

## How can I find out more about amateur radio and ARES?

Contact the person below. He or she will gladly provide you with the following:

- ◆ How you can best include volunteer amateur radio operators in your plans.
  - ◆ An explanation of how the Amateur Radio Emergency Service is organized and how these volunteers are trained.
  - ◆ A demonstration of the capability and reliability of amateur radio operators and their equipment.
  - ◆ An opportunity to examine the **Emergency Coordinator's Manual**, a step-by-step guide of how to include amateur radio operators in your organization.
- The American Radio Relay League, Inc. (ARRL) is the non-profit national amateur radio organization with more than 175,000 members. Visit our web page at <http://www.arrl.org>.

The ARRL recruits, trains, and supports the members of the Amateur Radio Emergency Service—a service with more than six decades of experience in organized, disciplined amateur radio emergency communications. Visit the ARES web site at: <http://www.arrl.org/field/pscm/sec1-ch1.html>

ARES operators pride themselves in their professionalism. They are "amateurs" only by virtue of their volunteering their time, skill and equipment at no cost to you to help you meet your needs.

FOR MORE INFORMATION CONTACT:

**ARES operators provide their time and expertise. You provide the opportunity!**



FSD-25 (4/00sre)

**The  
American Radio  
Relay League, Inc.  
225 Main Street  
Newington, CT 06111  
<http://www.arrl.org>**

## The AMATEUR RADIO EMERGENCY SERVICE



**Providing voluntary  
communications in time of need**



**Sponsored by  
the ARRL:  
the national association for  
Amateur Radio**

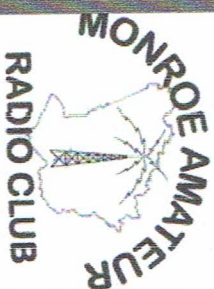




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Testing sessions are usually held at the Dinner Bell in Sweetwater (exit 62 off I-75).

To schedule a testing session, contact the Club VEC, Sharon Fritts, W4WIF, at W4WIF50@gmail.com.



Check out our website:

[www.WZ4V.com](http://www.WZ4V.com)

Like us on Facebook

**M.A.R.C. Monthly Meetings**  
4th Monday, 7:00 p.m.

**Madisonville Rescue Squad Bldg**  
New Hwy 68  
Madisonville, TN

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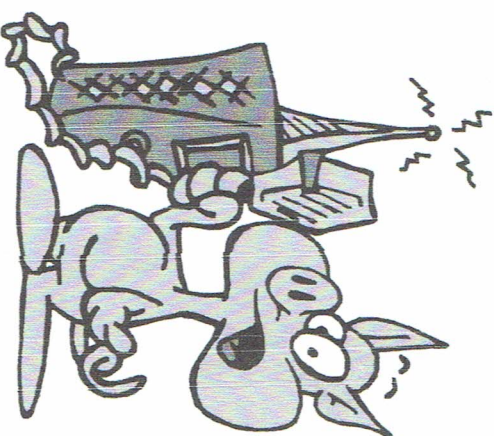
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**Monroe Amateur Radio Club**  
**Weekly Net**

Every Tuesday night, 7:00pm  
145.25 W4YJ Rpt, or linked  
145.27\* KK4DKW Rpt  
(\*PL 127.3 Hz)



**M.A.R.C**  
Monroe  
Amateur Radio  
Club



*Proudly Serving Monroe County*

*Reaching out to the community....  
Reaching out to the world.*

[www.WZ4V.com](http://www.WZ4V.com)



## Signal Strength & Readability Prowords And Phonetic Alphabet

Signal strength prowords [ edit ]

Proword	Meaning
LOUD	Your signal is very strong.
GOOD	Your signal strength is good.
WEAK	Your signal strength is weak.
VERY WEAK	Your signal strength is very weak.
FADING	At times your signal strength fades to such an extent that continuous reception cannot be relied upon.

Readability prowords [ edit ]

Proword	Meaning
CLEAR	The quality of your transmission is excellent.
READABLE	The quality of your transmission is satisfactory.
UNREADABLE	The quality of your transmission is so bad that I cannot read you.
DISTORTED	Having trouble reading you due to interference.
WITH INTERFERENCE	Having trouble reading you due to interference.
INTERMITTENT	Having trouble reading you because your signal is intermittent.

Source: [https://en.wikipedia.org/wiki/Plain\\_language\\_radio\\_checks](https://en.wikipedia.org/wiki/Plain_language_radio_checks)

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

## The International Telecommunications Union Standard Phonetic Alphabet

Source: <https://hamradioschool.com/wp-content/uploads/2014/11/Phonetic-Alphabet.jpg>

4.2 TYPES OF NETS ----- 4.2.1 NTS, DAILY TRAFFIC NETS The ARRL National Traffic System is composed of nets operating at different levels as a function of area covered. They are linked for traffic flowing in both directions by assigned liaison stations, and scheduled to operate sequentially to permit traffic to flow throughout the country. W3YVQ.v4.04 5/02 PSCM APP.-B, NTS MPG-NET OPERATIONS P 4-5 A complete "cycle" of NTS nets consists of the sequence of Local/Section nets, Region nets, Area net, Region nets, and Section/Local nets. Notice that the Local/Section nets and Region nets meet twice during the cycle, the early sessions for outbound traffic, the later for inbound traffic. This sequence begins with the Eastern Area, then one hour later each for the Central and Pacific Areas. Currently there are several partial or full cycles of this sequence in regular operation, an afternoon Cycle 2, early evening Cycle 3, and the evening Cycle 4, although the structure provides for up to 4 cycles each 24 hours, or, in emergencies, continuous operation. Part of the morning Cycle 1 operates in the Pacific Area. Traffic is carried between Area Nets by the stations of the Transcontinental Corps, or TCC.

4.2.2 WELFARE, INCOMING/OUTGOING PUBLIC TRAFFIC During disasters special public welfare nets may be set up to facilitate the movement or archiving of large amounts of public traffic related to the emergency. These nets work closely with the regular NTS nets (and may be one and the same), and operate using the protocols presented in this manual. Traffic is usually, but not always, in formal ARRL format. W3YVQ.v4.04 5/02 PSCM APP.-B, NTS MPG-NET OPERATIONS P 4-6 4.2.3 EMERGENCY NETS, ARRES/RACES During disasters local ARRES/RACES groups will run nets to facilitate the movement of traffic for served agencies and for handling public welfare traffic. These nets are managed by Section and Local ARRES/RACES officials and operate using the protocols presented in this manual. They may use special message forms and numerous ad hoc structures to meet the local needs. Public welfare traffic is handled in formal ARRL format. The regular NTS activates special support for such nets as required. Traffic may be written formal traffic or tactical communications as required by the situation and served agency needs. 4.2.4 SPECIAL NETS \* DISASTER, SPECIFIC SERVED AGENCIES: ARRES/RACES may, from time to time, set up nets devoted to serving one or a small number of specific served agencies in order to accommodate the needs of those agencies. Liaison with other ARRES/RACES or NTS nets is arranged by the local ARRES Emergency Coordinators or RACES Officers. These nets also use these net protocols. In addition, local ARRES/RACES or other amateur groups may evoke special nets for other special purposes such as those listed below. Generally they all use the standard net protocols, making only minor changes to suit the special purposes. These may use formal written traffic as well as tactical traffic as needed. \* ADMINISTRATIVE, EMERGENCY COORDINATION Nets; \* VOLUNTEER COORDINATION, MANPOWER, MAINTENANCE Nets; \* SKYWARN Nets in support of NOAA/NWS; \* SOCIAL AND SPECIAL PURPOSE NETS, such as swap nets, special interest groups, technical discussion nets, etc.; \* PUBLIC SERVICE EVENT NETS, special nets, usually local in scope, to facilitate the safe operation of events such as parades, walkathons, bike rides, etc. These nets may use mostly tactical traffic, but in certain emergency situations generate formal written traffic to preserve a record of unusual events and better serve the organizing officials.

4.3 NET CONTROL STATION TASKS The practice of having a radio net control has been used throughout the years by many services. The job is more than just being a police traffic officer on the net frequency. A good net control can efficiently take care of business while making the activity fun for the participants.



DATE: \_\_\_\_\_  
NCS: \_\_\_\_\_

F-1(146.940) F-2(147.300) F-5(147.075)  
F-17(444.300) F-24(28.420) F-26(5 147.420)

OPERATORS \_\_\_\_\_

Tactical Call Sign	Hospital	F-	F-	F-	F-	F-	F-	F-	F-	NOTES/OPERATOR/CALLSIGN
EAN	ANDERSON COUNTY EOC									
EBL	BLOUNT COUNTY EOC									
ECO	COCKE COUNTY EOC									
EKX	KNOX COUNTY EOC									
ELO	LOUDON COUNTY EOC									
EMC	McMINN COUNTY EOC									
EMO	MONROE COUNTY EOC									
EMR	MORGAN COUNTY EOC									
ERO	ROANE COUNTY EOC									
EUN	UNION COUNTY EOC									
FEC	TN FEDERATION OF FIRE CHAPLINS									
GKH	KNOX COUNTY HEALTH DEPT.									
GRH	ET REGIONAL HEALTH DEPARTMENT									
HAR	ATHENS REGIONAL MEDICAL CENTER									
HBM	BLOUNT MEMORIAL HOSPITAL									
HCC	CLAIBORNE COUNTY HOSPITAL									
HET	E.T.N. CHILDRENS HOSPITAL									
HFL	FORT LOUDON MEDICAL CENTER									
HFS	FOR SANDER REGIONAL MEDICAL CNTR.									
HJC	JELICO COMMUNITY HOSPITAL									
HJM	JEFFERSON MEMORIAL HOSPITAL									
HLC	LECONTE MEDICAL CENTER									
HLF	LAFOLLETTE MEDICAL CENTER									
HLR	LAKESWAY REGIONAL HOSPITAL									
HMH	MORRISTOWN-HAMBLEEN HEALTH SYSTEM									
HMM	METHODIST MEDICAL CENTER									
HNK	TNNOVA N. KNOXVILLE MED CNT.									
HNP	NEWPORT MEDICAL CENTER									
HPC	POINEER COMMUNITY HOSPITAL									
HPW	PARKWEST MEDICAL CENTER									
HRC	ROANE MEDICAL CENTER									
HSW	SWEETWATER HOSPITAL ASSOCIATION									
HTC	TENNOVA TURKEY CREEK MED CNTR.									
HTR	TENNOVA REGIONAL MED CNTR									
HUM	UT MEDICAL CENTER									
RS1	KNOX COUNTY RESCUE SQUAD 1									
RS2	KNOX COUNTY RESCUE SQUAD 2									
RS3	KNOX COUNTY RESCUE SQUAD 3									
RS4	KNOX COUNTY RESCUE SQUAD 4									
WSN	SNS WAREHOUSE									





## What is ARRL Field Day?

Produced by ARRL, the national association for amateur radio <http://www.arrl.org>

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, thousands of 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 national association for Amateur Radio in the USA, representing over 170,000 FCC-licensed amateurs. The 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/field-day](http://www.arrl.org/field-day)







# AMATEUR HIGH-FREQUENCY EMERGENCY / HURRICANE NETS

Listed below are amateur (HAM) high frequency emergency network frequencies in Megahertz, with Mode of Lower or Upper Sideband and the coverage area. These frequencies are typically in operation during disasters in the immediate area. They can provide a great deal of information to those with receive only capabilities and the amateur radio community.

## Abbreviations:

Abbreviation	Meaning
Wx	Weather
ARES	Amateur Radio Emergency Service
SSB	Single Sideband
NTS	National Traffic System
altm	Alternate frequency typically used for night time operations
RACES	Radio Amateur Civil Emergency Service (affiliated with local Emergency Management Organizations)

## FREQ MODE LOCATION

03808.0 LSB	Caribbean Wx (1030)
03815.0 LSB	Inter-island (continuous watch)
03845.0 LSB	Gulf Coast West Hurricane
03862.5 LSB	Mississippi Section Traffic
03865.0 LSB	West Virginia Emergency
03872.5 LSB	Mercury Amateur Radio Assoc ad hoc hurricane info net (0100)
03873.0 LSB	West Gulf ARES Emergency (night)
03873.0 LSB	Central Gulf Coast Hurricane
03873.0 LSB	Louisiana ARES Emergency (night)
03910.0 LSB	Mississippi ARES Emergency
03910.0 LSB	Central Texas Emergency
03910.0 LSB	Mississippi ARES
03910.0 LSB	Louisiana Traffic
03915.0 LSB	South Carolina SSB NTS
03923.0 LSB	Mississippi ARES
03923.0 LSB	North Carolina ARES Emergency (Tarheel)
03925.0 LSB	Central Gulf Coast Hurricane
03925.0 LSB	Louisiana Emergency (altm)
03927.0 LSB	North Carolina ARES (health & welfare)
03935.0 LSB	Central Gulf Coast Hurricane
03935.0 LSB	Louisiana ARES (health & welfare)
03935.0 LSB	Texas ARES (health & welfare)
03935.0 LSB	Mississippi ARES (health & welfare)
03935.0 LSB	Alabama Emergency
03940.0 LSB	Southern Florida Emergency
03944.0 LSB	West Gulf Emergency
03950.0 LSB	Hurricane Watch (Amateur-to-National Hurricane Center) (altm)
03950.0 LSB	Northern Florida Emergency
03955.0 LSB	South Texas Emergency
03960.0 LSB	North East Coast Hurricane
03965.0 LSB	Alabama Emergency (altm)
03967.0 LSB	Gulf Coast (outgoing traffic)
03975.0 LSB	Georgia ARES
03975.0 LSB	Texas RACES (altm)
03993.5 LSB	Gulf Coast (health & welfare)
03993.5 LSB	South Carolina ARES/RACES Emergency
03995.0 LSB	Gulf Coast Wx
07145.0 LSB	Bermuda
07165.0 LSB	Antigua/Anillies Emergency and Weather
07165.0 LSB	Inter-island 40-meter (continuous watch)
07225.0 LSB	Central Gulf Coast Hurricane
07232.0 LSB	North Carolina ARES Emergency (Tarheel) (altm)
07235.0 LSB	Louisiana Emergency
07235.0 LSB	Central Gulf Coast Hurricane



07235.0 LSB	Louisiana Emergency
07240.0 LSB	American Red Cross US Gulf Coast Disaster
07240.0 LSB	Texas Emergency
07242.0 LSB	Southern Florida ARES Emergency (altm)
07243.0 LSB	Alabama Emergency
07243.0 LSB	South Carolina Emergency
07245.0 LSB	Southern Louisiana
07247.5 LSB	Northern Florida ARES Emergency (altm)
07248.0 LSB	Texas RACES (pri)
07250.0 LSB	Texas Emergency
07254.0 LSB	Northern Florida Emergency
07260.0 LSB	Gulf Coast West Hurricane
07264.0 LSB	Gulf Coast (health & welfare)
07265.0 LSB	Salvation Army Team Emergency Radio (SATERN) (altm)
07268.0 LSB	Bermuda
07268.0 LSB	Waterway
07273.0 LSB	Texas ARES (altm)
07275.0 LSB	Georgia ARES
07280.0 LSB	NTS Region 5
07280.0 LSB	Louisiana Emergency (altm)
07283.0 LSB	Gulf Coast (outgoing only)
07285.0 LSB	West Gulf ARES Emergency (day)
07285.0 LSB	Louisiana ARES Emergency (day)
07285.0 LSB	Mississippi ARES Emergency
07285.0 LSB	Texas ARES Emergency (day)
07290.0 LSB	Central Gulf Coast Hurricane
07290.0 LSB	Gulf Coast Wx
07290.0 LSB	Louisiana ARES (health & welfare) (day)
07290.0 LSB	Texas ARES (health & welfare)
07290.0 LSB	Mississippi ARES (health & welfare)
07290.0 LSB	Traffic
14185.0 USB	Caribbean Emergency
14222.0 USB	Health & Welfare
14245.0 USB	Health & Welfare
14265.0 USB	Salvation Army Team Emergency Radio (SATERN) (health & welfare)
14268.0 USB	Amateur Radio Readiness Group
14275.0 USB	Bermuda
14275.0 USB	International Amateur Radio
14300.0 USB	Intercontinental Traffic
14300.0 USB	Maritime Mobile Service
14303.0 USB	International Assistance & Traffic
14313.0 USB	Intercontinental Traffic (altm)
14313.0 USB	Maritime Mobile Service (altm)
14316.0 USB	Health & Welfare
14320.0 USB	Health & Welfare
14325.0 USB	Hurricane Watch (Amateur-to-National Hurricane Center)
14340.0 USB	Louisiana (1900)
21310.0 USB	Health & Welfare (Spanish)
28450.0 USB	Health & Welfare (Spanish)

source : <http://www.hurricane.alabama.gov/ham.htm>

de KJ4EX



## The Tennessee Section ARES Band Plan:

Band	RX Freq	RX Tone	TX Freq	TX Tone	Notes
80 m	3.980		3.980		TN / ARES Phone Net
40 m	7.288		7,288		Alternate TN / ARES Phone Net
2m	146.520 0	csq 0	146.5200	csq	National Simplex Calling Frequency
2m	146.580 0	csq or 0 100.0	146.5800	csq or 100.0	TN Simplex Calling Frequency
70 cm	446.000 0	csq or 0 100.0	446.0000	csq or 100.0	National Simplex Calling Frequency
70 cm	multiple		multiple		MTEARS Linked repeaters;see: <a href="http://www.mtears.org">www.mtears.org</a>
WinLink	various		various		WinLink see: <a href="http://www.winlink.org">www.winlink.org</a>



## GENERAL MESSAGE (ICS 213)

1. Incident Name (Optional):

2. To (Name and Position):

3. From (Name and Position):

4. Subject:

5. Date:

6. Time

7. Message:

8. Approved by: Name: \_\_\_\_\_ Signature: \_\_\_\_\_ Position/Title: \_\_\_\_\_

9. Reply:

10. Replied by: Name: \_\_\_\_\_ Position/Title: \_\_\_\_\_ Signature: \_\_\_\_\_

ICS 213 (1/14)

Date/Time: \_\_\_\_\_







## ACTIVITY LOG (ICS 214)

[illegible]



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4th Monday, 7:00 p.m.

Madisonville Rescue Squad Bldg

New Hwy 68

Madisonville, TN

## Monroe Amateur Radio Club

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145.25 W4YJ Rpt, or linked

145.27\* KK4DKV Rpt

(\*PL 127.3 Hz)

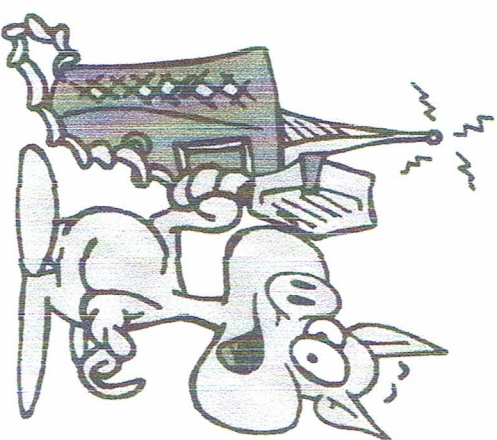


## M.A.R.C

Monroe

Amateur Radio

Club



*Proudly Serving Monroe County*

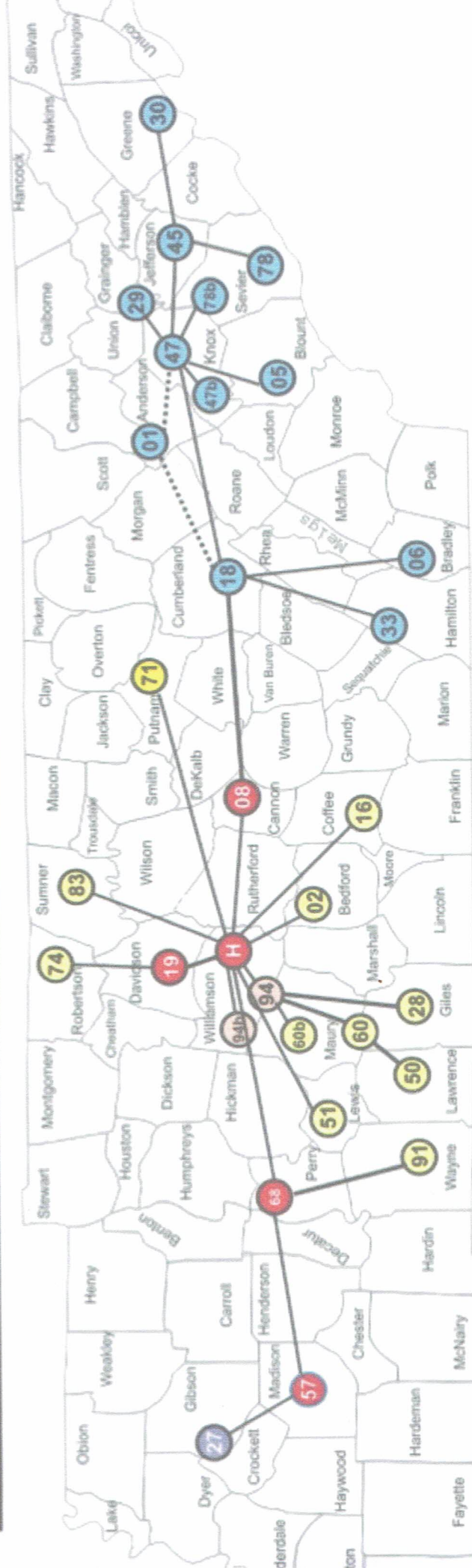
*Reaching out to the community....  
Reaching out to the world.*

[www.WZ4V.com](http://www.WZ4V.com)



# ARRL / RAC Section Abbreviation List

<b>Call Area 1</b>	Connecticut	CT	Rhode Island	RI
	Eastern Massachusetts	EMA	Vermont	VT
	Maine	ME	Western Massachusetts	WMA
	New Hampshire	NH		
<b>Call Area 2</b>	Eastern New York	ENY	Northern New York	NNY
	NYC / Long Island	NLI	Southern New Jersey	SNJ
	Northern New Jersey	NNJ	Western New York	WNY
<b>Call Area 3</b>	Delaware	DE	Maryland – DC	MDC
	Eastern Pennsylvania	EPA	Western Pennsylvania	WPA
<b>Call Area 4</b>	Alabama	AL	Southern Florida	SFL
	Georgia	GA	Tennessee	TN
	Kentucky	KY	Virginia	VA
	North Carolina	NC	West Central Florida	WCF
	Northern Florida	NFL	Puerto Rico	PR
	South Carolina	SC	US Virgin Islands	VI
<b>Call Area 5</b>	Arkansas	AR	North Texas	NTX
	Louisiana	LA	Oklahoma	OK
	Mississippi	MS	South Texas	STX
	New Mexico	NM	West Texas	WTX
<b>Call Area 6</b>	East Bay	EB	San Diego	SDG
	Los Angeles	LAX	San Francisco	SF
	Orange	ORG	San Joaquin Valley	SJV
	Santa Barbara	SB	Sacramento Valley	SV
	Santa Clara Valley	SCV	Pacific	PAC
<b>Call Area 7</b>	Alaska	AK	Nevada	NV
	Arizona	AZ	Oregon	OR
	Eastern Washington	EWA	Utah	UT
	Idaho	ID	Western Washington	WWA
	Montana	MT	Wyoming	WY
<b>Call Area 8</b>	Michigan	MI	West Virginia	WV
	Ohio	OH		
<b>Call Area 9</b>	Illinois	IL	Wisconsin	WI
	Indiana	IN		
<b>Call Area 0</b>	Colorado	CO	Missouri	MO
	Iowa	IA	Nebraska	NE
	Kansas	KS	North Dakota	ND
	Minnesota	MN	South Dakota	SD
<b>Canada</b>	Alberta	AB	Ontario East	ONE
	British Columbia	BC	Ontario North	ONN
	Golden Horseshoe*	GH (formerly GTA)	Ontario South	ONS
	Manitoba	MB	Prince Edward Island	PE
	New Brunswick*	NB	Quebec	QC
	Newfoundland/Labrador	NL	Saskatchewan	SK
	Nova Scotia*	NS	Territories*	TER (formerly NT)
<b>Non-US / Canadian stations should be logged as DX</b>				



**MTEARS 2-22-2023.PDF**

This map is a visual and written record of changes to the MTEARS system recorded in 2023 and since this map was last edited on 04-19-2022.

Removed 19b Pasquo. When it is restored it will be added back to the map. Moved system 60 Southport and 28 Pulaski to 94 Heritage. Dotted lines show variable link paths.

- 47 442.500 100.0 Knoxville
- 47b 444.500 100.0 West Knoxville
- 50 443.400 100.0 Lawrenceburg
- 51 444.850 100.0 Hohenwald
- 57 444.450 123.0 Jackson
- 60 442.725 100.0 Southport
- 60b 443.175 100.0 Columbia
- 68 442.850 107.2 Lobelville
- 71 444.600 107.2 Cookeville
- 74 443.900 107.2 Cross Plains
- 78 444.900 100.0 Gatlinburg
- 78b 444.000 100.0 Sevierville
- 83 444.450 107.2 Gallatin
- 91 443.950 100.0 Wayne Co.
- 94 443.075 156.7 Heritage
- 94b 443.475 107.2 Franklin

- H 443.725 107.2 Nolensville - Hub
- 01 441.925 100.0 Oak Ridge
- 02 442.700 100.0 Deason
- 05 443.900 100.0 Maryville
- 06 442.025 100.0 Cleveland
- 08 444.650 107.2 Short Mtn
- 16 443.950 107.2 Tullahoma
- 18 443.875 88.5 Crossville
- 19 442.800 107.2 Nashville
- 27 442.300 100.0 West Gibson Co.
- 28 443.550 100.0 Pulaski
- 29 443.225 100.0 Blaine
- 30 441.850 100.0 Greeneville
- 33 443.125 103.5 Signal Mtn
- 45 443.725 100.0 Jefferson



# US Amateur Radio Bands

US AMATEUR POWER LIMITS — FCC 97.3.13 An amateur station must use the minimum transmitter power necessary to carry out the desired communications. (b) No station may transmit with a transmitter power exceeding 1.5 kW PEP.

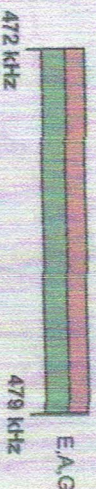
Amateurs wishing to operate on either 2,200 or 630 meters must first register with the Utilities Technology Council online at <https://utc.org/plic-database-amateur-notification-process/>. You need only register once for each band.

## 2,200 Meters (135 kHz)



## 630 Meters (472 kHz)

5 W EIRP maximum, except in Alaska within 496 miles of Russia where the power limit is 1 W EIRP.

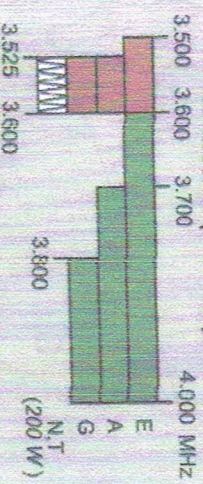


## 160 Meters (1.8 MHz)

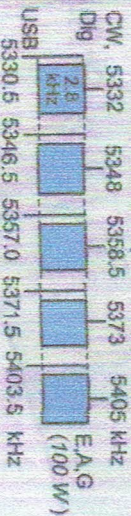
Avoid interference to radiolocation operations from 1,900 to 2,000 MHz



## 80 Meters (3.5 MHz)

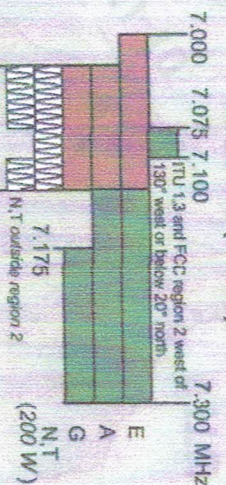


## 60 Meters (5.3 MHz)



General, Advanced, and Amateur Extra licensees may operate on these five channels on a secondary basis with a maximum effective radiated power (ERP) of 100 W PEP relative to a half-wave dipole. Permitted operating modes include upper sideband voice (USB), CW, RTTY, PSK31 and other digital modes such as PACTOR III. Only one signal at a time is permitted on any channel.

## 40 Meters (7 MHz)



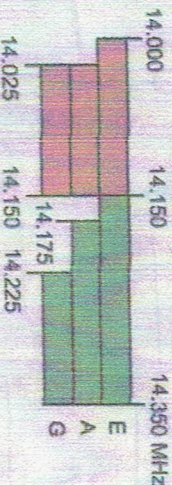
See Sections 97.305(c), 97.307(f)(1) and 97.301(e). These exemptions do not apply to stations in the continental US.

## 30 Meters (10.1 MHz)

Avoid interference to fixed services outside the US.



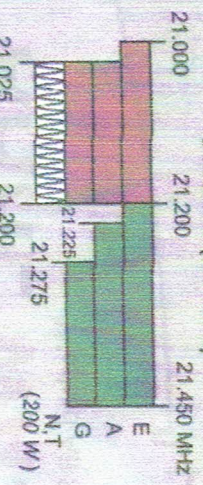
## 20 Meters (14 MHz)



## 17 Meters (18 MHz)



## 15 Meters (21 MHz)



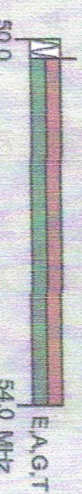
## 12 Meters (24 MHz)



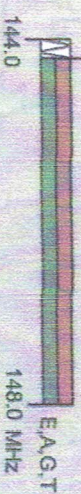
## 10 Meters (28 MHz)



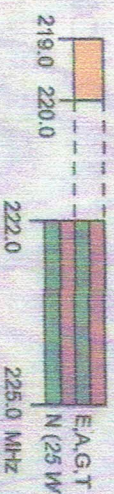
## 6 Meters (50 MHz)



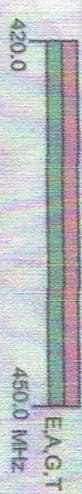
## 2 Meters (144 MHz)



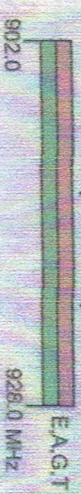
## 1.25 Meters (222 MHz)



## 70 cm (420 MHz)\*



## 33 cm (902 MHz)\*



## 23 cm (1240 MHz)\*



All licensees except Novices are authorized all modes on the following frequencies:

- 2300-2310 MHz 10.0-10.5 GHz ±
- 2390-2450 MHz 24.0-24.25 GHz
- 3300-3500 MHz 47.0-47.2 GHz
- 5850-5875 MHz 76.0-81.0 GHz
- 122.25-123.0 GHz
- 134-141 GHz
- 241-250 GHz
- All above 275 GHz



KEY

- Note: CW operation permitted in all amateur bands except for 12.1-12.2 and 21.9-22.0 MHz. Test time restrictions are authorized above 57.175-2, except for 21.9-22.0 MHz.
- [Red box] = RTTY and data
  - [Green box] = phone and image
  - [Blue box] = CW only
  - [Yellow box] = SSF phone
  - [Orange box] = USB phone, CW, RTTY and data
  - [Light blue box] = Fixed digital message forwarding systems only
- E = Amateur Extra  
A = Advanced  
G = General  
T = Technician  
N = Novice

Visit [www.arrl.org](http://www.arrl.org) for detailed band plans.

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District III Coordinator

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(423)-593-8113

Assistant Coordinator

Rick Bassette WR4RR

[rick@lakehaventcabin.net](mailto:rick@lakehaventcabin.net)

Assistant Coordinator

Doug Forquer K6DHF

[badn2bears@earthlink.net](mailto:badn2bears@earthlink.net)

MRX Liaison Frequencies

147.375+ PL 123.0 KA4ELN

MTEARS 06, 18, 33.

DMR 31473

\*\*\*\*\*

Bradley & Polk County Net

147.180+ PL118.8 W4GZX

Bradley County Coordinator

Don Robinson W4YYM

[w4yyym@aol.com](mailto:w4yyym@aol.com)

Polk County Coordinator

Matt Deal KG4DPA

[kg4dpa@ymail.com](mailto:kg4dpa@ymail.com)

\*\*\*\*\*

McMinn County Net

146.820 - / Tone 141.3 K4EZK

McMinn County Coordinator

Dale Williams N4KDW

[darnme200@yahoo.com](mailto:darnme200@yahoo.com)

\*\*\*\*\*

Meigs & Rhea County Net

147.390+ PL 100.0 K4DPD

Meigs County Coordinator

Rick Bassette WR4RR

[rick@lakehaventcabin.net](mailto:rick@lakehaventcabin.net)

Rhea County Coordinator

Daniel Headlee KK4GK

[kk4gk@gmail.com](mailto:kk4gk@gmail.com)

\*\*\*\*\*

Monroe County Net

145.250- PL 100.0 W4YJ

145.270- PL 127.3 KK4DKW

Repeaters Linked 24/7

Monroe County Coordinator

Mike Wagner KK6OKU

[kk6okk@yahoo.com](mailto:kk6okk@yahoo.com)



## The Amateur Radio Emergency Service

(ARES) is a volunteer radio communications service available to Federal, state, county and local governments, as well as non-profit organizations.

### Amateur Radio is:

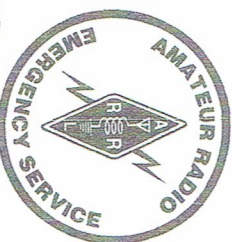
More than  
700,000 US  
radio operators  
licensed by the  
Federal Communications  
Commission.  
Amateur Radio  
is not Citizen's  
Band (CB)  
radio.



### The Amateur Radio Emergency Service (ARES) is:

More than 35,000 amateurs nationwide who have voluntarily registered their services and formed an organized pool of operators to provide reliable primary and secondary communications links for governmental agencies and/or non-profit organizations when needed.

## AT YOUR SERVICE



- ◆ Disaster Preparedness
- ◆ Emergency Communications
- ◆ Public Service Communications

Communications provided may be in the form of voice, Radioteletype, television, computer modes or even Morse code. Handheld amateur radio equipment has a range that varies from next door to the next county or state.

### How can amateur radio assist your agency or non-profit organization?

In a variety of ways!

Do you, or agencies within your organization, need to divert routine communications away from operational or tactical radio channels during an emergency? Does your agency need an organized back-up communications link which can be called into action if your usual communications links become overloaded or disrupted? Are you in need of reliable interagency communications during emergencies? If so, volunteer amateur radio operators can fill the gap.



Does your organization sponsor public-service events such as walkathons? Would reliable communications allow you to sponsor a safer, more coordinated event? If so, amateur radio fits the bill.

### Are the services provided by amateur radio operators expensive?

Services are provided on a strictly volunteer basis at no charge to you. Federal Communications Commission rules **strictly prohibit compensation of any kind** for services rendered by amateur radio operators.

### Where would amateur radio operators fit into your plans?



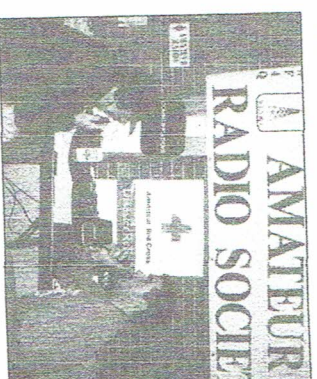
They could be your primary or secondary communications link. Amateur radio operators realize that their role is to provide com-

munications – **not** to make your decisions. Your ARES Emergency Coordinator might be considered your volunteer communications consultant.

### Does amateur radio work in emergency or public-service communications?

Yes! Amateur radio operators have provided communications during hurricanes, brush fires in California, tornadoes in the Midwest and earth-

quakes. Amateur radio has been used for more than a two decades as the primary communications link for the New York City Marathon. Amateur radio has a proud tradition of serving the public since 1917.





# EMCOMM Abbreviations from KJLR

Abbreviated Name	Full Name
AAR/IP	After Action Report/Improvement Plan
ACES	Auxiliary Communications Emergency Service
ACS	Auxiliary Communications Service
AEC	Auxiliary Emergency Communication / Assistant Emergency Coordinator
AHIMT	All-Hazards Incident Management Team
AHJ	Authority Having Jurisdiction (or Agency)
ARES	Amateur Radio Emergency Service (ARRL)
ARRL	American Radio Relay League
ASEC	Assistant Section Emergency Coordinator (ARRL)
AUXC	Certified local AUXCOMM Auxiliary Communicator
AUXCOMM	Auxiliary Communications
CAN-P	Conditions, Actions, Needs - Personnel also seen as PCAN with the P=Position
CD	Civil Defense
CERT	Community Emergency Response Team
CISA	Cybersecurity and Infrastructure Security Agency
COML	Communications Unit Leader
COMT	Communications Technician
COMU	Communications Unit
CRU	Communications Reserve Unit
CSTI	California Specialized Training Institute
DEC	District Emergency Coordinator (ARRL)
DEM	Department of Emergency Management
DHS	Department of Homeland Security/Department of Health Services
EC	Emergency Coordinator (ARRL)
EM	Emergency Management
EMA	Emergency Management Agency
EMAC	Emergency Management Assistance Compact
EMCOMM	Emergency Communications
EMI	Emergency Management Institute
EMPP	Emergency Management Professional Program
EMS	Emergency Medical Services
EOC	Emergency Operations Center
EOP	Emergency Operations Plan
ER	Emergency Room
ESF	Emergency Support Function
EXPLAN	Exercise Plan
FCC	Federal Communications Commission
FEMA	Federal Emergency Management Agency
GO	Governmental Organization
HQ	Headquarters
HSEEP	Homeland Security Exercise and Evaluation Program
IAP	Incident Action Plan



IC	Incident Commander
ICS	Incident Command System
ICTAP	Interoperable Communications Technical Assistance Program
IEMC	Integrated Emergency Management Course
INCM	Incident Communications Center Manager
INTD	Incident Tactical Dispatcher
ITSL	Information Technology Service Unit Leader
MACS	Multiagency Coordination System
MSEL	Master Scenario Event List
MDU	Memorandum of Understanding Net Control
NCS	Net Control Station
NGO	Non-Governmental Organization
NIMS	National Incident Management System
NIFOG	National Interoperability Field Operations Guide
NQS	National Qualification System
NRF	National Response Framework
NTIA	National Telecommunications and Information Administration
OEC	Office of Emergency Communications
OEM	Office of Emergency Management
OES	Office of Emergency Services (California)
PDS	Professional Development Series
PIO	Public Information Officer
PTB	Position Task Book
RACES	Radio Amateur Civil Emergency Service (FCC)
RADO	Radio Operator
SATERN	Salvation Army Team Emergency Radio Network
SCIP	Statewide Communications Interoperability Plan
SEC	Section Emergency Coordinator (ARRL)
SET	Simulated Emergency Test (ARRL)
SHARES	SHARED RESOURCES (SHARES) High Frequency (HF) Radio program
SM	Section Manager (ARRL)
SWIC	Statewide Interoperability Coordinator
TICP	Tactical Interoperable Communications Plan
TTX	Table Top Exercise
VOAD	Voluntary Organizations Active in Disaster
AUXFOG	Auxiliary Communications Field Operations Guide
ITSL	Information Technology Services Unit Leader
MEP	Master Exercise Practitioner
HICC	hospital incident command center
HICS	hospital incident command system

## Frequency List for the Greater Knoxville Tennessee Area

145.370 K4KEV -600Hz shift 100.0 tone, linked repeater system for all of East Tennessee, Kentucky, Georgia, North Carolina and Virginia to 145.41, 147.195 and 147.34, linked full time to 147.345 (W4KEV) Crossville, TN, also connected to ECHOLINK 459455 W4KEV

145.470 -600Hz 118.8 tone WB4GBI Wide Area Covers 5 States TN, NC, KY, GA, VA, also District 6 SKYWARN thru the NWS Morristown TN

146.850 -600Hz 118.8 tone WB4GBI Wide Area Coverage: Middle East TN

146.940 -600Hz 118.8 tone WB4GBI Wide Area Coverage

147.255 +600Hz NO TONE KJ4SI Wide Area Coverage ( 50 mile radius )

443.050 +5MHz 100.00 tone W4WVJ Coverage Loudon, Blount, Knox, and Monroe County

Loudon County ARES Club Analog FM and Fusion Digital

444.250 +5MHz 127.3 tone KF4DKW Coverage Loudon County Analog FM and Fusion Digital

442.100 +5MHz 100.0 tone WB4BSC 25 mile radius Analog FM ONLY

146.625 -600Hz 118.8 tone WB4GBI Wide Area Coverage

147.180 +600Hz 118.8 tone W4GZX Wide Area: Chattanooga to Knoxville 102 mile radius

145.270 -600Hz 127.3 tone KK4DKW Wide Area: Blount, Knox, Anderson, Loudon, Monroe linked fulltime to 145.250 (W4YJ) in Sweetwater, TN

146.655 -600Hz 100/77 tone W4OLB Coverage: Blount County, including Cades Cove Campground and portions of adjacent counties (25 mile radius), linked to KK4XA/R 444.075 (+) DMR ID 314742 CC1

147.300 +600Hz 100.0 tone W4BBB Wide Area Coverage Analog FM and Fusion Digital



147.345 +600 118.8 tone WAKEV Super Wide Area, Nashville to Knoxville, Chattanooga to Tri-Cities

Linked to 145.370 in Knoxville, Sharps Ridge, 147.195 in Gatlinburg, Ski Mountain and 145.410 in Greenville, Tn, Bald Mountain

147.195 +600Hz 100.0 tone WAKEV Super Wide Coverage Area and the Smokies, linked to the

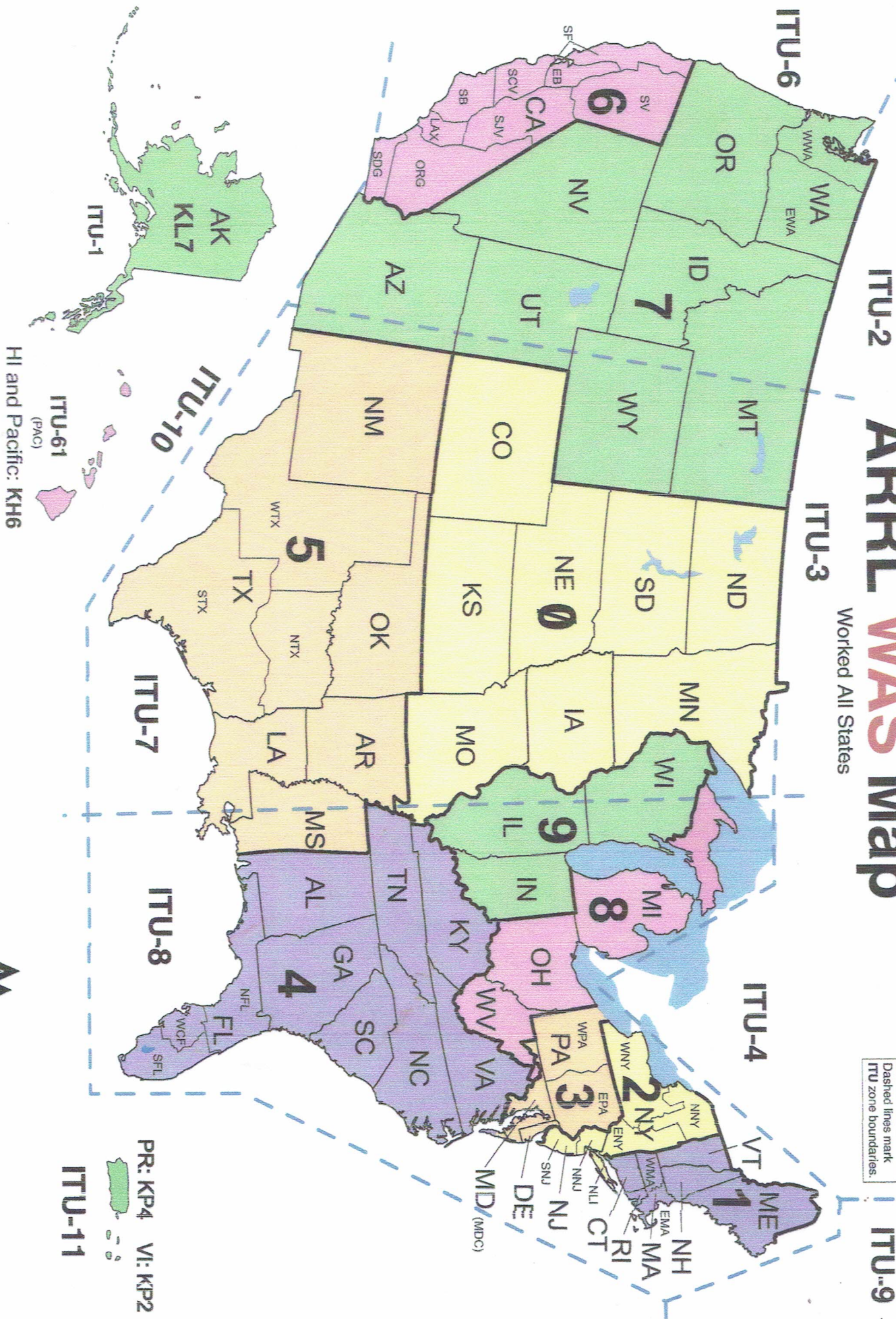
145.370, 145.410, 147.345 covering all of East Tennessee, ECHOLINK 459455 WAKEV

147.150 +600Hz 118.8 tone WB4GBI Wide Area Coverage

This list does not include and D-Star or WiresX capable repeaters, and is current as of 9/26/2021

Worked All States

Dashed lines mark ITU zone boundaries.



**ARRL** the national association for  
amateur radio®

ИЗДАТЕЛЬСТВО «НАУКА»



## ITU Phonetic

### Alphabet

A—alpha (AL-fa)	
B—bravo (BRAH-voh)	
C—charlie (CHAR-lee)	
D—delta (DELL-tah)	
E—echo (ECK-oh)	
F—foxtrot (FOKS-trot)	
G—golf (GOLF)	
H—hotel (HOH-tell)	
I—india (IN-dee-ah)	
J—juliet (JU-lee-ett)	
K—kilo (KEY-loh)	
L—lima (LEE-mah)	
M—mike (MIKE)	
N—november (no-VEM-ber)	
O—oscar (OSS-cah)	
P—papa (PAH-PAH)	
Q—quebec (kay-BECK)	
R—romeo (ROW-me-oh)	
S—sierra (SEE-air-rah)	
T—tango (TANG-go)	
U—uniform (YOU-ni-form)	
V—victor (VIK-tor)	
W—whiskey (MISS-key)	
X—x-ray (ECKS-ray)	
Y—yankee (YANG-key)	
Z—zulu (ZOO-loo)	

Numbers are somewhat easier to

understand. Most can be made clearer by simply "over-enunciating" them.

### Phonetics

One: "Wun"

Two: "TOOO"

Three: "THUH-ree"

Four: "FOH-wer"

Five: "FY-ive"

Six: "Sicks" Seven: "

SEV-vin" Eight: "Ate"

Nine: "NINE-er"

Zero: "ZEE-row"

Numbers are always pronounced

individually. The number "60" is spoken as "six zero", not "sixty." The number "509" is spoken as "five zero nine," and not as "five hundred nine" or "five oh nine."