

Using SOTA,
POTA &
VHF to improve
knowledge,
skills, and
practices for
EMCOMM

Etienne K7ATN



MC ARES Activities

- Weekly Net
- Field Day
- Winter Field Day
- Walk MS
- Ultra-Marathon
- Wy'east Wonder
- Mt. Hood Trail Run

ARES Skills

- Manage a Net
- Maintain Records
- Operate Equipment
- Field Deployment
- Use Phonetics
- Send and receive written messages
- Send and receive digital messages

- Anything else?

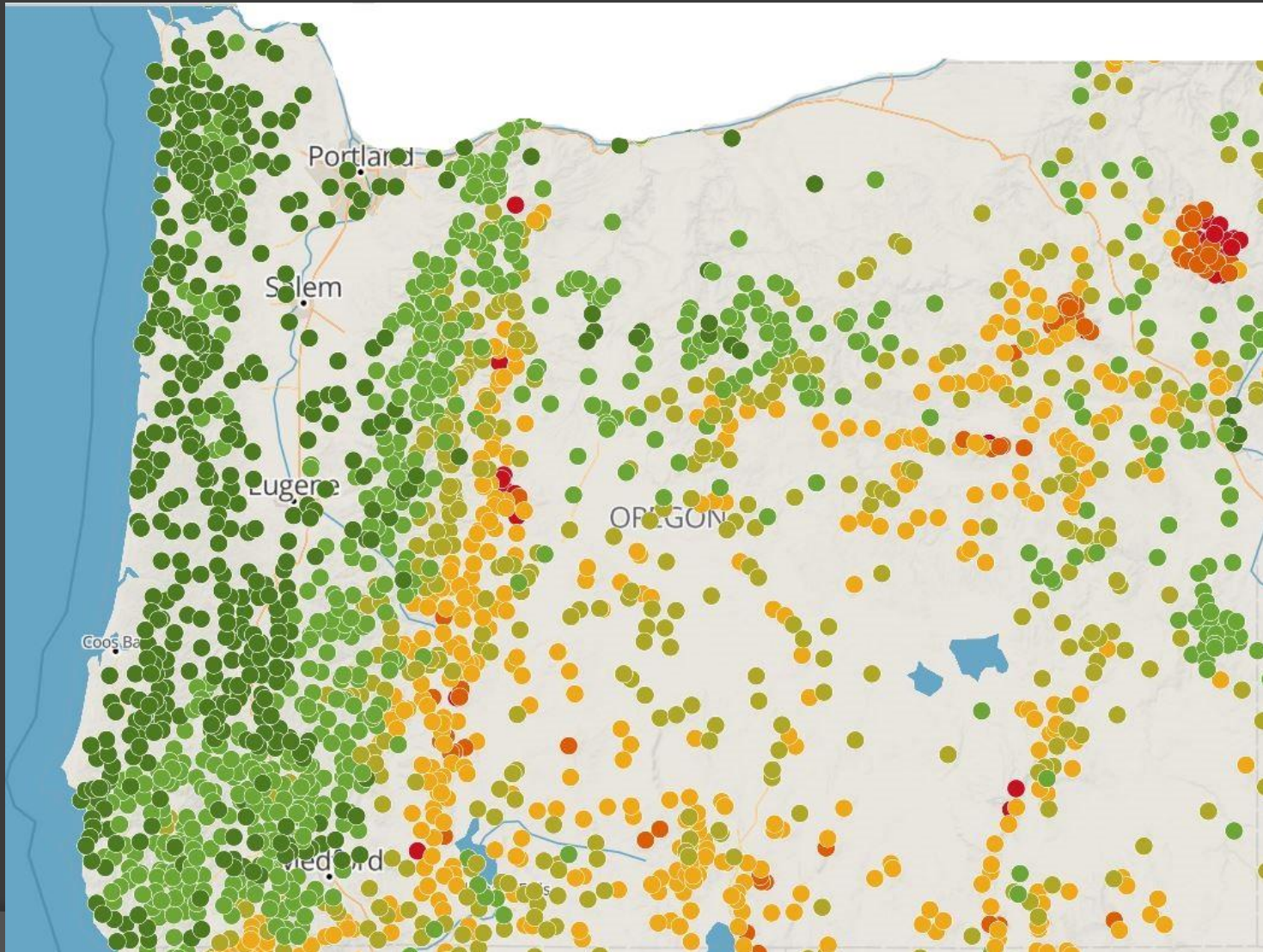


Summits on the Air

SOTA – hiking with radio

- A “Triathlon” of sorts
- Hike to specific summits
- Carry equipment
- Deploy in the field
- Typically QRP and CW
- Battery or solar power
- Enjoy the outdoors
- Any time, any day

SOTA Summits in Oregon



Lightweight SOTA Kit – about 1 lb



SOTA QRPp







Smart Logger - Log

LOG SETTINGS LOG MAP SUMMARY POTD SPOT

FREQUENCY: 14.246 MHz MODE: SSB PARK: US-1473

CALLSIGN	RST SENT	RST RCVD	PARK
	SS	SS	

NOTES WWL

DATE: EXTEND VIEW

N°	TIME (UTC)	CALLSIGN	COUNTRY / STATE	PARK	RST 1	RST 2	BAND	MODE
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Parks on the Air

POTA – parks with radio

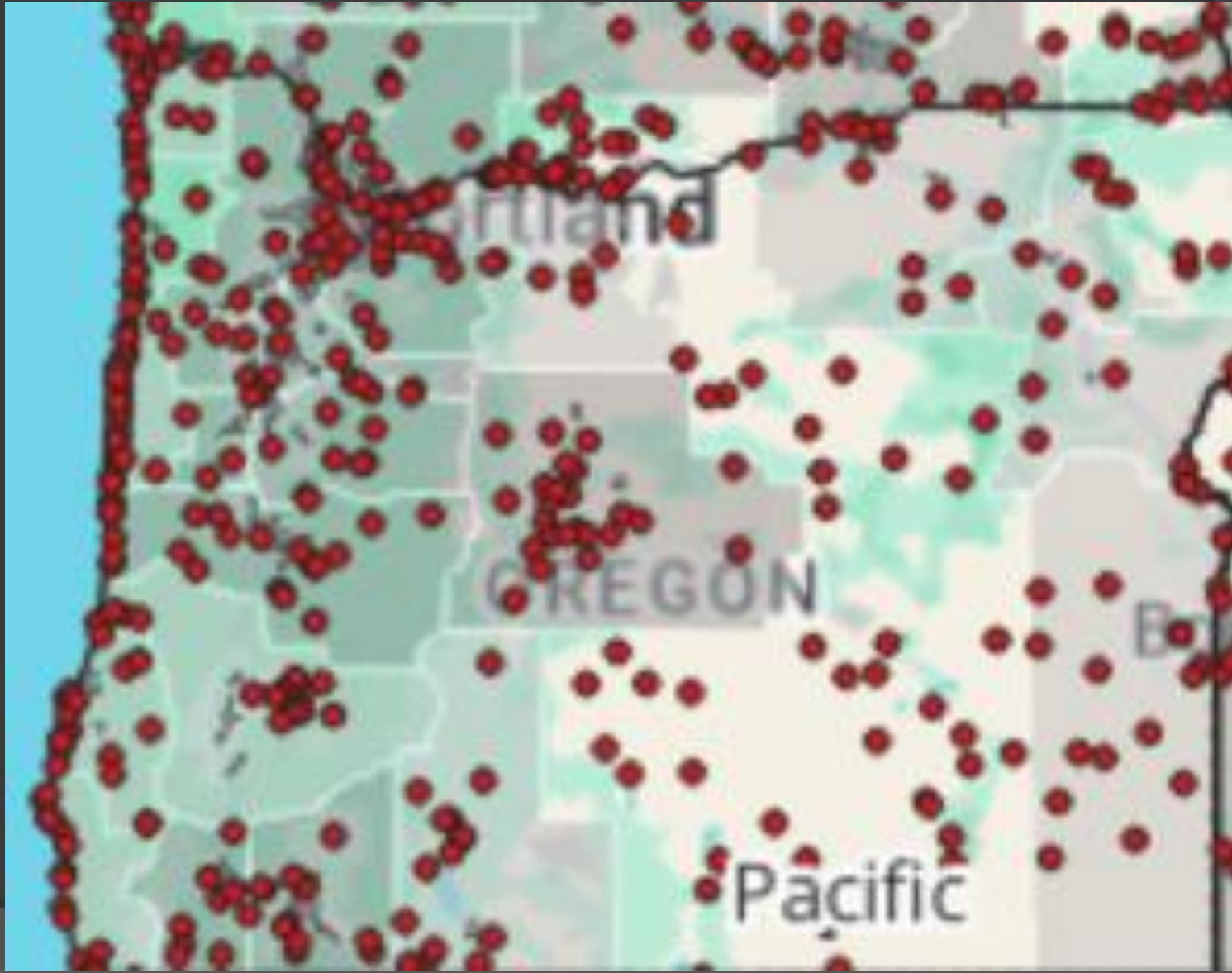
- Operate from specific “parks”
- Typically QRO and HF
- Drive to operating position
- Deploy in the field
- Operate from vehicle...OR
...enjoy “Picnic Tables on the Air”
- Any time, any day

SOTA Equipment is... whatever you want to carry

Rig	Pounds
FT-857	9.3
FT-817	4.4
MTR 3b	0.9
KX3	4.0

(Includes battery and antenna)

POTA Entities in Oregon



POTA Entities

⦿ **Federal & National Lands**

- National Parks
- National Forests
- National Wildlife Refuges
- National Monuments & Historic Sites
- National Recreation Areas & Trails

⦿ **State, Provincial, & Regional Lands**

- State/Provincial Parks
- State Forests
- Wildlife Management Areas

A person wearing a light-colored t-shirt and a wide-brimmed hat is sitting on a black tarp on a grassy hilltop. They are operating a VHF radio connected to a large, multi-element antenna mounted on a silver tripod. Another similar antenna is visible on a tripod to the right. The background shows a vast, hazy landscape of rolling hills under a clear blue sky. The text "VHF Contesting" is overlaid in large, bold, yellow letters across the bottom half of the image.

VHF Contesting

VHF Contesting – a radiosport

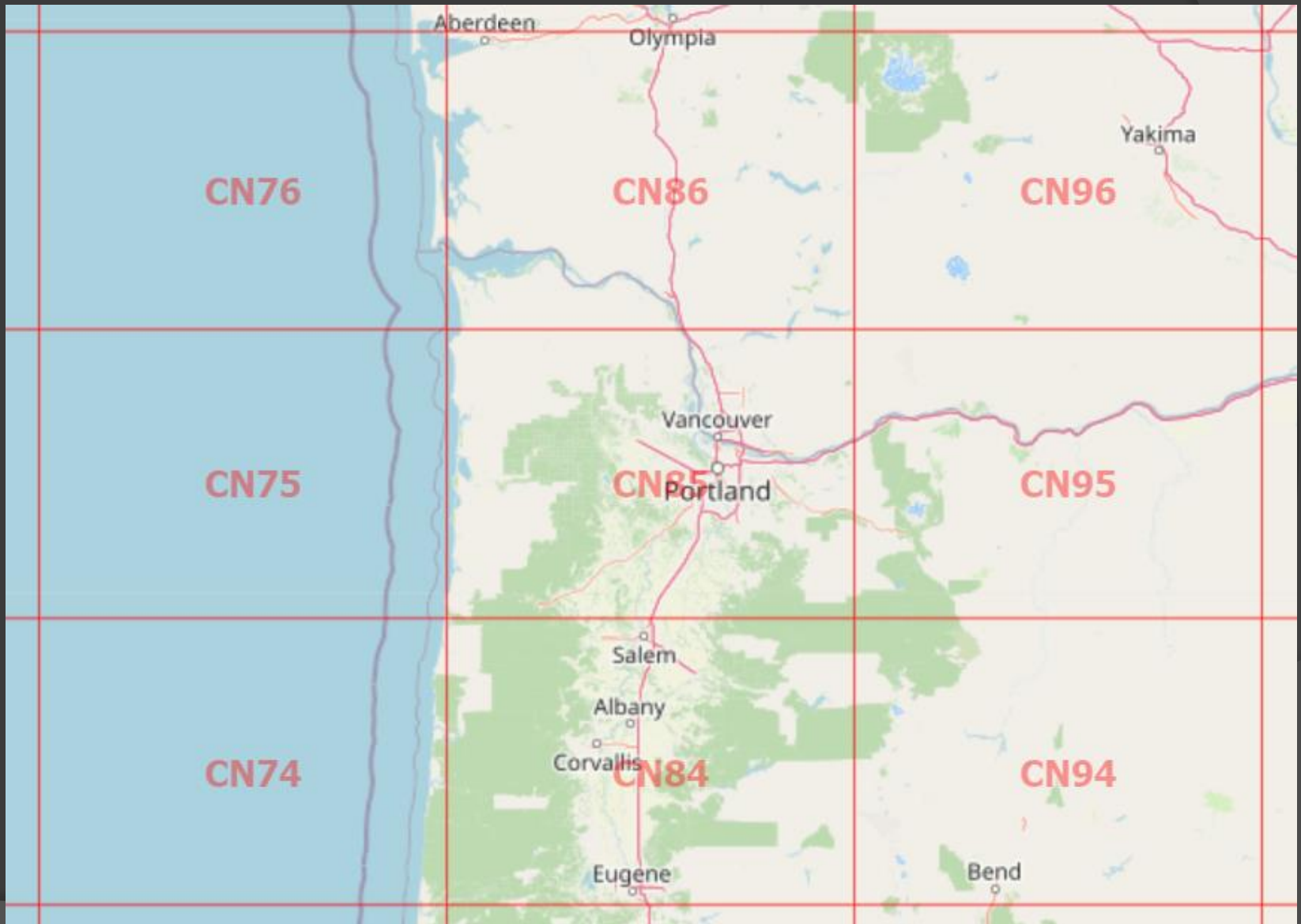
- ◎ ARRL January VHF
- ◎ ARRL June VHF
- ◎ **Coming up soon – June 13-14!**
- ◎ CQ WW VHF – July
- ◎ ARRL September VHF

- ◎ **Be competitive or just have fun**

VHF Contesting – a radiosport

- <https://www.arrl.org/june-vhf>
- Deploy anywhere (higher better)
- ~48 hours over a weekend
- About four contests per year
- Be competitive or just have fun

Exchange 4 Digit Grid Square



Where to Operate

- ① From your Home
- ① From your Mobile
- ① Portable (POTA / SOTA)

Where to Operate

- ⦿ Council Crest Park
- ⦿ Rocky Butte
- ⦿ Powell Butte
- ⦿ Mount Tabor
- ⦿ Mount Sylvania
- ⦿ Cooper Mountain

VHF Contesting Saddle Mtn



Basic VHF FM 2m/70cm



SOTA VHF Contest & POTA



All about improving your
operating skills, radio
knowledge and experience

AND HAVING FUN !

Why SOTA? (for Activators)

- ⦿ Hiking and Radio – together!
- ⦿ No Shack at Home (Shack in a Pack)
- ⦿ Explore new places
- ⦿ Be the DX – enjoy a pileup
- ⦿ Build and use your own equipment

Why SOTA or POTA? (for Chasers)

- Activity every day
- Improve receiving ability
- Easy way to start CW
- New “DX” all the time
 - (Sometimes actual DX)
- Vicarious outdoor enjoyment

SOTA + POTA

Dan-N7CQR
on Clear Lake Butte, OR



Etienne-K7ATN
Silver Star, WA
2304MHz
PNWVHF Society
LOS Record
170km



YL SOTA on Cinnamon Butte, OR



Bill-WJ7WJ on Table Mtn, OR



Summits on the Air –

Parks on the Air –

VHF Contesting –

...more ways to be

“ACTIVE” with ham radio

SOTA Easy Start – 2m Chase



SOTA Easy Start – 2m Chase

- Register: www.sota.org.uk
- Watch Spots: <https://sotawatch.sota.org.uk/en/>
- (Also <https://sotl.as/>)
- Nice Weekends: Monitor 146.58-FM
- Nice Weekends: Monitor 144.200-SSB

- Log your QSOs

Easy Start - POTA



Easy Start POTA - HF Hunting

- Register: <https://parksontheair.com/>
- Watch for HF Spots: <https://pota.app/>
- OR...just tune across 20m phone band

- Watch for Portland Amateur Radio Club
POTA Party in ~September

- Only log activation QSOs

Resources SOTA

- ◎ SOTA main site: www.sota.org.uk
- ◎ Spots & Alerts: <http://sotawatch.sota.org.uk>
- ◎ Mapping site: <https://sotl.as/>
- ◎
- ◎ SOTA Rules:
- ◎ <https://www.sota.org.uk/Joining-In/General-Rules>

Resources POTA

- POTA main site: <https://pota.app/>
- Spots: <https://pota.app/>
- POTA Rules:
<https://docs.pota.app/docs/rules.html>

QST

DIGITAL EDITION

ARRL The National Association for
Amateur Radio®
March 2023 www.arrl.org
DEVOTED ENTIRELY TO AMATEUR RADIO

How to Be the Activator that Chasers Need!

QST Reviews

**QRP Labs QDX 5-Band
HF QRP Digital Transceiver**

Signal Generators
An array of what's
available today

Etienne-K7ATN
climb2ski@gmail.com

