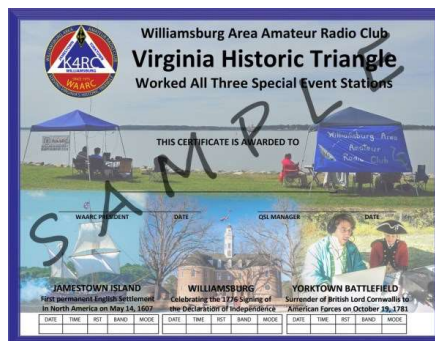




VIRGINIA SECTION HAM RADIO NEWS QSL! #25

May, 2021

WAARC's 2021 Historic Triangle SE May 8th Cynthia Frank K4CEF, SE Coordinator



The Williamsburg Area Amateur Radio Club (WAARC) operates three Special Event stations as part of our Historic Triangle series of events. If you can work K4RC at Jamestown, Colonial Williamsburg, and Yorktown, you are eligible for our very attractive Historic Triangle Events Certificate. The contacts do not need to be made in the same calendar year. Please contact our [QSL manager](mailto:qslmgr@k4rc) (qslmgr@k4rc) with the date, time, and frequency for your three contacts.

Here are the dates for each event in 2021:

Jamestown Island Saturday 8 May
Colonial Williamsburg Saturday 3 July
Yorktown Battlefield Saturday 16 October

The Special Event stations will be on 7265 KHz and 14265 KHz, plus or minus QRM, from



1400Z - 2000Z (10:00am - 4:00 pm EDT).

If you are in the Williamsburg, VA area please pay a visit to any of the Special Event stations. If you do, there is a good chance you can get on the microphone and make a few contacts.

Cynthia K4CEF



American Red Cross/ Amateur Radio Drill

The Red Cross EmComm Training Group ARC Training is holding our Spring Drill on World Red Cross Day, May 8th. All licensed amateur radio operators can participate by sending a simple Winlink message the Winlink tactical callsign ARCATLANTIC.

Here is the background. In Feb 2020, an organizing phone call was held with a dozen Red Cross hams to consider creating a nationwide radio drill. By May, we had over a hundred on the Teams calls and over a thousand participated in that Spring's Drill. This drill was in two segments, the morning session being a self-directed voice net, providing the opportunity to exercise local procedure in the environment most likely to be experienced. The afternoon session was a nationally directed Winlink exercise reporting to regional clearinghouses, using the reporting of the morning events and forms likely to be used in a real mobilization for the served client. Synthesizing lessons-learned from the first one, we simplified and narrowed the focus for a Fall Drill last November, choosing to concentrate on Winlink.

We like Winlink because Red Cross forms are built-in as templates and because hams using Winlink can send messages to non-hams, unlike FLDIGI, PSK, etc. Our goal for the Fall Drill was to attract as many hams as possible



to use Winlink at a basic level. Over 1700 participated from over 40 states and a few foreign countries.

For in the upcoming Spring '21 Drill our goal is same, but now to raise the bar in [Winlink Proficiency](#), and, being World Red Cross Day, solicit more international participation.

To "raise the bar" we have been holding regular Winlink training sessions with the next one coming up this week; hope you will join in. These [Winlink Thursdays](#) have been attracting over [500 participants](#) each time.

Many of you have been participating in SOTA and POTA challenges, which hone your skills in remote, off-grid communications, which is EXACTLY what you are likely to face in a real-world mobilization. Take it up a notch by adding Winlink to your portfolio

Acronym Glossary:

- DST (Disaster Services Technology),
- RAST (Regional Applications Support Team) and
- IEEE MOVE (IEEE formerly The Institute of Electrical and Electronics Engineers, formed in 1963 by the merger of the Institute of Radio



Engineers (IRE, founded 1912) and the American Institute of Electrical Engineers (AIEE, founded 1884); and MOVE Community Outreach (Mobile Outreach Vehicle by Engineers). All the Best,

Steve Kemp, Region DST & RAST Lead; IEEE MOVE Partner
(<http://move.ieeeusa.org>)

Red Cross Virginia Region

Steve.Kemp@redcross.org

Cell/text: 804.387.0834



New Local Area Emergency Communication Group Formed

Culpeper, Virginia - April 20, 2021

A new emergency communication (EMCOMM) group has been formed to serve the needs of Culpeper, Orange, Madison, and Rappahannock counties.

Amateur radio operators in the area have joined forces to form R3EMCOMM (Rappahannock-Rapidan Regional Emergency Communication) to assist in the event of an emergency “when all else fails”.

Often known as ham radio operators, the group is aligned with Virginia Amateur Radio Emergency Services or VA ARES, says Andy Miles, the Emergency Coordinator for Culpeper County, Virginia. Mr. Miles's call sign is KJ4CCU, and he also serves as the liaison for ARRL’s ARES team.

Ham radio operators communicate by radio frequency, using radios, antennas, and a variety of analog and digital means. You will see ham radio operators on the top of mountains (Summits on the Air), at National Parks (Parks on the Air), and in your own neighborhood (look for those tall towers in the backyards, or long wire antennas).

Program Directors elected at the April meeting and included Mike Murphy KD7PUF (Administration), Mike Lussier AE4ML (Training and Logistics), Pip Oates KN4WOH (Public Affairs), Mike Moore K4MVM (Operations and Planning), and Chuck Richards N4CTR (Safety).



Mr. Richards feels that his involvement in the group will be a direct benefit to the community where he lives, and invites all interested community members, with or without a ham radio license, to join the group.

“When the phones and internet don’t work, due to a natural disaster or other cause, ham radio operators will be there and, on the air,”, said Mr. Moore K4MVM. “Many members of the group are already using Global Radio Email, also called WinLink, to communicate.”

For more information about R3EMCOMM, email them at r3emcomm@gmail.com or join them every Wednesday on the air at 8:00 p.m. at 147.030 + PL 79.7 Transmit Only.

Contact:

Mike Murphy, KD7PUF

mfm255@gmail.com



2021 ARRL Field Day is June 26-27

[Rules & Resources](#) | [Facebook Group](#) | [Field Day T-shirts & Gear](#) | [Join ARRL](#)

ARRL Field Day is always held on the 4th full weekend in June.
2021 Field Day results will appear in December QST.

Follow 2021 Field Day preparations with the news and stories below (more stories will be added every few weeks, so check back):

[ARRL to Extend Field Day Rule Waivers from 2020, Add Class D and E Power Limit](#) - 10 Feb 2021.

[New to Field Day? START HERE!](#)

Field Day is ham radio's open house. Every June, more than 40,000 hams throughout North America set up temporary transmitting stations in public places to demonstrate ham radio's science, skill and service to our communities and our nation. It combines public service, emergency preparedness, community outreach, and technical skills all in a single event. Field Day has been an annual event since 1933, and remains the most popular event in ham radio.

["What Is Field Day" \(Printable PDF Flier\)](#)

[Get ready for 2021 ARRL Field Day](#) (YouTube video), created by J. Mitch Hopper, K9ZXO, QSL Manager -- Sangamon Valley Radio Club. See also a version with [Spanish-language subtitles](#).

We welcome the public to come learn more about ham radio! Use our [Field Day Locator](#) to search for a Field Day site near you.



Want to see what Field Day is all about? Watch our 2019 [Field Day Public Service Announcement](#) or view what several groups [uploaded to YouTube](#) from their 2018 Field Day activities. You can also listen to/download our 30 sec. [radio announcement for 2019 Field Day](#) (mp3).

[Field Day on Social Media!](#)

Click below to join the ARRL Field Day Facebook Group. Share your plans, tips, and tricks to a successful Field Day. When posting content from Field Day, use hashtag #ARRLFD on all social media to receive 100 bonus points!



Monthly VE Testing in Virginia Beach

Ed Williams, KN4KL has been coordinating VE Sessions for a long time with the VA Beach Amateur Radio Club. Several years ago, Ed decided to hold monthly testing concurrent with VBARC meetings. The numbers of testing candidates dramatically went up, and Ed even found creative ways to conduct testing in 2020. There was that very cold May day that testing was held in a park. Numbers continued at a good pace even though the Pandemic curtailed many activities. On the next few pages are comparative charts from 2012 when Ed did not conduct monthly VE Sessions to the present. I can personally tell you, as a periodic VE, that Ed never has any trouble finding VE's in this area. Sometimes, there are more than are needed although Ed always finds something for every VE to do.



Ed Williams KN4KL



VBARC TEST Sessions 2012

Date	# Candidate s	# Test Admin	Technician	Genera l	Extra	No Lic.	New/Upgrad e
2/17/2012	2	2	0	0	0	2	0
3/24/2012	8	16	3	2	2	1	7
9/15/2015	38	64	18	9	5	6	32
9/19/2012	10	23	9	0	0	1	9
10/20/2012	1	1	0	0	0	1	0
11/30/2012	2	3	2	0	0	0	2
12/21/2012	22	38	10	4	3	5	17
	83	147	42	15	10	16	Total



							67
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**VBARC TEST
Sessions 2019**

Date	# Candidate s	# Test Admin	Technician	Genera l	Extra	No Lic.	New/Upgrad e
1/3/2019	9	18	4	3	2	0	9
1/23/2019	5	8	1	2	0	2	3
2/7/2019	14	25	8	4	2	0	14
3/2/2019	16	26	8	1	0	7	9
3/7/2019	7	15	4	3	0	0	7
4/4/3019	3	5	0	2	1	0	3
5/2/2019	4	7	1	1	1	1	3
6/6/2019	10	18	5	3	1	1	9
8/1/2019	7	12	2	2	1	2	5
9/7/2019	17	25	7	3	4	3	14
10/3/2019	8	16	4	3	0	1	7
11/7/2019	11	19	7	1	1	2	9
	111	194	51	28	13	19	Total
							92



VBARC
TEST
Sessions
2020

Date	# Candidates	# Test Admin	Technician	General	Extra	No Lic.	New/Upgrade
1/2/2020	5	11	3	2	0	0	5
2/6/2020	8	15	7	0	0	1	7
3/5/2020	8	14	5	1	0	2	6
5/9/2020	17	26	10	3	1	3	14
5/13/2020	1	1	0	0	0	1	0
5/23/2020	8	15	4	2	0	2	6
6/13/2020	11	19	6	1	2	2	9
7/25/2020	3	7	1	2	0	0	3
8/20/2020	3	5	2	0	1	0	3
9/3/2019	3	6	0	2	0	1	2
10/1/2020	10	19	9	0	1	0	10
11/2020	77	138	47	13	5	12	Total
							65



VBARC Test Results through April,2021.

Date	# Candidat es	# Test Admin	Technicia n	Gener al	Extra	No Lic.	New/Upgra de
1/7/2021	14	27	10	4	0	0	14
2/4/2021	22	40	16	3	3	0	22
3/4/2021	20	39	13	6	0	1	19
4/8/2021	9	17	5	3	1	0	9
5/13/2021							0
6/10/2021							0
7/8/2021							0
8/12/2021							0
9/9/2021							0
10/14/2021							0
11/11/2021							0



12/9/2021							
	56	106	44	16	4	1	Total
12							64

Overall Totals	Technician	General	Extra	No Lic.	New/Upgrade
	390	176	85	120	
					651
Total Tests Administered					1261



The Stafford Amateur Radio Association has fared out well with their monthly testing! Kudos to their VE Team!

ARRL Testing Results

Updated 26 April 2021

Month/Year	Technician	General	Extra	TOTAL
July 2020	8	3	0	11
August 2020	6	2	0	8
September 2020	7	6	2	15
October 2020	12	3	3	18
November 2020	5	5	3	13
December 2020	15	3	2	20
January 2021	23	11	4	38
February 2021	24	20	5	49
March 2021	12	6	2	20
April 2021	3	6	3	12
	115	65	24	204



News from Katie Gilliam K4TER

I am Net Control for a Ladies D-Star Net on reflector 063B. Can you assist me in getting the information out to your audience? The Net is held on Saturday mornings at 9am Eastern Standard Time on reflector 063B. Today, April 10th was the first Net with 2 sign-ins.

The Net was announced on a couple of local Nets and I contacted all the Ladies who have tested with us over the past 9 months (I am an ARRL Liaison/Field Stock Team Leader). I coordinate test sessions for the Fauquier Amateur Radio Association (FARA), Stafford Amateur Radio Association (SARA), and the Rappahannock Valley Area Radio Club (RVARC).

The purpose of this net is to encourage Ladies to get on the air. I will be sending out QSL cards to participants.



Updated Radio Frequency Exposure Rules Become Effective on May 3

The FCC has announced that rule changes detailed in a lengthy 2019 [Report and Order](#) (R&O) governing RF exposure standards go into effect on May 3, 2021. The new rules do not change existing RF exposure (RFE) limits but do require that stations in all services, including amateur radio, be evaluated against existing limits, unless they are exempted. For stations already in place, that evaluation must be completed by May 3, 2023. After May 3 of this year, any new station, or any existing station modified in a way that is likely to change its RFE profile -- such as different antennas or placement, or greater power -- will need to conduct an evaluation by the date of activation or change.

"In the RF *Report and Order*, the Commission anticipated that few parties would have to conduct reevaluations under the new rules and that such evaluations will be relatively straightforward," the FCC said in an April 2 *Public Notice*. "It nevertheless adopted a 2-year period for parties to verify and ensure compliance under the new rules."

The Amateur Service is no longer categorically excluded from certain aspects of the rules, as amended, and licensees can no longer avoid performing an exposure assessment simply because they are transmitting below a given power level.





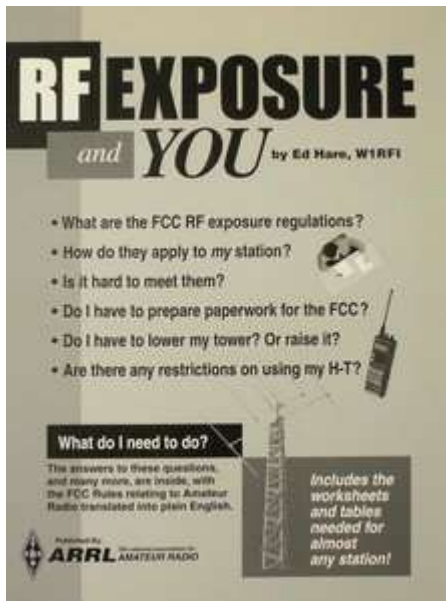
"For most amateurs, the major difference is the removal of the categorical exclusion for amateur radio, which means that ham station owners must determine if they either qualify for an exemption or must perform a routine environmental evaluation," said Greg Lapin, N9GL, Chair of the ARRL RF Safety Committee and a member of the FCC Technological Advisory Council (TAC).

"Ham stations previously excluded from performing environmental evaluations will have until May 3, 2023, to perform these. After May 3, 2021, any new stations or those modified in a way that affects RF exposure must comply before being put into service," Lapin said.

The December 2019 RF *R&O* changes the methods that many radio services use to determine and achieve compliance with FCC limits on human exposure to RF electromagnetic fields. The FCC also modified the process for determining whether a particular device or deployment is exempt from a more thorough analysis by replacing a service-specific list of transmitters, facilities, and operations for which evaluation is required with new streamlined formula-based criteria. The *R&O* also addressed how to perform evaluations where the exemption does not apply, and how to mitigate exposure.

Amateur radio licensees will have to determine whether any existing facilities previously excluded under the old rules now qualify for an exemption under the new rules. Most will, but some may not.

"For amateurs, the major difference is the removal of the categorical exclusion," Lapin said, "which means that every ham will be required to



perform *some* sort of calculation, either to determine if they qualify for an exemption or must perform a full-fledged exposure assessment. For hams who previously performed exposure assessments on their stations, there is nothing more to do."

The ARRL Lab staff is available to help amateurs to make these determinations and, if needed, perform the necessary calculations to ensure their stations comply. ARRL Laboratory Manager Ed Hare, W1RFL, who helped prepare ARRL's *RF Exposure and You* book, explained it this way. "The FCC did not change any of the underlying rules applicable to amateur station evaluations," he said. "The sections of the book on how to perform routine station

evaluations are still valid and usable, especially the many charts of common antennas at different heights." Hare said ARRL Lab staff also would be available to help amateurs understand the rules and evaluate their stations.

RF Exposure and You is [available for free download](#) from ARRL. ARRL also has an [RF Safety page](#) on its website.

The ARRL RF Safety Committee is working with the FCC to update the FCC's aids for following human exposure rules -- *OET Bulletin 65* and *OET Bulletin 65 Supplement B* for

Radio Amateurs. In addition, ARRL is developing tools that all hams can use to perform exposure assessments.



Great Programming Compliments of Dan Marler K7REX

Topic: FCC Radio Frequency Exposure Rules

Speaker/Presenter: [Greg Lapin, N9GL](#), Chair of the ARRL RF Safety Committee

View Video: <https://vimeo.com/540342124>

Download

Video: <https://vimeo.com/user107547861/download/540342124/36ae948e83>

Documents: <https://www.dropbox.com/sh/mq3djoyqppeucwg/AACjeZjnNjFcDI NtEI B6xPpa?dl=0>

Please feel free to share this and our other presentations with your friends, clubs, and organizations

Notes: Be sure to view documents (link above) for additional information and important links.

- Join our SEC-ARES group for announcements and discussions at <https://groups.io/g/SEC-ARES>
- Join NewHams for the same announcements, but different discussions at <https://groups.io/g/NewHams>
- Join our RATPAC group for same announcement, less discussion <https://groups.io/g/RATPAC>

Please be sure to include your name and call sign when registering



Send presentation comments and suggestions to RATPAC Planning committee ratpac.plan@gmail.com

Past RATPAC Presentations: [Published Format list](#) // [Menu Format list](#)

Note: We are currently working to put these videos on YouTube... Stay tuned.

Best of 73 - Please stay safe.

~Dan

Dan Marler, K7REX
ratpac.plan@gmail.com



Contest University

Last year's [Contest University](#) (CTU) held via Zoom allowed gathered more contesters and contesters-to-be than ever before in a single event. Tim, K3LR, and the esteemed Contest University "professors" are back again this year on May 20, 2021 for the 2021 CONTEST UNIVERSITY Live via Zoom webinar event. Like last year's event, attendance is free. The conference will consist of individual speakers talking for 45 minutes, followed by 15 minutes of questions and answers. If you cannot watch the sessions live, they will be available on YouTube after the event is over. As of this writing, [the schedule is as follows](#):

- 9:00 AM EDT (1300Z) Welcome to CTU by W8CI and K3LR
- 9:05 AM EDT (1305Z) WW2DX speaker "Cloud Contesting - Live Demonstration" - moderators NN1C and W9KKN
- 10:00 AM EDT (1400Z) W3LPL speaker "Preparing Your Station for Competition" - moderators NN1C and W9KKN.
- 11:00 AM EDT (1500Z) M0DXR speaker "Contest Categories "Make the Most of Your Entry" - moderators W2NAF and KM3T.
- Noon EDT (1600Z) - Last 12 months - Contest Operator Silent Keys by K1AR and CONTEST BREAK
- 12:30 PM EDT (1630Z) DK6SP speaker "Youth - the Future of Contesters" - moderators W2NAF and KM3T
- 1:30 PM EDT (1730Z) UA9BA speaker "Contesting from Russia" - moderators K5TR and N5KO



- 2:30 PM EDT (1830Z) CT1BOH speaker "There is Nothing Magic About Propagation" - moderators K5TR and N5KO.
- 3:30 PM EDT (1930Z) NC0B speaker "Transceiver Performance for the HF DX and Contest Operator" - moderators K1AR and N3RA
- 4:30 PM EDT (2030Z) Wrap up N9JA and K3LR.
- 4:35 PM EDT (2035Z) 2021 CQ Contest Hall of Fame Presentation - K1AR

As a bonus, "four Icom HF Transceivers will be given away during CTU at random times. You must be registered in Zoom and present during the random time drawing." [Contest University](#) thanks [Hamvention](#), [Icom America](#), and [DX Engineering](#) for donating the radios and to [QTH.com](#) for website hosting.



More Than JOTA in SE Virginia

Greater Tidewater Radio Clubs,

Please allow me to introduce myself. My name is Jim Manley, and I am the chair of the Tidewater Council, Boy Scouts of America (BSA) International Scouting Committee and amateur radio operator (K2MAN).

Each year, during the third weekend in October, over 1 million Scouts worldwide, with the assistance of 20,000+ amateur radio operators from over 171 countries, participate in the largest Scouting event in the world, known as Jamboree on the Air (JOTA).

This year's event will take place from 15 to 17 October 2021.

Tidewater Council would like you to consider supporting JOTA 2021 to help expose as many Cubs, Scouts, and Crews as possible to the JOTA experience. This has never been attempted before as a Tidewater Council-wide event, so we would be learning as go, but many aspects such as calling frequencies, and such are well established.

To make it easier on amateurs and Scouts, we envision a series of Field Day like events, held at locations of your choice, with units local to your area.

JOTA is not a contest. The idea is to contact other Scout stations and allow as many Scouts as possible to talk to other Scouts and learn about who they are and what they are doing.



Any amateur mode of operation can be used such, as CW, SSB, PSK, SSTV, FM, and satellite. The more modes in operation, the more exciting the event will be for the Scouts.

We see this as a win-win across the board, that in addition to supporting JOTA and connecting Scouts worldwide, it also exposes youth to our cherished hobby. Also, emergency preparedness is an important and common bond between our two communities, making for natural collaboration.

Working with the Chesapeake Amateur Radio Service (CARS) this past winter/spring, we have had outstanding success in teaching both an inaugural Radio Merit Badge course, and Technician Class test prep class with over 15 Scouts and Scouters participating and would love to see this replicated across the region.

I very much welcome the opportunity to work with each of you to determine what level of support you could provide to Scouts in your respective areas, and to promote to your local Scouting units.

Please contact me at 75 jmanley8@cox.net to get started.

73

Jim Manley





ARRL, American Red Cross Renew *Memorandum of Understanding*

ARRL and the American Red Cross (ARC) have renewed their long-standing *Memorandum of Understanding* ([MOU](#)) for another 5 years. The *MOU* spells out how ARRL and the American Red Cross will work cooperatively during a disaster response.

"We are pleased to extend our partnership with the American Red Cross,"

ARRL President Rick Roderick, K5UR, said.

"This agreement details how ARRL Amateur Radio Emergency Service® (ARES) volunteers will interface with Red Cross personnel within the scope of their respective roles and duties whenever the Red Cross asks ARES volunteers to assist in a disaster or emergency response."



The *MOU* calls on both parties to maintain open lines of communication and to share information, situation, and operation reports, as allowed to maintain confidentiality. They will also share "changes in policy or personnel relating to this *MOU* and any additional information pertinent to disaster preparedness, response, and recovery." ARRL and the American Red Cross also will encourage their respective units to discuss local disaster response and relief plans. They may further cooperate in joint training exercises and instruction. The Red Cross will encourage regions or chapters to participate in ARRL Field Day, the Simulated Emergency Test (SET), and other emergency exercises.

"This agreement keeps in place the strong and mutually beneficial bond between ARRL and the ARC," said ARRL Director of Emergency Management Paul Gilbert, KE5ZW. "The Red Cross is a primary served agency for ARES



teams, and it's important that we be able to work together toward common goals when responding to an emergency."

The agreement points out that any ARRL volunteers who are interested in also becoming Red Cross volunteers should understand that a background check is a requirement. Although ARES has no background check requirement, radio amateurs who register as Red Cross volunteers must abide by the Red Cross's background check requirement.



**American
Red Cross**

ARRL and the Red Cross may also cooperate in the sharing of equipment.

A *Statement of Cooperation* between the two organizations at the local level may be developed separately from the *MOU* to spell out the role of each in providing services to communities during or after a disaster event.



FCC Issues Enforcement Advisory

On April 20, the FCC's Enforcement Bureau issued a new [Enforcement Advisory](#), repeating the admonishments contained in a [January Advisory](#) that no licensee or user of the Amateur or Personal Radio Services may use any radio equipment in connection with unlawful activities of any nature. The Commission specifically cautioned that individuals found to have used radios in connection with any illegal activity are "subject to severe penalties, including significant fines, seizure of the offending equipment, and in some cases, criminal prosecution."



In addition, licensees should be aware that illegal operation in any service or band, including completely outside the amateur allocations, could potentially disqualify a person from holding any FCC license in any service, not just the Amateur Radio Service.

Any amateur observing suspicious activity that might be of an illegal or criminal nature should report it to their local law enforcement office or the FBI.



National Hurricane Center's Annual WX4NHC Station Test is May 29

WX4NHC at the National Hurricane Center ([NHC](#)) in Miami will conduct its annual on-the-air test on Saturday, May 29, 1300 - 2100 UTC. The traditional exercise takes place each year ahead of the Atlantic Hurricane Season, which runs June 1 - November 30. This hurricane season, WX4NHC operators plan to be working remotely again; the NHC will maintain all CDC pandemic protocols until the end of 2021. Only the chief meteorologist and staff may enter the building.

"Last year's season was an incredibly busy one, but the remote WX4NHC operations were successful, collecting many important reports via the Hurricane Watch Net, VoIP Hurricane Net, Winlink, the online hurricane report form, as well as many other means and modes," said WX4NHC Assistant Coordinator Julio Ripoll, WD4R.



Hurricane Preparedness Week is May 9 - 15. Radio amateurs in hurricane-prone areas of the US should have an emergency plan in place before June 1. Now is the time, too, to harden and prepare your station for power outages. This means having multiple sources of back-up power, including batteries and, perhaps, a gas-powered generator. Test them now. Ensure your ability to take down and install antennas quickly and efficiently when storms threaten your area.

Hurricane Season 2021 nets to know include the Hurricane Watch Net ([HWN](#)) on 14.325 and 7.268 MHz, the Caribbean Emergency Weather Net ([CEWN](#)) on 3.815 and 7.188 MHz, the Marine Maritime Services Net ([MMSN](#)) on 14.300 MHz,



the [Intercontinental Net](#) on 14.300 MHz, and the Salvation Army Team Emergency Radio Network ([SATERN](#)) on 14.260 MHz. -- Thanks to [The ARR](#)



Judi's Kitchen

By Judi LeHuquet N4JDI

Judi's Ground Beef Stroganoff

Prep Time: 10 minutes Cook Time: 25 minutes Total Time: 35 minutes

[OBJ] Ground Beef Stroganoff is a delicious little spin on a classic. In under 30 minutes, you will have a rich and creamy mushroom sauce that is PACKED with savory, ground beef. Serve it with mei fun noodles.



Ingredients

1 Tbsp avocado oil

1 lb. lean ground beef

1/2 medium onion diced.

1 lb. mushrooms sliced.

1 cup peas

1 cup beef broth

1/3 cup sour cream

1 Tbsp Worcestershire sauce

1/2 tsp salt adjust to taste.

1/2 tsp ground black pepper adjust to taste.

Instructions

1 Preheat a heavy, deep pan over medium-high heat with avocado oil. Add ground beef and stir to break down beef into tiny pieces. Add onions. Sauté until the onion is translucent and golden brown.



- 2 Add sliced mushrooms and peas. Sauté for another 5 minutes. Move to Instant Pot.**
- 3 Add 1 cup beef broth, 1 Tbsp Worcestershire sauce, 1/2 tsp salt, and 1/2 tsp black pepper and set on beef stew for 30 minutes.**
- 5 Turn off the heat and add in sour cream. Stir to combine everything together and season to taste if needed. Serve over rice.**

Reported Club Health and Welfare Nets Exceeding 300 Days

Williamsburg Area Amateur Radio Club

Virginia DXCC

If a club, group, or an individual has conducted a H+W Net because of the Pandemic, please let me know how about the Net and how many days the Net has continued to be in operation.



The Ole Virginia Hams Amateur Radio Club
Is happy to announce they are hosting a
Ham Radio Tail Gate Party



Saturday, June 12, 2021
8 am to 2 pm Rain or shine

Across from Signal Hill Park in Manassas Park, VA

38° 45.2710'N, 77° 26.2800'W

Signal Hill Park address is 9300 Signal View Dr. Manassas Park – the field is located on Signal View Drive across the street from the park entrance



THE FIELD IS ON THE EAST SIDE OF SIGNAL
VIEW DRIVE JUST PAST THE NATIONAL
MONUMENT FOR THE FIRST BATTLE OF
MANASSAS

**Admission \$5 per person over 18
\$20 per vehicle to set up and sell
All attendees will park in the field**

MORE INFORMATION WWW.W4OVH.NET



We NEED A TEAM!

For this month and June, I will be listing positions within the Section that VA ARES and I must fill. Two or three people cannot lead a Section by themselves. The candidate does not have to be a club officer or a recognized leader (leaders are, of course, welcome to apply), but must be an ARRL member in good standing. This person can be someone who has a desire to learn and is a good communicator. For the club side, I will work with the Team. For the ARES side, the SEC and his Team will do the training. This month I will list the Section positions as related to clubs:

Affiliated Club Coordinator (ACC)

The ACC is the primary contact and resource person for each Amateur Radio club in the section, specializing in motivating, providing assistance and coordinating joint activities of radio clubs. The ACC is appointed by, and reports to, the Section Manager.

Requirement: Full ARRL membership

Responsibilities:

- Get to know the Amateur Radio clubs' members and officers person to person in his section. Learn their needs, strengths and interests and work with them to make clubs effective resources in their communities and more enjoyable for their members.
- Encourage affiliated clubs in the section to become more active and, if the club is already healthy and effective, to apply as a Special Service Club (SSC).
- Supply interested clubs with SSC application forms.
- Assist clubs in completing SSC application forms.
- Help clubs establish workable programs to use as SSCs.



- Approve SSC application forms and pass them to the SM.
- Work with other section leadership officials ([Section Emergency Coordinator](#), [Public Information Coordinator](#), [Technical Coordinator](#), [State Government Liaison](#), etc.) to ensure that clubs are involved in the mainstream of ARRL Field Organization activities.
- Encourage new clubs to become ARRL affiliated.
- Ensure that annual reports (updates officers, liaison mailing addresses etc.) are forthcoming from all affiliated clubs.

Section Youth Coordinator (SYC)

Requirements:

- Recommendation of ARRL Section Manager
- Member of ARRL in good standing
- Licensed amateur radio operator for at least two years, and hold a General class license or higher
- The appointee should be a youth or an adult who works with youth on a regular basis

Responsibilities:

- Maintain a current assessment of active youth amateur radio operators in the section, including those involved within clubs, Scouting and other youth organizations, and schools.



- Promote youth-related on-air activities including ARRL Kid's Day, Jamboree on the Air (JOTA), Field Day, and School Club Roundup
- Provide youth related ideas and resources to amateur radio clubs and individuals within the section.
- Collaborate with the Affiliated Club Coordinator to assess youth activity with ARRL affiliated clubs; provide resources and ideas as needed; encourage youth-related program and activities within clubs.
- Collaborate with other Section Youth Coordinators in other ARRL sections to exchange new ideas.

Public Information Coordinator

The ARRL Public Information Coordinator (PIC) is a section-level official appointed by and reports to the [Section Manager](#) (SM) as the section's expert on public information and public relations matters.

Requirements: Full ARRL membership; professional public relations, journalism experience, or background in dealing with the public media preferred.

Responsibilities:

- The PIC is responsible for organizing, training, guiding and coordinating the activities of the [Public Information Officers](#) (PIOs) within the section.
- Goals may range from recruiting potential hams for a licensing course to improving public awareness of amateurs' service to the community. A successful PIC effectively conveys a story and generates the desired results.



- **PR activities must be well-timed and well-coordinated within the amateur community, so that clubs, Elmers, instructors and so on are prepared to deal with the interest the PR generates.**
- **Effective PICs will convey this goal-oriented perspective and attitude to their PIOs and help them coordinate public relations efforts with others in their sections.**
- **Advises the Section Manager on building and maintaining a positive public image for Amateur Radio in the section; keeps the SM informed of all significant events which would benefit from the SM's personal involvement and reports regularly to the SM on activities.**
- **Counsels the SM in dealing with the media and with government officials, particularly when representing the ARRL and/or Amateur Radio in a public forum.**
- **Maintains contact with other section level League officials, particularly the Section Manager and others such as the State Government Liaison, Section Emergency Coordinator, Affiliated Club Coordinator and Bulletin Manager on matters appropriate for their attention and to otherwise help to assure and promote a coordinated and cohesive ARRL Field Organization.**
- **Works closely with the section Affiliated Club Coordinator and ARRL-affiliated clubs in the section to recruit and train a team of Public Information Officers (PIOs). With the approval of the Section Manager, makes PIO appointments within the section.**
- **Works with the SM and other PICs in the division to develop regional training programs for PIOs and club publicity chairpersons.**
- **Coordinates public relations efforts for events and activities which may involve more than one section, and provides input on matters**



before the League's Public Relations Committee for discussion or action.

- Establishes and coordinates a section-wide Speakers Bureau to provide knowledgeable and effective speakers who are available to address community groups about Amateur Radio, and works with PIOs to promote interest among those groups.
- Helps local PIOs to recognize and publicize newsworthy stories in their areas. Monitors news releases sent out by the PIOs for stories of broader interest and offers constructive comments for possible improvement. Helps local PIOs in learning to deal with, and attempting to minimize, any negative publicity about Amateur Radio or to correct negative stories incorrectly ascribed to Amateur Radio operators.
- Working with the PIOs, develops and maintains a comprehensive list of media outlets and contacts in the section for use in section-wide or nationwide mailings.
- Helps local PIOs prepare emergency response PR kits containing general information on Amateur Radio and on local clubs, which may be distributed in advance to local Emergency Coordinators and District Emergency Coordinators for use in dealing with the media during emergencies.
- Works with PIOs, SM and ARRL staff to identify and publicize League-related stories of local or regional interest, including election or appointment of ARRL leadership officials, scholarship winners/award winners, *QST* articles by local authors or local achievements noted or featured in *QST*.
- Familiarizes self with ARRL Public Service Announcements (PSAs), brochures and audiovisual materials; assists PIOs in arranging air



time for PSAs; helps PIOs and speakers choose and secure appropriate brochures and audiovisual materials for events or presentations.

- At the request of the Section Manager or Division Director, may assist with preparation of a section or division newsletter.**
- Encourages, organizes and conducts public information/public relations sessions at ARRL hamfests and conventions.**
- Works with PIOs to encourage activities that place Amateur Radio in the public eye, including demonstrations, Field Day activities, etc. and assures that sponsoring organizations are prepared to follow-up on interest generated by these activities.**
- With the Section Manager's approval, may appoint club publicity chairpersons or other individuals recommended by affiliated clubs as PIOs. Where the responsibility cannot or will not be assumed by a club, the PIC is encouraged to seek qualified League members who are willing to accept the responsibility of PIO appointments.**



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