

SEPTEMBER 2012

# MILAM COUNTY ARES NEWSLETTER

AMATEUR RADIO COMMUNICATIONS

Volume 5 Issue 9

Published by:  
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## MILAM COUNTY ARES NEWS



### CONTACT INFORMATION

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### *KD5WRO Commentary*

#### ARES and Mental Health

We rarely think about the mental health risks that may result from our emergency communications work. But the truth is any of us can be severely affected by the loss of friends, working in a disaster where many casualties have occurred, or even not having success in the search for lost humans. One such case is related by Rick Palm KICE. Rick relates his case in the July 2012 issue of QST. He writes for the first time about his experience in the fall of 1978 when a four year old child, Andrew Amoto, was lost. His sisters were with him but they left for a few moments and when they returned Andrew had disappeared. He was playing behind his trailer park home in Massachusetts. A search was organized over a wide area.



Rick Palm was a college student who had been an amateur for two years and owned a 2 meter portable unit. He joined the search, having no idea of the anguish that lay ahead for him. Many searchers came from police departments, fire departments and a large number of amateurs. The search went on for many hours but to no avail. Rick was also a certified diver and he went into a river with police divers during the search. Andrew was never found, but during the search Rick found a crime scene, apparently a murder case.

Rick went back to school after several days and the mental health issues started then and have stayed with him throughout his life. Rick eventually sought professional help but the memories are still with him. Rick states, "I had flashbacks, bad dreams, and my view of the world changed with innocence lost. Events in the fall of 1978 have bothered me throughout my entire life and still do."

On 9/11, 2001 Rick Palm was living in the New York City area and was asked if he would serve a shift in the command post at Ground Zero. He agreed and made his way on foot with his go bag to the command post. He was the only amateur there and no relief came so he stayed in the command post for three days and three nights, breathing the air full of concrete dust and human body particles.

Rick writes "Sooner or later field Emcomm operators will witness in person the human destruction and devastation that the rest of the population only sees thru the Internet and TV.

Today Rick lives and works in Florida where he is an ARES EC and is editor of the ARRL ARES Newsletter, a national publication.



**HAMCOMM** will be held in Belton Oct. 5 and 6th. VEs will give amateur tests for every class of license starting at 9:30 A.M. on Sat. 6th of October.

**SET** Our next SET exercise will be held on Oct. 27th. This will be a statewide ARES-MARS exercise with emphasis on county participation and digital messaging. We WILL have a roll call of all those who have radio equipment. Please be ready to answer your call.

The next newsletter will have all the details.

### NET SCHEDULES

Milam County ARES Thursday 7 PM

147.020 PL 123.0 Khz.

Bell County NET Thursday 8 PM

147.140 PL 123.0

STX ARES HF Net Each Monday at  
7:30 PM on 3873 Khz.



### NET Check-Ins

WA5GES, KE5LVI,  
KB5DLK, KD5MTG,  
KE5ISN, KF5FLS, KF5OFC,  
and KD5WRO

