



## **Science Buzz Cafe # 568**

**Monday 6 PM • May 11th, 2026**

**The HopMonk 'Abbey'**

Host, Daniel Osmer ([daniel@economicbuzzcafe.com](mailto:daniel@economicbuzzcafe.com))

6 PM • Come Early for Food & Drink • RSVP \$7 • DOOR \$10

**MEET Your Neighbor West Program**

**Skip Jirrels, CERT & MYNWC**

**What? (FRS) Family Radio Service & (GMRS) General Mobile Radio Service**

When the cell towers go down what do we do? FRS or Family Radio Service is a 2watt neighbor to neighbor level [communication](#) protocol. To compliment this low power and low range system the GMRS or 5-watt General Mobile Radio Service operators are needed nearby close to the FRS. That neighborhood/area GMRS operator can reach a 'hub operator', a 50-watt GMRS radio in the area to help solve problems or find info the neighborhood could not find on its own. Then that hub operator can reach other hub operators to find solutions across a wide area without connecting to the emergency level communications protocols that are a whole big discussion. Let's talk.

**Meet Your Neighbors West County — MYNWC — is a free neighborhood resilience program serving communities across west Sonoma County.**

Meet Your Neighbors West County — MYNWC — is a free neighborhood resilience program serving communities across west Sonoma County. They bring neighbors together through informal workshops and conversations, because we've found that when people know each other, they naturally look out for one another — especially when things get hard. A willingness to work together tends to emerge on its own from those connections, and the program details and inclusion of local lived experience help neighbors adapt the program to what they need.

**Skip began volunteering in Sebastopol in 2006 with helping to start the Community Emergency Response Team (CERT) training under the Sebastopol Fire Department.** He participated in the neighborhood preparedness education through the Map Your Neighborhood program in 2010. Skip has helped to keep the working together focus of the neighborhood approach to preparedness dynamic and effective for residential and rural neighborhoods alike. The next logical step is to expand into a more 'local area approach' to neighbors working together to help each other - the Meet Your Neighbors - West County program. This along with a comprehensive and unified low-tech communications plan.

**Skip Jirrels • Meet Your Neighbors West County- Program Director**

Gravenstein Health Action Coalition • [GravensteinHealth.org](http://GravensteinHealth.org)

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