 as of 3/31

REACT Editor – Latest issue is out

Webmaster – Website is up to date

Unfinished Business – Using Zoom Account as a tool

List of past seminars

Supporting other repeater groups

Team repeaters and links

JOTA – Non Interface Groups

New Business – Zoom and meeting in person in the future

Net training and drills

New tri-folds

Jay to reach out to Kathy of Lakeside regarding Lakeside Parade, Touch A Truck

Post Events – None

Upcoming Events – Koz Events to run virtual at this time

Good Of The Team – Keep your skills sharpened

Meeting Adjourned at 20:12 ✈

Southwestern React General Meeting Minutes, April 15, 2021

Submitted By Jay Pistolas, SWR 046, Secretary

The meeting was called to order by President Roger McCollough at 18:37

Quorum Check – Five (5) Board Members & Five (5) General Members

General Meeting Minutes – Accepted and ready for filing

Correspondence List – Reviewed

Treasurer's Report – June McCollough reported an ending balance of \$6,075.64 as of 3/31

REACTer Editor – April issue is out

Webmaster – Will have it updated by week's end

Unfinished Business – Zoom and Features (Lakeside Chamber possibly to meet over Zoom)

Future meetings to be decided either by Zoom, in person or both

Past seminars and Training (RATPAC)

Supporting repeater groups (John & Roy)

Repeater linking (Otay, Palomar and Downtown)

Non interface events (JOTA)

New Business – MEARC requests help for the PCT 50 Mile Run (**Editor's Note: Event has been cancelled.**)

Tri-folds

Net drills and training

Post Events – None

Upcoming Events – All Koz Events are virtual at this time

Lakeside Western Days Parade – August 28, Sat. (Depending on County approval)

Good Of The Team – Let's get back to work!

Meeting adjourned at 20:07

Are You Ready For The New Rf Exposure Evaluation Regulations?

By Dan Romanchik, KB6NU

On Tuesday, April 27, Dan, W1DAN, ARRL Eastern Massachusetts Section Technical Coordinator, gave a Zoom presentation on the latest FCC regulations on RF exposure evaluation. These are spelled out in FCC-1926A1 (<https://www.fcc.gov/document/fcc-maintains-current-rf-exposure-safety-standards>), “Proposed Changes in the Commission’s Rules Regarding Human Exposure to Radio Frequency Electromagnetic Fields; Reassessment of Federal Communications Commission Radiofrequency Exposure Limits and Policies.” The document is as long as the title might suggest—159 pages—but W1DAN boiled it down, focusing on what these changes mean for radio amateurs.

A recording of the presentation can be viewed by going to https://drive.google.com/drive/folders/1_gIGZh-HyMrha-axJt87Dcu0UZuJO0t8F.

After explaining how RF exposure can be harmful, Dan explained how the rules are changing: The biggest change, he notes, is that amateur radio’s categorical exclusion has been eliminated. What this means is that now every radio amateur will have to perform an RF exposure evaluation of their stations. This now includes mobile and portable stations, including HTS, SOTA/POTA stations, and Field Day and special event stations.

He noted that you must be able to prove that your station is safe. This includes not only performing the evaluation, but also documenting these evaluations, should this data be requested by FCC personnel.

One thing that’s not changing are the maximum permissible exposure (MPE) limits. These are spelled out in FCC OET Bulletin 65 (https://transition.fcc.gov/Bureaus/Engineering_Technology/Documents/bulletins/oet65/oet65.pdf), “Evaluating Compliance with FCC Guidelines for Human Exposure to Radio Frequency Electromagnetic Fields.” The FCC published this document in August 1997, but it’s still the Bible when it

comes to RF exposure. If you don’t have a copy, or have never taken a look at it, you really should do so.

Be careful, though, when reading it. It contains a table (Table 1 on p. 21) that contains a list of output powers at various frequencies. If your station exceeded those limits, then you were required to perform an RF evaluation. Now, however, all amateurs (and other radio services, for that matter) must perform RF exposure evaluations if their output power exceeds 1 mW. We are no longer categorically excluded from performing these evaluations.

OET Bulletin 65 goes on to give guidance on how to calculate or measure exposure levels. Explaining how to do this is outside the scope of this article, but again, you’ll want to refer to the bulletin for more information.

Besides the elimination of the categorical exclusion for amateur radio stations, what else is new is the dates on which amateur radio stations must perform evaluations. They are:

- **May 3, 2021(!)** for new and modified stations
- May 3, 2023 for stations that complied under the old rules.

Having said all that, the ARRL’s RF Exposure page (<http://www.arrl.org/rf-exposure>) has a lot of resources to help you understand this topic and perform your own RF exposure evaluations:

- An RF-exposure FAQ (<http://www.arrl.org/files/file/Technology/RFsafetyCommittee/RFXFAQ.pdf>) to help hams understand the new rules.
- “Learning to Live with RF Safety (http://www.arrl.org/files/file/protected/Group/Members/Technology/tis/info/pdf/QST_Mar_2009_p70-71.pdf),” QST March 2009 pp. 70-71.

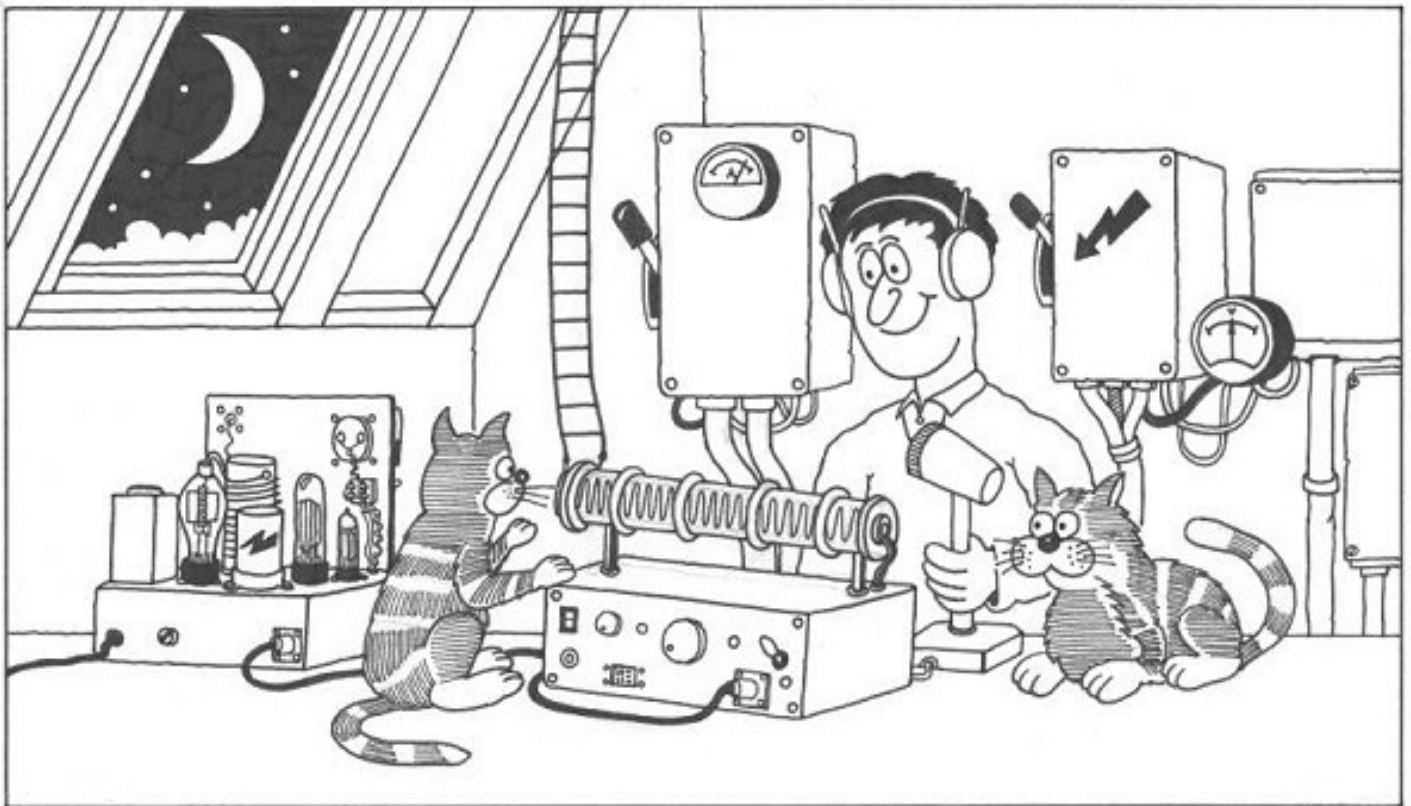
- RF Safety at Field Day (<http://www.arrl.org/files/file/Technology/tis/info/pdf/9906048.pdf>) QST, June 1999, pp. 48-51. A case study of Field Day with NSRC in a public park
- RF Exposure Station Evaluation and Exemption Worksheets (http://www.arrl.org/files/file/Technology/tis/info/pdf/rfex1_2.pdf)
- RF Exposure and You (<http://www.arrl.org/files/file/Technology/RFsafetyCommittee/RF%20Exposure%20and%20You.pdf>). This 8 Mbyte PDF file contains the text of the entire book by Ed Hare, W1RFL.
- Chapter 5 References (<http://www.arrl.org/files/file/Technology/tis/info/pdf/RF%20Exposure%20Chapter%205.pdf>) needed for filling out worksheet.

There are also links to FCC web pages with information on RF exposure.

I'm sure we'll all be hearing more about this in the days ahead. Hopefully, someone will come out with a simple way to do the modeling or make the calculations. As always, play safe.

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Dan Romanchik, KB6NU, is the author of the KB6NU amateur radio blog (KB6NU.Com), the "No Nonsense" amateur radio license study guides (<https://KB6NU.Com/study-guides/>), and often appears on the IC-QPodcast (<https://icqpodcast.com>). When he's not RF exposure evaluations, he teaches online ham radio classes and operates CW on the low end of the HF bands. ✎



HAM RADIO OPERATOR



WHAT MY FRIENDS THINK I DO



WHAT MY WIFE THINKS I DO



WHAT SOCIETY THINKS I DO



WHAT MY KIDS THINK I DO



WHAT I THINK I DO



WHAT I ACTUALLY DO

hamhijinks.com

On a nice warm summer day a fellow put the top down on his convertible to enjoy the sunshine. At one point he found himself following a beat-up old Volkswagen van that had a big nine foot CB whip on the body. The van went below an overpass and the whip smacked the side of the wall, causing a piece of the end of it to break off. It came back and stuck in the other driver's shoulder. He stopped and pulled the broken piece out, and once he had done so, the pain went away. But a few days later the pain returned, with severe swelling. He went to the doctor and told him of the accident. After looking at the wound, the doctor said, "Well, you've got it, alright." The patient said, "Got what, Doctor?" "The worst case of van aerial disease I ever saw."