

**Ham 104 – Field Day**  
Dr. Marc & Rosemary © 230514

1. Field days are out-of-doors, in unfamiliar territory to some, in nature with associated risks. Nature is at once beautiful, refreshing, and intriguing.

2. It is the best place to practice meditation, outdoor skills, and ham radio. There are activities for all age-groups, including those of us with years.

3. Activities in nature are different from a mowed lawn in the city.
- Be aware, be prepared, and care for your group.
  - Wear appropriate clothing, foot-cover, and head-cover.
  - Use safe skin care and insect repellent. Essential oils work well.
  - Bring hand sanitizer / cleaner.



4. Bring your own food and drink. Each person has different needs. Stay hydrated and nourished. The negative effects come on suddenly.

5. Please respect the outdoors and others. Be couth. Don't leave debris. Bring trash bags to take out what you bring in.

6. Nature calls are taken care of in nature. Find a tree you like. A Porta-John is behind the barn at the end of the road.

7. Depending on activity, bring your chairs, equipment, and power.

8. No smoking, fires, or open flames. Forest undercover and tallgrass prairie makes for wildfire.

9. Oklahoma laws apply to all firearms, open-carrying, and usage. Follow those. Be aware. People may be strolling in the forest, walking the trails, and kids running. Keep them safe!



10. The terrain is uneven. Walking sticks are suggested. The west is relatively flat, where I walk. The east is gorgeous with 23% grade, huge rocks, and steep ravines.

11. If disoriented, walk uphill. If on top, walk east. A limestone rock road cuts the center. Numerous trails crisscross.

12. Three ponds invite fishing. Enjoy and be careful. One is 12-feet deep.

13. Normal activity may encounter a variety of Oklahoma wildlife.
- We see deer, coyotes, bobcats, mountain lions, fox, squirrels, bunnies, badger, raccoons, opossum and others. See nature blend.
  - We see eagles, turkeys, turkey vultures, red-tailed hawks, owls, and myriad birds not normally seen in town.
  - A neighboring property owner recorded a black bear on their game camera. We have seen the footprints.
  - There is an innate fear and respect for humans by all these critters. Still give them their freedom. It is their home.



14. Plants are beautiful, some are food and medicine, some are not your friend. Learn to identify poison ivy, et al!

15. Bugs have a valuable place in nature. Chiggers, ticks, scorpions, and spiders do not, but they are around anyway.

16. Snakes are denizens of all rural Oklahoma.

17. Stay alert. Take care of you and yours.

18. Have fun. Nature is gracious, if you respect it and unforgiving if you do not.

19. The ranch is a registered Oklahoma Agritourism site. Their signs are at the gate and other locations. The state explicitly expects visitors to be responsible for themselves and their activities. This is Oklahoma!



20. Life is good. Enjoy!

website: [www.evergreencg.org](http://www.evergreencg.org)

social: <https://gab.com/groups/62710>

