



County of Orange RACES

NetControl

July 1999



Newsletter of the County of Orange Radio Amateur Civil Emergency Service

Top Story

OCSD Search and Rescue
By: Lt. Joe Selikov

Thanks to OCSD Reserve Deputy Lt. Steve Riches, N6SOG of the OCSD Search and Rescue (SAR) Unit for sharing his passion for what he does with his spare time. Lt. Riches has been with SAR for about 10 of the 35 year unit history. SAR is comprised of several different units including Heavy Rescue, an Over-the-Side team, and the Bloodhound unit. Lt. Riches is responsible for Command Post operations which includes all the logistical problems associated with set-up and maintenance.

SAR is composed of all sworn officers and all though their main emphasis is Search and Rescue they can also be called upon to perform any of the duties associated with being a Police Officer. Reserve members are required



Lt. Riches in SAR Mobile IC
Photo taken by: Sgt. Al Baird

to commit at least 16 hours a month, most actually put in between 80 to 100 hours per month. Call-outs can range from 3 per week to as many as 4 per day.

Call-outs are not just restricted to urban areas. Orange County also has many wilderness areas including the Cleveland National Forest. SAR squads usually consist of 1 search leader and 5 searchers. All have had special training on wilderness survival. Lt. Riches carries a 20 - 35 pound pack with him for missions under 24 hours.

July Meeting

The Speaker for the July 12 meeting will be our own Chief Radio Officer Ray Grimes, W6RYS. Ray will present information that will be useful in identifying and dealing with RF hazards. This topic is a must for emergency responders that are required to be around transmission sites. The meeting is open to the public and will start at 7:30 PM at our normal meeting location, OCSD Communications, 840 N. Eckhoff St. Suite 104, Orange. All are welcome.

These supplies are to assure his survival. The primary staple is water. On hot days, most people require water within 6 to 8 hours. Even the most healthy people can experience extreme reactions, including death.

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Upcoming Events

Jul. 12	General Meeting, Alternate EOC
Jul. 14	ReddiNet training RACES Officers, EOC
Jul. 19	ReddiNet training Squads A & B, EOC
Jul. 23	Deadline for NetControl
Jul. 24	National Weather SKYWARN meeting, Alt. EOC
Jul. 24-25	OCRACES at Orange County Fair
Jul. 26	ReddiNet training Squad C and make-up, EOC
Aug. 2	General Meeting, Alternate EOC
Aug. 26	CPRA at EOC, RACES room tour
Oct. 16	City/County RACES Drill

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Visit the OCRACES Web Page @ <http://www.ocraces.org>

Captain's Corner By Ray Grimes

What a busy month, with the Red Cross Disaster Academy, Field Day, and the City/County Officer Meeting, to name but a few key events. Several of the Red Cross Disaster Academy presentations emphasized the facts that there are several new disaster types to add to the growing list, and that disaster service worker training must stay current with increasing domestic trends in terrorism; biological and chemical threats; and violence in the workplace (or in any public place). It is a sad statement of our society that people feel so much more threatened by the "new" manmade disasters than they do by

natural events such as earthquakes, floods and fire. OCRACES Field Day this year included OCRACES urban disaster communications support training. Lt. Mike Krueger is to be commended for the very fine training presentation and detailed Field Communications Command Post Training handouts. Ralph Sbragia and Lt. Ken Mirabella are also to be commended for the planning and implementation of another successful Field Day at Craig Park. Thanks also to the many members who supported Field Day and participated. The June City/County Officer Meeting included a discussion on the sce-

nario selection for the October SET exercise. This will be another great opportunity to test our communications systems and our personal knowledge. With so much going on in OCRACES these days, the need for an increased membership remains a high priority. It is times like these when we must remind ourselves that the reason we all joined RACES was to serve the public in times of disaster, and that ongoing training and meetings may seem burdensome, but I assure each of you that it is critical to our performance and success.

ECC News and Views by Robert Stoffel

I open this month with a big "thanks" to our Field Day team - Ralph Sbragia, Field Day Coordinator, Mike Krueger, Training Officer and Robbe Gibson, PIO. It takes many hours of preparation to bring an activity like this together. It's easy to show up Saturday or Sunday and operate a station, help with set-up or take down, but it takes far greater planning, preparation and TIME to plan for such an event. Ralph had everything ready to go Friday evening, Mike provided us an excellent training session and handout, and Robbe issued a press release to all major Los Angeles and Orange County based newspaper, radio and television newsrooms. Thanks to all for your help and participation in this true field training activity!

The other "big" activity this past month included the pulling of six new coax ca-

bles from the roof at Loma Ridge to the RACES radio room. These cables will be used to support current and future antenna needs for our many and varied operations. Thanks to Jack Barth and County Technician Jim Henderson for the hard work in installing the coax.

Coming in July are several activities for OCRACES. ReddiNet training will occur on various days and times, and will again be conducted by Squad. This is important training and is being conducted at the request of HCA/Emergency Medical Services. OCRACES personnel will play an integral part of any EMS related incident when long-term ReddiNet communications assistance is required. We will also provide staffing at the Amateur Radio booth at the Orange County Fair. John Roberts, Jim Carter, Jack Barth and Dave

Wilson can be found Saturday, July 24th from 1000-1430. Steve Sobodos, Joe Selikov, Nancee Graff and Harold Robinson will be staffing the booth Saturday July 24th from 1830 until 2300. On Sunday, July 25th Roger Thomas, Nona Thomas, Ken Mirabella and myself will be on duty from 1000-1430. Please stop by and say hello!

The National Weather Service will be hosting their next SKYWARN meeting here in Orange County! This meeting is normally held in San Diego, so for all you weather watchers, this may be a great meeting to attend and hear the latest regarding the SKYWARN program. The meeting will be held at our Eckhoff large conference room, the same place as most RACES meetings, on Saturday July 24th at 1330. Contact Ed Clark at the NWS for additional information at Edwin.Clark@noaa.gov or (619) 675-8700.

(SAR Continued from page 1)

Lt. Riches passed out a card which contained the Ten Commandments of survival in the desert when lost or stranded. The card was put together by the Marine Corp. and provides some excellent advice (follows text).

OCRACES members have participated in several SAR activities including one that resulted in finding the missing person.

Lt. Riches believes that OCRACES can be of assistance on assignments where non-

law enforcement personnel are needed to provide expert communications skills to field units and handle command post or remote site problems as they arise. Lt. Riches presentation was concluded with a tour of the Mobile Command Vehicle.

TEN COMMANDMENTS OF SURVIVAL IN THE DESERT WHEN LOST OR STRANDED

- 1. HOLD ON TO A SURVIVAL ATTITUDE.**
Your most valuable asset in any life threatening situation is a positive mental attitude. If you aren't certain you can live - you will die.
- 2. STAY WHERE YOU ARE-STAY CALM.** If you are driving a vehicle, remain with it. Relo-

cate only to reach safety and water.

- 3. MOVE ONLY WHEN ABSOLUTELY NECESSARY AND ONLY AT NIGHT.** If your position is unendurable, change your location during the cooler night hours. Move only when you know you can get there safely by doing the following:
 - a. Leave a clear trail with notes and directional signs.
 - b. On the note, give your name, date, time, direction and reason you are going.
 - c. Proceed in a specific direction, change your line of movement only after you have left a sign or marker.
 - d. Go slowly and carefully- beware of over exertion.

(Continued on page 4)

Training

By: Lt. Mike Krueger

By now, each OCRACES member should have received training on the new Motorola CRT dispatch consoles at Loma Ridge. Thank you for taking the time to participate in these important training sessions!! Several members have asked for an explanation of the channels on these new consoles. Below is a list of the most common conventional (non-trunked) channels available in the Channel Summary List. OCRACES members may be asked to operate on these channels during EOC activations. Information relating to the new 800 MHz trunked system is not listed due to its confidential nature.

Console Name	Channel Name	Band	Description
CLEMARS	California Law Enforcement Mutual Aid Radio System	VHF	CLEMARS-VHF High Band is shared by most law enforcement agencies statewide for coordination and mutual aid. Any law agency may use CLEMARS for mutual aid communications, or as a back up to their primary channel. The California Highway Patrol and agencies surrounding OC monitor this channel as does Control One.
CLEMARS	California Law Enforcement Mutual Aid Radio System	800	CLEMARS-800 is shared by most law enforcement agencies statewide for coordination and mutual aid. Any law agency may use CLEMARS for mutual aid communications, but not for day-to-day single agency operations. Every participating county has one designated monitoring point for this channel. In Orange County, Control One is the point of contact.
OA-1	Operational Area 1	LOW	OA-1 is a simplex channel used to coordinate disaster response activities within the Operational Area of Orange County. County and City EOC's as well as community services districts, sanitation districts and the American Red Cross use OA-1.
OA-2	Operational Area 2	LOW	OA-2 is a simplex channel used to coordinate disaster response activities within the Operational Area of Orange County. Elementary school district, high school district and University EOC's primarily use OA-2.
VEPO	Volunteer Emergency Preparedness Organization	LOW	VEPO is a repeater channel used to coordinate disaster response activities by water districts and municipal water departments in the Orange County Operational Area.
CESRS	California Emergency Services Radio System	VHF	CESRS is a statewide radio system that allows conventional radio to radio operation and direct communications with the State Office of Emergency Services (OES). CESRS is used to relay timely emergency response information. Control One monitors this channel for the Orange County Operational Area.
ICALL RP	International Calling Channel	800	United States, Mexico and Canada have allocated five frequencies for public safety mutual aid. ICALL is the designated calling channel, and Control One is the monitoring point for Orange County.
ITAC1RP	International Tactical Channel 1	800	ITAC 1 ~ 4 are available to any public safety agency for the purpose of inter-agency operations or mutual aid. Several individual repeaters are located around the county on each ITAC frequency
ITAC2RP	SEE ABOVE		See ITAC-1-RP
ITAC3RP	SEE ABOVE		See ITAC-1-RP
ITAC4RP	SEE ABOVE		See ITAC-1-RP
USBP	United States Border Patrol	VHF	This is the operating frequency for the San Clemente Border Patrol Checkpoint and is used to coordinate activities between the USBP and Orange County Law agencies.
OCTA-5	Orange County Transportation Authority, Channel 5	800	Supervisors and maintenance units use OCTA-5 along with Orange County Sheriff Deputies assigned to the OCTA for law enforcement operations.
MED-10	Hospital-Paramedic coordination	UHF	Paramedics needing to speak with a nurse or doctor contact Orange County Communications (OCC) for a frequency and Base Hospital assignment on Med-10. OCC will assign a frequency (Med 1 ~ 8) to the medic and alert the hospital of the incoming call.

ReddiNetII training begins soon!

OCRACES members will be trained on the brand new ReddiNetII system at Loma Ridge during the month of July. ReddiNetII monitors the current status of all hospitals in Orange County and is used to assist emergency medical responders in locating the closest available facility that can accept their patients. To ensure that each member receives valuable "hands-on" training, sessions will be conducted one squad at a time. A one-time Make-up will

be offered for those that can not attend with their squads, or would like a refresher. The dates and times are listed below:
 Squad A - July 19th at 7:00PM
 Squad B - July 19th at 8:00PM
 Squad C - July 26th at 7:00PM
 Makeup - July 26th at 8:00PM
 This is mandatory OCRACES training. If you are unable to attend, please contact your squad Lieutenant or Lt. Mike Krueger as soon as possible.

CentraCom Training Make-up/ Refresher to be held in August

Any OCRACES member requiring first-time training on the Motorola CentraCom dispatch equipment at Loma Ridge is requested to notify Lt. Mike Krueger as soon as possible to make arrangements. The actual date in August is yet to be determined. Members that have already received training may attend the make-up session as a refresher if desired.

Technical Interest

Low Tech for the New Millennium!

by: Ray Grimes, W6RYS
Chief Radio Officer, OCRACES

Whether the result of the much feared Y2K, a flood, tornado, or an earthquake, a possibility exists that a widespread disaster could render many public communications systems useless (broadcast radio and television, cable TV, telephone, fax, Internet, cellular, two-way radio, etc.). These systems operate on primarily commercial AC power and depend on telephone circuits for connectivity. To emphasize reasons for concern, we can revisit the Naperville, Illinois flood of 1996 where almost 10 inches of rain fell in less than 10 hours. The DuPage River became a lake, flooding more than 10,000 homes and knocking out communications. The

cable access channel was out, as were telephone circuits and commercial power. Local government had an urgent need to communicate emergency and disaster relief information to the public. Fortunately, there was a state owned Traveler's Information Station (TIS) 10 watt AM Broadcast Band transmitter in operation which was installed in 1995 to announce weather-related urgent information. The radius of most TIS transmitters is 3 to 5 miles. The City of Naperville, Illinois found that the TIS transmitter was quite helpful in distributing public information, which in turn reduced citizens inquiry calls to their city hall. TIS transmitting stations are quite simple, consisting of a small AM transmitter and a digital message player. They can be accessed locally or by telephone line or cellular telephone (if available). Being low power, a TIS system can entirely be operated from a

small battery and solar panel plant. The entire system can be located in a closet at city hall, or on a utility pole in an accessible and protected location. Everyone has an AM Broadcast radio at home, at work, or in the car. When citizens ask "where do we turn next for information?" The answer may be tune to something like "1610 on the AM dial".

source: Disaster Resource Guide, 1999, P. 108,

"Low Tech Low Power AM Radio Stations",

Baker, Bill, ISS, Inc..

(SAR from page 2)

4. CONSERVE YOUR SWEAT, NOT YOUR WATER

Rest by day, work on shelter and signals during cool of evening/morning. DRINK as often as you need water. Rub your body with urine and other liquids to keep cool.

5. PROTECT YOUR BODY.

When in the sun and heat remember to:

- Keep your clothes on. Loosen but do not remove them.
- Keep your boots/shoes and headgear on.
- Relax In deep shade, keeping your eyes protected from glare
- If in the open with no shade nearby, use anything available to make shade.

6. MAKE A FUSS WHEN YOU HEAR OR SEE OTHERS NEARBY.

- Signal by any means at hand. Use a shaving mirror to reflect the sun. Wave a bright colored item.
- Make marks in the sand or lay out rocks large enough to be seen from the air: SOS or HELP.
- Start Fire - smoke in the daytime and flame at night.
- Get involved in your rescue but conserve your body water.

7. DO NOT EAT ANYTHING!

- All food is water demanding. Water is drawn out of your system to process, digest and eliminate what you eat.
- No salt or salt tabs - they will dehydrate you.

8. KEEP YOUR MOUTH CLOSED.

Breathe through your nose to minimize evaporative water loss.

9. THINK LIKE A SEARCHER.

Do the things that will make it easier for your rescuers to find you:

- Leave a clear trail with notes and directional signs.
- On the note, give your name, day, time, direction and reason you are going.
- Have a goal in mind - go in one direction with care. AVOID INJURY.

10. USE YOUR HEAD, NOT YOUR SWEAT; DRINK THE WATER YOU HAVE.

Never ration water! Drink what you have as you need it. Discipline is essential to survival.

ESP

July '99



Bomb Threat

You may receive a strange call or package!

Every day, it seems as though there is at least one story in the newspaper about law enforcement agencies finding a pipe bomb or another type of explosive device at a government building, a business or another location.

How well would you react if you discovered a strange object at your workplace, received a bomb threat over the phone or received a suspicious package in the mail?

The *Focus Sheet* (on page 5) offers information to help prepare you, coworkers and friends to respond effectively if you encounter such a threat wherever you live, work or play.

The Los Angeles County Office of Emergency Management has a program called ESP which stands for Earthquake Survival Program. As part of that program they supply a set of articles which focus on a different hazard each month. **NetControl** will publish each month's hazard through the end of the year.

Bomb Threat Check List

Before the Bomb Threat

Prepare family members, friends and coworkers by taking the following actions:

- Review your company's procedure for dealing with bomb threats. Work with the appropriate personnel to establish a policy or procedure if one does not exist.
- Establish an emergency response team.
- Identify assignments for each team member.
- Canvass work areas to become familiar with objects that are normally in work areas.
- Establish a signal that receptionists and others who answer phones can use to indicate that they're receiving a threat.
- Develop a Bomb Threat Checklist for documentation purposes.
- Identify all evacuation routes.
- Conduct practice drills to test the response of employees and team members.

When You Receive a Phone Threat

- Remain calm and keep the caller on the line as long as possible.
- Be courteous and do not interrupt the caller.
- Signal a coworker to indicate that you have received a bomb threat. The coworker should notify your security officer and local law enforcement agency immediately.
- Advise the caller that the building is occupied and innocent persons could be killed or injured.
- Ask the caller to repeat the message.

After You Receive a Threat

- Remain calm. Go to a quiet place. Do not talk to anyone. Write down all the information you remember. Use the bomb threat worksheet. Turn over all information to your security officer or supervisor.
- Consider any object that does not belong in the area as a suspicious object.
- Ask employees to look for suspicious objects in their immediate work areas.
- Check the safety of evacuation routes.

If You Locate a Suspicious Package

- Get a good description
- Size
- Color
- Markings
- Noises made (e.g. ticking)
- Provide exact location

- Building
- Floor
- Room number
- Location of the room
- If you're at work, call your supervisor or security officer and report the location of the object.
- If you're at home, contact your local law enforcement agency.
- Do not touch, move or open the object.
- Look for possible owners.
- Prepare for possible evacuation.
- Do not use a walkie-talkie radio. Radio transmissions could detonate the device.

If You Receive Suspicious Mail

- Avoid handling the object.
- If you're at work, notify your supervisor or security officer and remind him or her to preserve evidence for law enforcement agencies.

Tape the checklist below near your phone and use it to guide you if you receive a bomb threat.

Remain calm. Listen carefully. Obtain the following information:	
Date of call:	Time of call:
Location of bomb:	
Description:	
Kind of bomb:	
Time bomb will go off:	
Motive:	
Name of caller or affiliation:	
Voice pattern:	
Background noises:	
Report the above information immediately to your supervisor or security officer.	

Committee Reports

Visual Communications

Coordinator: Jim Carter (WB6HAG)
Web page:
[http:// www.qsl.net/wb6hag/](http://www.qsl.net/wb6hag/)

Tri-Agency - Tri-Agency program remains on hold until a meeting can be scheduled with the SCRRBA President.

Field Day Activity: The National ARRL ATV representative announced just days before field day, that ATV operations would receive 100 bonus points just by providing a still picture that shows the general public viewing an ATV station. We were successful in accomplishing this requirement.

A miniature ATV repeater controller

(2x4x7 inches) which contained an APRS video overlay generator was constructed days prior to field day and tested during the event. The controller provided a means for unattended transfer of portable field camera transmissions that operated on either 426 MHz or 2.4 GHz. Video transmission were repeated on either 2.4 GHz or 434 MHz. This device will be useful for other RACES events.

We tried using the Santiago Peak ATV repeaters 2.4 GHz input, after many hours of trying to get into it, we concluded it was non-operational. Using the 434 MHz input, an FM voice interference was identified coming from a transmitter operating

too close to the Santiago Peak 434 MHz input frequency. Jack Barth (AB6VC) and Jim Carter (WB6HAG) operated ATV during field day. Lesson learned—we can not depend upon using a private ATV repeater in time of an emergency. Reason, it may not be fully operational when needed.

ATV Goes to the OC Fair: Jack Barth (AB6VC) and Jim Carter will again demonstrate ATV to fair goers on Saturday, July 24th. The Helmet Cam will be operational and on display. This configuration proved to be a hit last year with children and adults.

Field Day

Coordinator: Ralph Sbragia, KD6FYT
E-mail: sbragiard@delnet.com

Field Day

By: Ralph Sbragia, KD6FYT

Field Day Coordinator

The last weekend in June witnessed another successful Field Day effort for OC-RACES. Although it is still too early to provide a detailed report, some general comments can be made and a list of recognition needs to go out.

First the recognition: Thanks to W6JOR and his friend, Jack Foote, K6VGS for their successful efforts in obtaining the natural power bonus. Thanks to N6MIK for his efforts in preparing the training sessions as well as his combined efforts with KA6WNK to operate during the night time hours. In addition, thanks go out to all the members who pitched in to help set up on Friday evening: KC6HAM, KC6TWI, AB6E, N6MIK, W6JOR, K6VGS, KE6DVB & KF6PWI. Thanks also to those members who provided equipment for the effort: KM6YH,

N6DSB, AB6E, K6VGS, KM6BV, KE6AFR, KN6UX. Thanks to WB6HAG for doing what was required to earn the new ATV bonus and to W1HIJ (Bill Scholtz) for sitting in as our ringer contest op'. Special thanks to K6RAG for handling the publicity and news releases, and last but certainly not least, thanks to AB6E for the use of his call. (I'm sure I've forgotten someone who helped some where, so a final thank you to all who participated.)

We had a good daytime turnout for operations, keeping four rigs on the air consistently from 1100 to about 1900 or so Saturday. We were of course weakest overnight between about 1100 and 0800, with good pickup Sunday morning. Additionally, we earned all of the bonus points we attempted except the satellite and ARRL bulletin.

I will provide a more detailed report in next months issue including a breakdown of our contacts.

KD6FYT

City Watch

Laguna Beach:

I am pleased to report to you that, at it's meeting last night, the Laguna Beach City Council "Authorized the Police and Fire Departments to implement the Laguna Amateur Radio Emergency Service Program." LARES is now a City-approved LBPD/LBFD auxiliary. John Kountz and I attended the meeting.

Ted Brunner (K6LLL)
Chief Radio Officer

La Palma:

A dinner was held June 22, 1999 honoring all the La Palma RACES operators who have provided RACES support during the past year. The dinner was hosted by Police Chief Vince Giampa and Sgt. Mark Yokoyama of the La Palma Police Department. Both Chief Giampa and Sgt. Yokoyama expressed their appreciation for the service provided by the RACES group. Out-going recorder Tom Silverwood received an attractive award noting his several years serving the group as recorder of the minutes for the RACES meetings, having handled these duties since the group was first activated by now retired Chief Dave Barr.

OCFA Test Results

The following table was provided by Roger Thomas, KD6DAN of the Orange County Fire Authority. It summarizes the results of the testing done by OCRACES to determine how well various locations within the County can communicate with the EOC on Amateur Radio frequencies. These locations will be used by OCFA as ICs during brush fires. OCFA has recognized the importance of having this alternate means of communications during emergencies and has utilized OCRACES during past events. OCRACES has also provided the EOC with fire situation updates from the IC which helped EOC personnel to plan ahead and support rumor control with current information.

	Carbon Canyon	Caspers Park	Caspers Park	Irvine Park	Laguna Niguel	Crystal Cove	Crystal Cove	Crystal Cove	Crystal Cove	Mason Park	O'Neill Park	Yorba Park
Park Location:	Park	(San Juan Meadow)	(Visitors Center at hilltop)		Park	El Moro School	El Moro Ranger Station	El Moro Visitor Center	State Park Reef Point Gate			
146.895 MHz Loma Ridge Repeater	Good	Not Usable	Good	Good	Good	Marginal	Not Usable	Not Usable	Not Usable	Good	Not Usable	Marginal
146.895 Simplex to Loma Ridge	Good	Not Usable	Not Usable	Good	Marginal	Not Usable	Not Usable	Not Usable	Not Usable	Good	Not Usable	Not Usable
449.175 Sierra Rptr	Good	Not Usable	Not Usable	Good	Not Tested	Not Usable	Not Usable	Not Usable	Not Usable	Good	Not Usable	Good
449.100 Santiago	Good	Marginal	Good	Good	Good	Good	Good	Marginal	Marginal	Good	Good	Marginal
1282.025 Santiago Rptr	Not Usable	Not Tested	Not Tested	Not Tested	Not Tested	Not Usable	Not Usable	Not Usable	Not Usable	Good	Not Tested	Not Usable
1282.275 Sierra Rptr	Good	Not Tested	Not Tested	Not Tested	Not Tested	Not Usable	Not Usable	Not Usable	Not Usable	Good	Not Tested	Good
1282.525 Signal Peak Repeater	Not Usable	Not Tested	Not Tested	Not Tested	Not Tested	Marginal	Not Usable	Not Usable	Marginal	Good	Not Tested	Not Usable
1282.725 Bolero Rptr	Not Usable	Not Tested	Not Tested	Not Tested	Not Tested	Not Usable	Not Usable	Not Usable	Not Usable	Good	Not Tested	Not Usable
1282.775 San Clemente Rptr	Not Usable	Not Tested	Not Tested	Not Tested	Not Tested	Not Usable	Not Usable	Not Usable	Not Usable	Not Usable	Not Tested	Not Usable
223.760 Repeater	Not Tested	Not Tested	Not Tested	Good	Good	Not Tested	Not Tested	Not Tested	Not Tested	Good	Marginal	Not Tested
Tested By:	Ken Mirabella	Harvey Packard	Harvey Packard	Dan Welch	Al Baird	Chris Storey	Chris Storey	Chris Storey	Chris Storey	Robie Gibson	Jack Barth	Mike Kruger
Park Ranger	Mary Excell	John Ganaway	Same	Neal Underhill	Adolph Macias					Parker Hancock	Cliff Kawood	Chuck Thornburg
	(714)	(949)	(949)	(714)	(949)				(949)	(949)	(949)	(714)
Phone Number	996-5253	728-0235 or 3420	Same	633-8074	831-2791					854-2490	858-9365	970-1460
Pay Phone Number	961-9259		728-9904	532-9968	Not Available	None	494-9275	Removed	759-9780	854-9929	858-9969	970-9942
Pay Phone Location	Front of Office		Visitors Center	Outside Ranger Office	Main Gate		Ranger Station	Visitor Center	Gate Attendant Booth	Ranger Station	Nature Center	Office
Air Touch Cellular Service	Good	Poor to Not Usable	Marginal to Poor	Marginal to Good	Good	Good	Good	Good	Good	Good	Good	Good
County Admin	Good	Not Tested	Not Tested	Not Tested	Not Tested	Not Tested	Not Tested	Not Tested	Not Tested	Not Tested	Not Tested	Good

Congratulations: Richie Grimes, KF6WVY

Richie is 11 years old, and youngest son of Chief Radio Officer Ray Grimes. Richie is already enjoying his Technician class license with a new dual band portable, making several new friends on the local repeaters. The Grimes family now has 4 licensed amateur operators.

Congratulations: Brian Welch, KF6TTV

Brian is the 12 year old grandson of Dan Welch, W6DFW. Brian has been working his first General Class HF contacts.....his first contact was a Norway station on 20M.

HDSCS

This information has been taken from:

THE UPDATE

Newsletter of the Hospital Disaster Support Communications System (HDSCS)

Orange County, CA

Non-member E-mail Edition

June 1999

DRILL #1: On May 25, Garden Grove Fire Department hosted this year's Blue Net drill. Twelve hospitals participated. The scenario involved a natural gas explosion near the bleachers at a high school sporting event. Over 120 volunteer victims were moulaged with a wide range of injuries including burns, fractures, impalement, cuts and bruises. Cheryl Simpson KD6MWZ put in a long day at the site, supporting EMS communications and participating in the simulated scenario as well. Thanks also to Tom Gaccione WB2LRH and Alan Marcum WB6RQM for their help in the new setup of the Central Point at the Orange County EOC. The EOC's radio room is down the hall from the communications center where the Central Point is located. An internal frequency on 440 MHz was used to link Alan, who was on the HDSCS net, to Tom who was at the dispatch location.

DRILL #2: Two days after the Blue Net drill, Hoag Hospital in Newport Beach, CA held a 3-hour Y2K drill. It was meant to simulate activities on three successive days after the clock struck midnight on New Year's. The hospital disaster coordinator was very creative in designing scenarios for the staff to respond to, including an edited video on a TV screen in the command post showing simulated Y2K aftermath around the community and the country. Three HDSCS communicators responded to the hospital during the event. Each hour, a new operator came in so we could practice the changeover of operators plus deal with the hospital staff and their messages at the same time. Adding a little realism to this drill were Tom Risher KD6HWD who was whatever hospital we

needed him to be and Harry Mortimer N6KSC who simulated the HDSCS position at the county EOC. We also had the opportunity to interface with simulated Red Cross headquarters thanks to Orange Section District Emergency Coordinator Corky Corcorran W5BYG. Also in the drill were Newport Beach RACES personnel from their city EOC, lead by RACES officer Ed Karagozian K6JGN. This was important practice for all of us. We need to be adept in moving to one another's nets to handle messages.

DRILL #3: On May 13-14, Anaheim Memorial Medical Center ran its clocks ahead to December 31 and tested its phone system to make sure it would function as the big hand and little hand moved into the New Year. To make sure there was back-up in case of a failure, HDSCS was asked to stand by on site. We staffed with one base station at home linked to 4 operators at the hospital. Oh yes, the test was successful and we didn't have to stay past 12:30 AM.

ANTENNA MATTERS: All Orange County hospitals have somewhat different configurations when they activate their disaster plans. Some hospital Command Posts are in basements or lower levels of the buildings. Other facilities have Command Posts inside windowless conference rooms. Still others are adjacent to emergency departments. Most (but not all) hospitals have external Amateur Radio antennas, but they have been installed over a number of years and are far from identical. Although we regularly offer to consult with hospital engineering staffs and disaster coordinators as to the most appropriate antennas and the best locations for antennas and the coax termination, the result is still the hospital's own decision, and is based on a wide range of factors.

With that in mind, here are some tips from Assistant Coordinator Alan Marcum WB6RQM, who has arranged for many of the antennas now installed at HDSCS-supported hospitals: "Please keep in mind that the type of connections we will find are quite varied and the location of the connection may not be exactly where you would like to operate

from. Another concern is the stress on your HT's antenna connectors that will likely occur when connecting the hospital's large diameter coax or hardline directly to your radio using an adapter. I prefer to "pigtail" the smaller RG-58 size coax between the antenna and my radio. With all of this in mind, I offer the following as a recommended list of items that should be included in your emergency kit."

- One or two 3- to 6-foot BNC cables (RG-58)
- Two BNC-female-to-PL-259 adapter
- Two or three BNC female barrel adapters
- One SO-239 to BNC male adapter
- One SO-239 female barrel
- One 10-foot RG-8X coax cable with PL-259 connectors
- One SMA-male-to-female-BNC adapter (if your radio has an SMA antenna connector)

And now two more tips from Assistant Coordinator Joe Moell K0OV:

- 1) An external mike or speaker-mike is ideal when your HT is connected to a hospital antenna. It keeps you from having to hold up a length of coax.
- 2) Many of the hospital antennas are discones or other multi-band VHF/UHF types with one feedline. If you have separate HT's for 220 MHz, 440 MHz, and so forth, consider adding a diplexer or triplexer to your emergency kit so that you can use the hospital's antenna on all bands.

NEW AEC: HDSCS is pleased to announce the appointment of Jon Schaffer W6UFS as Assistant Emergency Coordinator. Jon works as an R.N. at the Kaiser medical building on Euclid in Anaheim. He has been a very dedicated HDSCS member, and with his medical background he will make an excellent AEC. We hope to have him provide some educational paragraphs about medical issues in the newsletter and to have a "Medical Minute" feature on our weekly nets.

Meetings:

General: First Monday of Month
(open to public) @ 1930 hr

Meeting Location:

OCSD/Communications
840 N. Eckhoff St. , Suite 104
Orange, Ca. 92868-1021

County RACES Frequencies

6 m: 52.62 MHz output, 52.12 MHz input, 103.5 Hz PL

2 m: 146.895 MHz output,
146.295 MHz input, 136.5 PL;
(primary net Mondays, 1900 hrs.)

2 m Packet: 145.07 MHz
(1830 – 1900 hours)

1.25 m: 223.76 MHz output,
222.16 MHz input, 110.9 Hz PL

70 cm: 449.180 MHz output,
444.180 MHz input, 107.2 Hz PL (private)

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<http://www.ocraces.org>

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Back issues of **NetControl** are now available on the OCRACES web site www.ocraces.org. The files are in Adobe .pdf format. If your computer does not have the Adobe Acrobat reader installed, a link to the Adobe web page is provided for the free download of the Adobe Acrobat reader.

Did You Know?

After A Disaster: Children's Typical Reactions

by: Ray Grimes, W6RYS

Chief Radio Officer, OCRACES

I recently attended the Orange County Red Cross Disaster Academy where I picked up some very interesting and useful literature. One such bulletin is entitled "After a Disaster: Children's Typical Reactions". This bulletin is adapted by the Governor's Office of Emergency Services from the National Institute of Mental Health and the Los Angeles County Department of Mental Health. I won't go into every detail of this five page bulletin, but I would like to summarize a few very important concepts. I find this information particularly important for emergency responders as we can become fully involved in disaster support tasks and may miss signs of stress in our own families, long after the emergency is over. It is important to state that there is a wide range of "normal" behavior in children after a disaster. Most of these feelings and moods can be dealt with by parents at home, but not always. Professional help should be sought when "normal" child behavior does not return, or preoccupation with injury and death become dominant. Professional help may be required if the child after 2 to 4 weeks:

- Seems excessively withdrawn and depressed, and does not respond to special attention.
- Engages in overly self-destructive behavior such as attempts to inflict self-injury
- Continues to have physical complaints after clearance by a pediatrician

- Refuses to eat anything at all, vomits after eating, although has been cleared by a pediatrician
- Acts out in an excessively aggressive manner that actually poses a danger to children or adults around him/her

Small children (ages 1 to 5) do not have the verbal skills to describe their problems. Changes in their routines and disruption of their secure environment may produce sudden stress. Children of ages 5 to 11 may become more withdrawn and/or more aggressive. Ages 11 to 14 are sensitive to reactions of their peers. They need acceptance from their friends and a feeling that everything is back as normal. "Survivor's Guilt" may manifest itself in children of this age group. Children of ages 14 to 18 are also focused on reactions and acceptance of their peer group. Frustration and anger are typical reactions, with possible blame of adult authority figures for any and all failures to prevent and overcome a disaster. In all cases, communication between parents and the child is important. For older children, encourage discussion about the disaster with adults and their peers. Attempt to reestablish a routine existence as soon as possible. Encourage physical activity. Assign helpful tasks that are not too demanding. Establish recreational and social activities. Temporarily lower expectations for the child's performance at home and at school, reducing stress. Rehearse safety measures for future disasters. These parent supervised measures will greatly help in most cases, but do not hesitate to seek professional help should the signs of stress and confusion remain or intensify after a couple weeks.

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