

# MRC News You Can Use



## Get Ready for CPR Training

We will hold CPR classes throughout the region on Saturday, Feb. 14. Our MRC volunteers who are certified instructors will lead the classes. February is American Heart Month. What better way to celebrate love on Valentine's Day than to learn CPR.

If you are interested in hosting a class, please contact Pat at [pat.meinen@vdh.virginia.gov](mailto:pat.meinen@vdh.virginia.gov).



# Amateur Radio Plans



We are making progress on our amateur radio project. We have received all of our radios, antennas and other equipment.

## Next Steps:

1. We need help programming the radios. No experience is required. If you are interested, we will be at the **Washington County Health Dept. on Saturday, Jan. 10<sup>th</sup>, from 9am - Noon** and at the **Galax Health Dept. on Thursday, Jan. 8, from 12-3pm**. Email [pat.meinen@vdh.virginia.gov](mailto:pat.meinen@vdh.virginia.gov) if interested in helping.
2. We are having a **meeting on Tuesday, Jan. 13, at 6:30pm**. We will discuss all aspects of using the radios, regular check-ins and getting licensed. Please save the date on your calendar.

Here is the link to the meeting (you should be able to click on it to open the meeting on the 13th):

[January MRC Ham Meeting](#)

3. Speaking of getting licensed, if you have not taken the test yet, you can find practice tests at [www.arrl.org](http://www.arrl.org).

## Resources for Testing

1. [www.mearsclub.com](http://www.mearsclub.com) is the Ham in Abingdon that holds testing once a month. Contact Sam Boothe at 276-759-3938 or [kr4cof@gmail.com](mailto:kr4cof@gmail.com)
2. [www.arrl.org](http://www.arrl.org) is the national site associated with Ham radio. They have sample tests and you can even take the licensing test online with them.



# Your Time Adds Up!

## Log your hours

Each time you volunteer, please use the link below to log your hours.

[2025 Volunteer Hours Link](#)

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## Update Your Contact Info in VVHS

Log into [www.vvhs.vamrc.org](http://www.vvhs.vamrc.org) and update your picture and contact information.

Let us know if you have any questions.

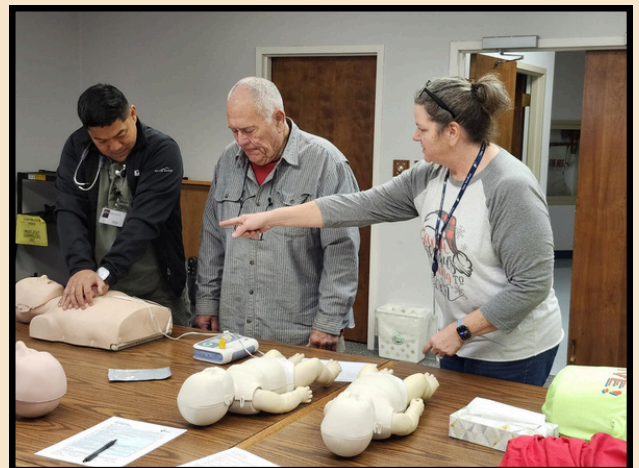
## More Training

This Spring and Summer we will have training at Wythe County Community College and Southwest Virginia Community College. We are doing these trainings once a year at each community college in our region. This will allow us to get together for a morning, update everyone on the latest in MRC, and have trainings and presentations from other organizations.

## Do you need a class?

We have MRC volunteers who are trained to teach CPR, REVIVE!, Stop the Bleed and more.

If you want any of these classes taught at your workplace, school or church, just let us know.



CPR class taught by MRC volunteer Becky Daugherty at Washington County Health Department to other volunteers.

# Check Out Our New T-shirt

We are running low on our MRC t-shirts, so we asked Food City if they would sponsor them and they said, "Yes!" We are very grateful to Food City for their support.



# Reminders

- In order to save on costs, we will now send alerts by email only. If the situation is urgent, we will also send a text.
- When you receive an email alert, please click on “Available” or “Not Available”. This lets us know that you received the alert.

## Contact Info



**Pat Meinen**  
**Unit Coordinator**  
**276-274-0555**  
**[pat.meinen@vdh.virginia.gov](mailto:pat.meinen@vdh.virginia.gov)**

**2025 Hours so far... 1,133**

**YOU  
ROCK!**