



# Stanislaus Amateur Radio Association

## Quarterly Newsletter

MARCH 2014

### 2014 OFFICERS:

President: Lucian Thomas, KF6NPG  
Vice President: Don Nicolaysen KR6US  
Secretary: Bill Danforth, AE6J  
Treasurer: Paul Owens, W6UHF  
Sergeant-at-Arms Jason Peitz, KA6TIO

### SARA Club Board of Directors

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Event Coordinator: Lucian Thomas KF6NPG  
Programs Coordinator: Don Nicolaysen, KR6US  
Webmaster: Patrick Dunbar KG6AZZ  
Readout Editor Linda Ridenour, W6MUT

### **Stanislaus Amateur Radio Association**

#### **Monthly Meetings**

**March 18, 2014 - 7:00 p.m.**

**April 15, 2014 - 7:00 p.m.**

**May 14, 2014 - 7:00 p.m.**

**Modesto Regional Fire Authority (OES)**

**3705 Oakdale Road**

**Modesto, CA 95357**

# 2014 FIELD DAY

# JUNE 28-29

## 2014 SARA CLUB EVENTS!

### January

18 Saturday Early Bird Road Race Del Puerto Canyon Patterson 9a-12p

### FEBRUARY

22 Saturday Snelling Road Race Henderson Park in Snelling 8a-4p  
Henderson Park, 1 mile east of Snelling on County Road J-16 (Merced Falls Road) <http://www.ncnca.org/ncncaevent/snelling-road-race-2>

### MARCH

23 Sunday Modesto Marathon 0630-1500 *needed 6 operators*  
<http://www.modestomarathon.com/>

29 Saturday Turlock Road Race 0700-1500 Turlock Lake Area *need 8 operators*  
<http://www.ncnca.org/ncncaevent/turlock-lake-road-race-2>

### APRIL

26 Saturday March of Dimes – March for Babies 0800-1200 Graceada Park  
need *3 operators*  
[http://www.marchofdimes.com/california/events/10306\\_3135373033.html](http://www.marchofdimes.com/california/events/10306_3135373033.html)

### MAY

3 Saturday MS Walk 0800-1200 Downey Park need *3 operators*  
[http://walkcan.nationalmssociety.org/site/TR?fr\\_id=23509&pg=entry](http://walkcan.nationalmssociety.org/site/TR?fr_id=23509&pg=entry)

10 Saturday Ride for Mom 0630-1600 Johansen High School *need 10 operators*  
<http://rideformom.com/>

10 Saturday Crop walk 1100-1300 Geneva Presbyterian Church Coffee/Fairmont  
*need 4 operators*  
[http://hunger.cwsglobal.org/site/TR?fr\\_id=18558&pg=entry](http://hunger.cwsglobal.org/site/TR?fr_id=18558&pg=entry)

11 Sunday Regalado Road Race Wamble Road (Burchell Nursery east of Oakdale)  
0630-1500 *need 7 operators*  
<http://www.ncnca.org/ncncaevent/regalado-road-race-0>

17 Saturday Modesto Criterium 0800-1500 further information to follow 4-6 operators needed  
<http://www.ncnca.org/ncncaevent/modesto-downtown-criterium>

18 Sunday Modesto Road Race Salida area 0800-1200 further information to follow 6-8 operators needed  
<http://www.ncnca.org/ncncaevent/modesto-road-race-2>

## JUNE

14 Saturday Canyon Classic 0600-1600 Creekside Middle School Patterson 20 operators needed  
<http://www.canyonclassiccentury.org/>

## AUGUST

2 Saturday Warnerville Time Trials Willms road east of Oakdale—4-5 operators  
<http://www.ncnca.org/ncncaevent/warnerville-time-trial-0>

## SEPTEMBER

13 Saturday West Valley Century Patterson—estimated 10-12 operators needed  
<http://www.westvalleycentury.com/>

20 Saturday Cancer Awareness Ride 0700-1500 need 10 operators  
<http://www.cvrrunning.com/calendar.htm#September>

27 Saturday Covered Bridge Bike Classic 0600-1600 Hersey Visitor Center Oakdale need 12 operators  
<http://healingnationsmodesto.org/special-events>

## OCTOBER

11 Saturday The Fruit Yard Century - Stanislaus County Bicycle Club Fruit Yard Restaurant - 132/Geer 0700-1600 need 10 operators  
[http://www.stancobike.org/fruit\\_yard\\_century.html](http://www.stancobike.org/fruit_yard_century.html)

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### **S.A.R.A. Mt. Oso Repeater System**

Located on Mt. Oso at an elevation of 3400 ft. with reliable coverage from Fresno to Woodland.

- 145.390 MHz Negative Offset
- 224.140 MHz Negative Offset
- 51.800 MHz Negative Offset
- 440.225 MHz Positive Offset (1/2 Watt very low power)

All repeaters require 136.5 Hz PL tone for access.

All Mt. Oso repeaters can be linked to each other in any combination by authorized control operators.

440.225 repeater is back on the air after reducing transmitter power to 1/2 watt due to Pave Paws interference complaints.

### **S.A.R.A. Low Level Repeater**

Located atop the Doubletree hotel in downtown Modesto on 145.110 MHz Negative offset PL 136.5 Hz

### **S.A.R.A. Packet Node**

Located on Mt. Oso, It's identifier is "SARA" 144.910 MHz 1200 Baud, 438.960 MHz 9600 Baud

## **LADIES OF HAM RADIO**

**This is a net just for you! No matter if you are new to the hobby or have been doing it for years.**

**No excuses come join us!!!!!!**

**Where: The Sara Repeater 145.390**

**When: Monday Night at 7pm**

**What will we talk about? A little bit of everything!**

**Hope to hear you Monday Nights!**

# Green Eggs and Ham

## SARK'S CITY GRILL

1219 N. Carpenter Road – Modesto



According to the Modesto Bee – “Sarkis Benjamin knows all about the Chicago dog. His new restaurant, Sark’s City Grill in Modesto, specializes in it. And for good reason – Benjamin developed a taste for the regional specialty when he lived in Chicago from 1974 to 1981. On the off chance you are as in the dark as Mr. Clark and I were, the Chicago-style hot dog comes in a poppy seed bun sporting mustard, celery salt, pickles, tomatoes, onions, “sport” peppers and a special “neon green” relish.

Sark’s restaurant can claim authenticity pretty readily, as Benjamin has the peppers, salsa and relish shipped in from the Windy City.

“This has been a passion of mine,” said Benjamin, who has owned body shops in the area for more than 10 years. His current body shop is just around the corner from the Carpenter Road restaurant, which opened in December.

In addition to the hot dog, the restaurant serves several Mediterranean dishes, including gyros, chicken tika and homemade falafel.”

73’s de W6UHF, Paul O



## Amateur Radio Language:

A - Alfa	N - November
B - Bravo	O - Oscar
C - Charlie	P - Papa
D - Delta	Q - Quebec
E - Echo	R - Romeo
F - Foxtrot	S - Sierra
G - Golf	T - Tango
H - Hotel	U - Uniform
I - India	V - Victor
J - Juliet	W - Whiskey
K - Kilo	X - X-Ray
L - Lima	Y - Yankee
M - Mike	Z - Zulu

# What is Field Day?



ARRL Field Day is the single most popular on-the-air event held annually in the US and Canada. On the fourth weekend of June of each year, more than 35,000 radio amateurs gather with their clubs, groups or simply with friends to operate from remote locations.

Field Day is a picnic, a campout, practice for emergencies, an informal contest and, most of all, FUN!

It is a time where many aspects of Amateur Radio come together to highlight our many roles. While some will treat it as a contest, other groups use the opportunity to practice their emergency response capabilities. It is an excellent opportunity to demonstrate Amateur Radio to the organizations that Amateur Radio might serve in an emergency, as well as the general public. For many clubs, ARRL Field Day is one of the highlights of their annual calendar.

The contest part is simply to contact as many other stations as possible and to learn to operate our radio gear in abnormal situations and less than optimal conditions.

We use these same skills when we help with events such as marathons and bike-a-thons; fund-raisers such as walk-a-thons; celebrations such as parades; and exhibits at fairs, malls and museums — these are all large, preplanned, non-emergency activities.

But despite the development of very complex, modern communications systems — or maybe because they ARE so complex — ham radio has been called into action again and again to provide communications in crises when it really matters. Amateur Radio people (also called “hams”) are well known for our communications support in real disaster and post-disaster situations.

## What is the ARRL?

The American Radio Relay League is the 150,000+ member national association for Amateur Radio in the USA. ARRL is the primary source of information about what is going on in ham radio. It provides books, news, support and information for individuals and clubs, special events, continuing education classes and other benefits for its members.

## What is Amateur Radio

Often called “ham radio,” the Amateur Radio Service has been around for a century. In that time, it’s grown into a worldwide community of licensed operators using the airwaves with every conceivable means of communications technology. Its people range in age from youngsters to grandparents. Even rocket scientists and a rock star or two are in the ham ranks. Most, however, are just normal folks like you and me who enjoy learning and being able to transmit voice, data and pictures through the air to unusual places, both near and far, without depending on commercial systems.

The Amateur Radio frequencies are the last remaining place in the usable radio spectrum where you as an individual can develop and experiment with wireless communications. Hams not only can make and modify their equipment, but can create whole new ways to do things.

**For More Information visit: [www.arrl.org](http://www.arrl.org)**

Updated: 1/2013



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<b>Stanislaus County Operational Area/Modesto Regional Fire Authority</b> <b>NIMS SEMS ICS Training Schedule</b> <b>January – December, 2014</b> <b>(Revised 11-12-13)</b>				
<b>COURSE</b>	<b>HOURS</b>	<b>DATE(S)</b>	<b>TIME</b>	<b>LOCATION</b>
I 700.a: Intro to National Incident Management System	4 hours <b>(Note: Please register for 700 &amp; 100 separately)</b>	January 22, 2014 May 21, 2014 September 3, 2014 November 12, 2014	0800-1200 0800-1200 0800-1200 0800-1200	3705 Oakdale Rd., Modesto (Logistics Room)
ICS 100.b: Intro to Incident Command System	4 hours <b>(Note: Starts after the lunch after the 700.a course completes at noon)</b>	January 22, 2014 May 21, 2014 September 3, 2014 November 12, 2014	1300-1700 1300-1700 1300-1700 1300-1700	3705 Oakdale Rd., Modesto (Logistics Room)
ICS 200.b: Basic Incident Command System  <i>*State Fire Marshal certification may be offered if enough local requests are received in advance of the course</i>	12.5 hours	May 27-28, 2014  June 3-4, 2014 (SCOE)  September 23-24, 2014	0800-1700 Day 1 0800-1230 Day 2  0800-1700 Day 1 0800-1230 Day 2  0800-1700 Day 1 0800-1230 Day 2	3705 Oakdale Rd., Modesto (Logistics Room)  3705 Oakdale Rd. Modesto (Logistics Room)  3705 Oakdale Rd. Modesto (Logistics Room)
ICS 300 Intermediate (NIMS compliant version)  <i>*State Fire Marshal certification may be offered if enough local requests are received in advance of the course</i>	20 hours <b>Note: Please register for ICS 300 and ICS 400 separately</b>	June 10, 11, 17, 2014  October 14, 15, 21, 2014	0800-1700 Day 1 & 2. 0800-1200 Day 3  0800-1700 Day 1 & 2. 0800-1200 Day 3	3705 Oakdale Rd., Modesto (Logistics Room)  3705 Oakdale Rd., Modesto (Logistics Room)



ICS 400 Advanced ICS/Intro to EOC <i>*State Fire Marshal certification may be offered if enough local requests are received in advance of the course</i>	20 hours <b>Note: Starts after lunch after the 300 course completes at noon.</b>	June 17, 18, 24, 2014  October 21, 22, 28, 2014	1300-1700 Day 1 0800-1700 Days 2 & 3  1300-1700 Day 1 0800-1700 Days 2 & 3	3705 Oakdale Rd., Modesto (Logistics Room)  3705 Oakdale Rd., Modesto (Logistics Room)
I 704: Communications and Information Management	8 hours	<b>Not Scheduled</b>		
I 800.b: Intro to National Response Framework	4 hours	<b>Not Scheduled</b>		
ICS 402: NIMS Executive Course	4 hours	November 5, 2014	1800-2200	3705 Oakdale Rd., Modesto (Logistics Room)
Advanced Emergency Operations Center Course	16 hours	December 9-10, 2014	0800-1700	3705 Oakdale Rd., Modesto (Logistics Room)

**\*See attached for course descriptions, prerequisites and target audience recommendations.**

**We have made some changes to our registration website. Please register for 700 and 100 separately, as well as register for 300 and 400 separately.**

**ICS 700.a Course - Introduction to National Incident Management System (NIMS)**

A four-hour (4) course that introduces the National Incident Management System and discusses California's Standardized Emergency Management System (SEMS). This course provides awareness level training and overviews the National Incident Management System (NIMS). NIMS provides a consistent nationwide template to enable all government, private-sector, and nongovernmental organizations to work together during domestic incidents. Course objectives include: Describe the intent of NIMS; Describe the key concepts and principles underlying NIMS; Describe the purpose of the NIMS Components, including; Preparadness, Communications and Information Management, Resource Management, and Command and Management. (The 100.b course is conducted in the afternoon following the morning 700.a course.)

**Target Audience:** Emergency response personnel, all government employees, disaster service workers, Amateur Radio Emergency Service Ham Radio operators, Search and Rescue Team members, volunteers, and generally anyone who may respond or be involved in coordinating and supporting incident management activities.

**Pre-requisite:** None

### **ICS 100.b Course - Introduction to Incident Command System (ICS)**

A four-hour (4) course that introduces the Incident Command System (ICS). This course provides awareness level training, overviews the Incident Command System, and provides the foundation for higher level ICS training. This course describes the history, features and principles, and organizational structure of the Incident Command System. It also explains the relationship between ICS and the National Incident Management System (NIMS). (The 700.a course is conducted in the morning prior to the afternoon 100.b course.)

**Target Audience:** Emergency response personnel, all government employees, disaster service workers, Amateur Radio Emergency Service Ham Radio operators, Search and Rescue Team members, volunteers, and generally anyone who may respond or be involved in coordinating and supporting incident management activities.

**Pre-requisite:** None

### **ICS 200.b Course - Basic Incident Command System (ICS)**

A twelve and a half (12.5) hour course that meets the requirements of the Basic Incident Command System. This course is designed to go beyond the introductory NIMS/SEMS/ICS courses and cover such topics as Leadership and Management, Delegation of Authority, Management by Objectives, Functional Areas and Positions, Briefings, Organizational Flexibility, and Transfer of Command. *(State Fire Marshal certification may be offered if enough local requests are received in advance of the course.)*

**Target Audience:** First line supervisors, crew leaders, single resource leaders, or other emergency response/management personnel who require a higher level of NIMS/SEMS/ICS training.

**Pre-requisite:** Completion of: I 700 - Introduction to NIMS  
ICS 100 - Introduction to ICS.

### **ICS 300 - NIMS Compliant/All Risk-All Hazard Version INTERMEDIATE ICS**

A twenty (20) hour Intermediate Incident Command System (ICS) course created for supervisory or management staff that would be assigned in a supervisory or leadership role in the Command or General Staff of an emergency response incident or major pre-planned event. *(State Fire Marshal certification may be offered if enough local requests are received in advance of the course.)*

This course meets NIMS/SEMS/ICS compliance and is a requirement to work in the Stanislaus Operational Area EOC.

**Note:** This is a 20-hour course and may be taken separately from ICS 400. If you want to take both classes, please register for each class. The ICS 400 course begins in the afternoon after completion of Day Three of the ICS 300 course in the morning.

**Target Audience:** Stanislaus County mid-level management including strike team leaders, task force leaders, unit leaders, division/group supervisors, branch directors

and emergency operations center staff. Stanislaus County command and general staff, select department heads with multi-agency coordination system responsibilities, area commanders, emergency managers and emergency operations center managers.

**Pre-requisite:** Completion of: I 700 - Introduction to NIMS  
ICS 100 - Introduction to ICS  
ICS 200 - Basic ICS

### **ICS 400 - NIMS Compliant/All Risk-All Hazard Version ADVANCED ICS**

A twenty (20) hour Advanced Incident Command System (ICS) and Introduction to Emergency Operation Center (EOC) course created for supervisory or management staff that would be assigned in a supervisory or leadership role in the Command or General Staff of an emergency response incident or major pre-planned event. *(State Fire Marshal certification may be offered if enough local requests are received in advance of the course.)*

This course meets NIMS/SEMS/ICS compliance and is a requirement to work in the Stanislaus Operational Area EOC.

**Note:** This is a 20-hour course and may be taken separately from ICS 300. The ICS 400 course begins in the afternoon after completion of Day Three of the ICS 300 course in the morning. If you want to take both classes, please register for each class.

**Target Audience:** Stanislaus County mid-level management including strike team leaders, task force leaders, unit leaders, division/group supervisors, branch directors and emergency operations center staff. Stanislaus County command and general staff, select department heads with multi-agency coordination system responsibilities, area commanders, emergency managers and emergency operations center managers.

**Pre-requisite:** Completion of: I 700 - Introduction to NIMS  
ICS 100 - Introduction to ICS  
ICS 200 - Basic ICS  
ICS 300 - Intermediate ICS

### **IS 704 - COMMUNICATIONS AND INFORMATION MANAGEMENT Course**

An eight (8) hour course designed to introduce participants to the Communications and Information Management component of the National Incident Management System. This course identifies components of NIMS Communications and Information Management; Identifies capabilities required to achieve effective communications and information management; Assesses the communication and information management capability of your jurisdiction or agency; Describes processes and forms for managing incident information flow, and; Identifies strategies for continually improving communications and information management systems and maintaining their readiness. This class will include subject matter expert presentations on the various communication and information management systems used in Stanislaus County.

**Target Audience:** County OES Staff, Department Managers, EOC management teams, Incident Commanders/Managers; Section Chiefs/Coordinators in Planning or Logistics; Leaders of Situation or Communication Units (including I.T.); P.I.O.'s,

Advanced Planning Unit Leaders; MAC Coordinators; All City Emergency Managers and City Managers that would serve in the above positions.

**Pre-requisite:** Completion of: I 700 - Introduction to NIMS.

### **IS-800.b - NATIONAL RESPONSE FRAMEWORK, AN INTRODUCTION**

A four-hour course (classroom version) that introduces participants to the concepts and principles of the National Response Framework (NRF). Course objectives include: purpose; response doctrine; roles and responsibilities of entities; actions that support national response; response organizations used for multi-agency coordination; and how planning relates to national preparedness.

**Target Audience:** Mid-level management, Command and General Staff, Emergency Operations Center staff (basically, anyone who may respond to and fill an Incident Command System position in the field or Emergency Operations Center. Note: These position descriptions are not defined from day to day operations, but for emergency, disaster, or major pre-planned activities).

**Pre-requisite:** None.

### **NIMS EXECUTIVE COURSE (ICS 402)**

A 4 hour course designed for local elected officials, chief executives, and administrators. This course covers roles and responsibilities of the policy group, as well as the basics of the Incident Command System, an overview of the California Standardized Emergency Management System (SEMS), and Introduction to the National Incident Management System (NIMS). The course also covers the Multi-Agency Coordination System (MACS) involving interactions with other jurisdictions/agencies to support the management or command of emergency incidents or major pre-planned events.

This specially designed course for Stanislaus County public/elected officials meets the requirements of IS700/Introduction to NIMS, ICS100/Introduction to ICS, and ICS402/Executive Course.

**Target Audience:** City Councils, Boards of Supervisors, Boards of Directors, Chief Executive Officers, Chief Administrative Officers, Department Directors, etc.

**Pre-requisite:** None.

### **ADVANCED EOC**

A sixteen hour course designed for students who have completed the forty (40) hour Stanislaus County ICS 300/400/EOC course. This course expands upon Emergency Operation Center functions, roles and responsibilities, and goes into EOC staffing/design, as well as recovery operations. It is tailored specifically for EOC operations in Stanislaus County. It will involve numerous break out scenarios designed to expose participants deeper into their roles and responsibilities in managing/supporting field incidents or large scale events from the EOC.

It focuses on the four phases of emergency/disaster management of mitigation, preparedness, response, and recovery.

It emphasizes EOC primary functions of policy direction, jurisdictional management/inter-agency coordination, information gathering/sharing, and resource management. (Equivalent to the G775-EOC Management & Operations Course)

**Target Audience:** Emergency Managers, Command and General Staff representatives, emergency planners, those that would be assigned to recovery operations, and other government and non-governmental representatives that may be assigned to work in the Emergency Operations Center.

**Pre-requisite:** Completion of: Stanislaus County's ICS 300/400/Intro to EOC course.

**Special Notice:**

*Anyone with emergency management responsibilities, including planning, response, mitigation and or recovery from emergencies is required to be NIMS compliant. All public agencies, including schools, medical and other government organizations that have any role in emergency management need to meet or exceed all NIMS requirements. By attending the courses offered here in Stanislaus County, you will avoid the high registration cost associated with other training (generally \$600+) for registration alone. This training will provide you with the necessary skills to respond and be successful in emergency management regardless of your role in our next emergency/disaster response.*

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## REGISTRATION

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Early registration is recommended. Classes fill quickly.  
(Preference given to Stanislaus County Emergency Response and Management Personnel.)  
To register for courses go to [www.stanoes.com](http://www.stanoes.com), click on Training Registration and select the class you wish to attend.

Sponsored by:  
Stanislaus County Operational Area/Modesto Regional Fire Authority/OES Division  
3705 Oakdale Road  
Modesto, CA 95357  
209.552.3600