

# LAMORINDA CERT

## FRS/GMRS RADIO SETUP AND OPERATING GUIDE

### Communications Environment

Hills and valleys—FRS range is limited to 1 mile or less. Good for local communications but not for extended interaction using *unlicensed* FRS channels 8-14. Limited radio range is good for neighborhood contacts; very little interference from other neighborhoods.

### FRS/GMRS Radio Capabilities

Recommended radio: **Motorola MS350R** or **MS355R** or **Olympia R500**

FRS/GMRS with repeater capabilities.

22 channel capability, covering FRS and GMRS channels. The Motorola radios are the Lamorinda CERT standard.

FRS channels 1-7 are shared with GMRS and *unlicensed* users must use low power.

FRS channels 8-14 are exclusively FRS and should be used for neighborhood communication.

FRS channels 15-22 are exclusively *licensed* GMRS and are not to be used for normal CERT communication. It is o.k. to listen; don't talk on these channels.

Channels 15R – 22R are *licensed* repeater channels and can be used for longer-distance communications.

### Repeaters

Repeaters are radio systems located on high hills or on mountains. They act as reflectors for our radio signals to get over the short-range limitations of the standard FRS channels.

Lamorinda has three repeaters, each one serving one of the cities, as follows:

Moraga, channel 20R with an access code of “4”

Orinda, channel 21R, with an access code of “4”

Lafayette, channel 22R with an access code of “4”.

### Programming your Motorola MR355R/MS350R for repeater capability

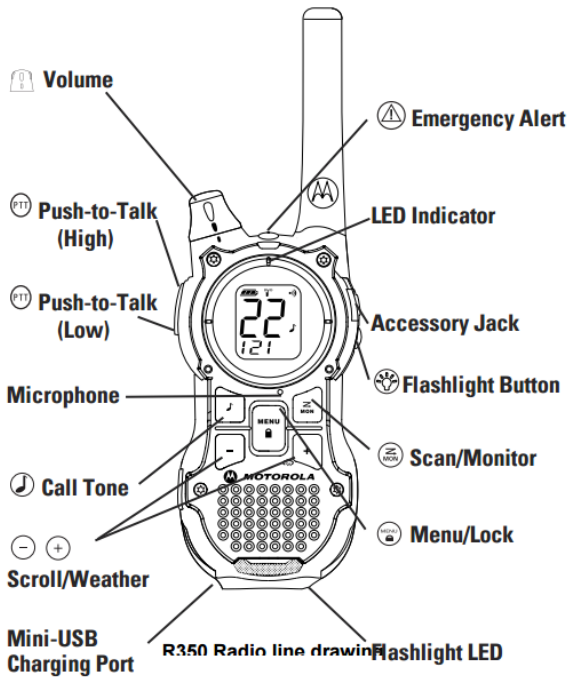
1. Turn on the radio
2. Press “Menu” repeatedly (10 times) until **R** appears
3. Press + or - to select “on” or “off” (We want “on”)
4. Press transmit button to save the setting.
5. Press “Menu” and + to move through the channels. You will find that after channel 22 you will see 15R, 16R, 17R ... 22R.
6. Select 20R
7. Press “Menu” 11 times. Now press + to get to “4”. The access code is now set.
8. Press the transmit button to leave the menu.

### To know you have the repeater's attention

Press the transmit button for about 1 second. If the repeater has heard you it will send a warble back to you. Try this with all 3 repeaters. You may be able to contact only 1 and not all three. That's o.k. You have increased your communication distance substantially.

# Lamorinda CERT Default Values for MR355R Radios

## Control Buttons



## Display Screen Guide

Numbers for Channel, Call Tone

Numbers for Codes

188 iVOX

- Battery Meter
- Channel Power Indicator (see Menu Options)
- Lock
- Talk Confirmation Tone (Roger Beep)
- Q<sub>T</sub> - Noise Filtering
- R - Repeater Channel
- ON - On/Off for each feature
- OFF
- Scan
- Vibrate
- Call Tone, Keypad Tone
- Weather Alert
- iVOX - Hands-Free Use Without Accessories
- VOX - Hands-Free Use With Accessories

- Channels - Use channels 8-14 for normal use.
- Repeater - At least one person needs to be licensed to use these channels.
- Programming:
  - Press Menu 3 times - - 0 (Off) - Press PPT to set
  - Press Menu 4 times - **iVOX** - Off (press + to toggle) - Press PPT to set
  - Press Menu 5 times - **VOX** Sensitivity - any
  - Press Menu 6 times - **QT** - ON (press + to toggle) - Press PPT to set
  - Press Menu 7 times - - OFF (press + to toggle) - Press PPT to set
  - Press Menu 8 times - - OFF (press + to toggle) - Press PPT to set
  - Press Menu 9 times - - OFF (press + to toggle) - Press PPT to set
  - Press Menu 10 times - **R** - ON (press + to toggle) - Press PPT to set
- Your default screen should show:
  - Upper left - to empty battery condition
  - Upper center - outline of radio = low power  
 () solid radio = high power - determined by channel)
  - Left side - **QT**
  - Center - **8** to **14**
  - Bottom Center - **0**