



Cathay May 2020

www.cathayradio.org

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Mission: The Cathay Amateur Radio Club is basically an active social club of Ham Radio Operators and their spouses. We support local community requests for HAM emergency communications. Several of us are trained in CPR/ First Aid and are involved with community disaster preparedness.

Monday Night Net Time: 9 PM Local Time/PST, Repeater: WB6TCS - RX 147.210, TX 147.810, Offset +0.6 MHz, CTCSS/Tone PL100 Hz

Please note: Repeater: N6MNV UHF 442.700 Mhz, Offset +5MHz, CTCSS/Tone PL 173.8 Hz in South San Francisco is cross linked every Monday Night Net at 9 p.m. to WB6TCS 2-meter repeater.

The CARC Monday night net is the best way to find out the latest club news. All check-ins are welcome.

Message from the President: George Chong, W6BUR

Hello CARC Members and Friends;

Many thanks to Mr. Denis L. Moore – WB6TCS for the use of his repeater for our CARC Monday Night Net.

Tech Article Introduction:

In an effort to control the spread of COVID-19 medical experts have been saying to wash our hands with soap and water for a minimum of 20 seconds.

This month's tech article explores how soap and water works together to stop pathogens, so read on further in the Tech Article Section.

ARRL Field Day

This June 27-28, 2020 is ARRL Field Day.

Based up guidelines from the ARRL organization; Ed Fong, thee Cathay Radio Club and the SARES radio club will not be getting together to host a joint ARRL field day.

Instead we will practice social distancing and will operate our HAM radios from our homes on ARRL field day.

For additional information see the following ARRL website:

<http://www.arrl.org/news/field-day-2020-a-time-to-adapt>

Additional Thoughts

I wish to thank our CARC members that set aside their valuable time to participate in our Monday night's nets.

For those Star Wars fans: May 4th be with you!

Chat sub s'em to all you CARC members! - George W6BUR.

Public Service Announcements

HAM CRAM / HAM Licensing

For upcoming HAM Licensing locations please refer to:

<http://www.arrl.org/find-an-amateur-radio-license-exam-session>

Auxiliary Communications Service (ACS)

The Auxiliary Communications Service (ACS) was organized by the San Francisco Office of Emergency Services (OES) following the 1989 Loma Prieta Earthquake to support the communications needs of the City and County of San Francisco when responding to emergencies and special events.

The Auxiliary Communications Service holds General Meetings on the third Tuesday of each month at the San Francisco Emergency Operations Center, 1011 Turk Street (between Gough Street and Laguna Street), from 1900 hours to 2100 hours local time. All interested persons are welcome to attend.

The ACS Net begins at 1930 hours (7:30 p.m.) local time each Thursday evening, on the WA6GG repeater at 442.050 MHz, positive offset, tone 127.3 Hz. The purpose of this net is to practice Net Control skills, practice checking in with deployment status in a formal net, and to share information regarding upcoming ACS events. Guests are welcome to check in. ACS Members should perform Net Control duty on a regular basis. On the second Thursday of each month, the net will be conducted on the output frequency of the WA6GG repeater, 442.050 MHz no offset, tone 127.3 Hz, simplex.

For more information, please attend an ACS meeting or check in on a net, or call 415-558-2717.

Upcoming meetings: TBD Pending COVID-19 Updates

Gilbert Gin (KJ6HKD)

Free Disaster Preparedness Classes In Oakland:
<http://www.oaklandnet.com/fire/core/index2.html>

CORE is a free training program for individuals, neighborhood groups and community-based organizations in Oakland. The underlying premise is that a major disaster will overwhelm first responders, leaving many citizens on their own for the first 72 hours or longer after the emergency.

If you have questions about the recertification process, you may contact the CORE Coordinator at 510-238-6351 or core@oaklandnet.com.

Free Disaster Preparedness Classes In San Francisco – NERT Taught by San Francisco Fire Department (SFFD).

<http://sf-fire.org/calendar-special-events>

Upcoming events

TBD

***SFFD DOT** is the Fire Department Division of Training. All participants walking, biking or driving **enter through the driveway gate on 19th St.** between Folsom and Shotwell. Parking is allowed along the back toward the cinderblock wall.

Visit www.sfgov.org/sffdnert to learn more about the training, other locations, and register on line. Upcoming Special NERT Events.

San Francisco Police Department: Auxiliary Law Enforcement Response Team (ALERT)

The Auxiliary Law Enforcement Response Team (ALERT) is a citizen disaster preparedness program designed. The ALERT program is for volunteers 16 years of age or older, who live, work, or attend high school in San Francisco.

Graduates of the San Francisco Police Activities League (P.A.L) Law Enforcement Cadet Academy are also eligible to join.

ALERT volunteers will no longer need to complete the Fire Department's Neighborhood Emergency Response Team (NERT) (www.sfgov.org/sfnert) training and then graduate into two 8 hour Police Department course specifically designed for ALERT team members.

ALERT members will work closely with full-time and/or Reserve Police Officers in the event they are deployed after a disaster. The Basic ALERT volunteer will have no law enforcement powers other than those available to all citizens.

SFPD ALERT Training (New Members)

The next SFPD ALERT training class has been scheduled for **TBD**. The class will be held at the San Francisco Police Academy, in the parking lot bungalow, from 8am-5pm (one hour lunch break) on Saturday.

* Class date indicated are only for new members

IMPORTANT- All participants must complete the background interview process in order to be eligible to attend the ALERT training class.

Eligible ALERT participants may register for a training class by contacting the ALERT Program Coordinator, Marina at sfpdalert@sfgov.org, or by telephone at 415-401-4615.

SFPD ALERT Practice/Training Drill

All active/trained ALERT members are asked to join us for our next training drill, scheduled for on **TBD** from 9 AM – 1pm. Details will be emailed to active ALERT members, prior to the date of the exercise. Participation is not required, but strongly encouraged.

For more information on the San Francisco Police Department ALERT Program, email us at sfpdalert@sfgov.org, or call Lt. Marina Chacon (SFPD Ret.), SFPD ALERT Program Coordinator, at (415) 401-4615.

For additional information on the web please refer to:
<https://sfgov.org/policecommission/alert>

Tech Article

How Soap and Water Works to Rid Your Hands of Germs

By Rodney Yee

Date: 5/4/2020

We all have been repeatedly hearing and reading from the news media that medical experts recommend to wash our hands with soap and waters to control the spread of the COVID-19 virus.

What is so special about water and soap and how does it work to eliminate germs from your hands and clothing.

Soap is surfactant that reduces the surface tension of a fluid. It has a hydrophilic property that allows it to be dissolved in water. Another property of soap is hydrophobic which allows it to dissolve oils. Soap with water acts as the mediator that binds to both the water and oil molecules thereby washing away the germs attached to your hands sending down the drain for dispersal.

Hence when you wash your hands with both soap and water it does not so much as kill all pathogens but is extremely effective in wash them all away. Germs tend to stick to the oils in our hands. Water by itself will not completely lift and wash away germs because oils in our hands repel a portion of the water.

Soap does have a disinfecting property with certain kinds of bacteria and virus that have a membrane structure where their genetic material is encased in a layer of fat called the lipid. The lipid membrane is studded with proteins that allow viruses to infect cells.

Soap's hydrophilic and hydrophobic property allows it to break apart the lipid membrane structure thus dissolving the genetic material (RNA/Proteins) into their components rendering the pathogen harmless.

The following pathogens with the lipid membrane structure are destroyed by soap:

- Coronavirus (that includes SARS, MERS, COVID-19)
- Influenza-causing viruses,

- Ebola Virus
- Zika Virus that is transmitted by mosquitoes.
- Hepatitis B and C virus
- Herpes virus
- Many types of bacteria that attack the intestine and respiratory tract.

Please keep in mind that soap will not directly destroy those pathogens that do not have the lipid membrane envelope structure some of which are:

- Norovirus
- Rotavirus which causes severe diarrhea,
- Poliovirus,
- Adenovirus that cause pneumonia
- Human papillomavirus (HPV)

According to the CDC, the temperature of the water used to wash your hands does not appear to affect microbe removal. However; use of warm water of 100 F with soap is the preferred method by food preparation websites.

In conclusion one of your very best and cheapest defense against all germs is to use warm water to wet your hands then use soap to lather up via scrubbing followed by rinsing of your hands for at least 20 seconds to wash away the germs from you.

When scrubbing up, don't forget the sides and tops of your fingers. If you have gunk build up under your finger nails use an old tooth brush to scrub it with soap and water followed by rinsing.

Similar to the interactions of soap and water as described above, washing your clothes and protective cloth masks in warm/hot water and laundry detergent will wash away all pathogens.

Resources:

<https://www.thehindu.com/sci-tech/science/how-does-soap-use-help-in-tackling-covid-19/article31070630.ece>

<https://www.livescience.com/57044-science-of-soap.html>

<https://www.nytimes.com/2020/03/13/health/soap-coronavirus-handwashing-germs.html>

<https://www.cdc.gov/handwashing/show-me-the-science-handwashing.html>

https://dmna.ny.gov/foodservice/docs/toolbox/proper_handwashing.pdf

<https://www.explainthatstuff.com/detergents.html>