

Quarter Century Wireless Association Southwest Ohio Chapter 9

October/November 2004

2004 Officers

President	Gerd Schrick	WB8IFM	937-253-3993	Director	Jack Ohmart	K8CUA	937-299-6988
Vice President	Carey Alexander	K8DOT	937-426-3614	Director	Ed Sonnanstine	W8NFK	937-859-3524
Secretary	John Fridrick	K8DSR	937-278-8113	Bulletin Editor	Gerd Schrick	WB8IFM	937-253-3993
Treasurer	Gerald Ragland	WA8BOB	937-746-5857				

**Our Regular Meetings are on the SECOND Tue with lunch at 11:30 AM at the MCL Cafeteria,
4485 Far Hills Av. in Kettering**

Silent Keys

Carl Schuman, W8PTG, formerly from Springfield, passed away on July 19 in Franklin, IN. He was 88 years old and had been in failing health over the past year and a half. He remained vitally interested in amateur radio until the very end. He was my mentor and I have been an active ham now for more than 50 years. Carl will be missed on the bands!

[Lowell Lowary, W9BZ]

Ken Weller, W8TZQ, last living at the Otterbein Home (near Lebanon, OH), became a silent key Sunday, 12 Sept. His family and pastor were with him when Ken quietly stopped breathing. He was 85 years old.

[Keith, K8WE, son]

Meetings: October 12, Planned Mars Mission, P5A
November 9, The Florida Hurricanes by Ron, W8ILC

GREETINGS and many Happy Returns to those observing BIRTHDAYS

10/1/17	K8CUA	10/31/17	W8NFK	11/28/48	WA8FOZ
10/11/28	K8YDP	10/5/13	W8ZEB	12/4/38	W8POF
10/24/21	K8DOT	11/1/52	K8UD	12/6/20	K8IOW
10/25/33	W8JNO	11/10/37	N3CQ		
10/26/18	W8TIV	11/13/12	KA8ZPG		

Ch.9 QCWA NET – SUN, 1:30 PM on 3.975 MHz Net control: Jim, K8YDP (he also listens on 145.41MHz neg offset Fbn rpt)
National QCWA NET - SUN - 20 UT= 4PM local on 14.347 MHz

PRESIDENT's COMMENTS

Each time we are reporting the deaths of our members it reminds us that we are mortal and one day we will pass on also.

I got my “wake-up” call 13 years ago when I had a coronary by-pass operation. I started to follow the cornerstones of a healthy old age: a proper diet and daily exercises. This keeps my body functioning and makes me feel ok, to start another day. However, the third cornerstone, to keep mentally active must not be neglected. In that respect, I have my pet projects and a lot of volunteer work. To manage the “cornerstones” you have to go by a daily plan, and **adhere** to it. This is the most difficult part, as it requires to be your own motivator, since most of us are retired and do not have the 8 to 5 schedule of the working people. Things you do with and for the xyl will help. One thing we've done together lately is: to go for a walk around the neighborhood or go for a ½ hour swim at an indoor pool every morning. One day, I say, I don't feel like walking. She says: “No way, we are going.”

And as food goes I fix breakfast and lunch, and the xyl provides a fine supper at night. The breakfast is simply a bowl with cut-up fruit and one slice of toast with a thin layer of butter and cooked egg white and a cup of coffee. Lunch consists of a turkey sandwich some raw veggies, some fruit and a glass of skim milk. So you see, it's easy and I can handle this.

Hope to see you in good health at the meetings,
73, Gerd, WB8IFM, Pres, QCWA Ch 9.

**Have you been “Hamming” for 25 years or more?
Please Join Us!**

QCWA Chapter 9 (Dayton/Cincinnati)
Yearly Dues \$ 5.00
Mail to the Treasurer
Jerry Ragland, WA8BOB
409 Park Avenue
Franklin, OH 450 05-3550