

Quarter Century Wireless Association Southwest Ohio Chapter 9

Oct / Nov 2010

2010 Officers

President	Gerd Schrick WB8IFM 937-253-3993	Director	Carey Alexander K8DOT 937-426-3614
Vice Pres.	vacant	Director	vacant
Secretary	John Fridrick K8DSR 937-478-2484 (cell)	Bulletin Editor	Gerd Schrick WB8IFM 937-253-3993
Treasurer	Gerald Ragland WA8BOB 937-746-5857	e-mail WB8IFM@ARRL.net	

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

Meetings

Oct 12 The Forgotten Linear Amplifier, by Gerd, WB8IFM.
Nov 9 TBD

Happy Birthday to the following

10/1/17	K8CUA	10/25/33	W8JNO	11/28/48	WA8FOZ
10/11/28	K8YDP	10/26/18	W8TIV	12/4/38	W8POF
10/12/40	WD8QAI	10/31/17	W8NFX	12/6/20	K8IOW
10-12-47	AF5K	11/1/52	K8UD	12/8/47	AA8LL
10/24/21	K8DOT	11/13/12	KA8ZPG		

President's Comments

Keeping your agility and mobility into old age is the way to happiness in old age. It is really much more important to exercise when you get older than when you are young. The young ones naturally move about quite a bit and don't have to worry about falling. If they do, it's no big deal! A baby learning to walk falls down more often that it makes successful steps. I often think these "handicap" spots close to doors of public buildings are for many counterproductive. At times, I kept thinking "wouldn't it be nice to qualify for a "handicap sticker". One requirement they told me is to not be able to walk 200 feet w/o pain. I still manage to walk that much. Pain is a relative measure and I don't mind a little, if it gets too much, stop for a few seconds. I never liked exercise per se, always try to combine it with doing something useful, like putting up an antenna!

So if you live in a house that requires a bit of walking that is nice. Better yet if the house has multiple levels where you have to climb stairs. Again here you might think a house with one level is fine as climbing stairs is hard. But it is extremely beneficial When you can't climb stairs anymore or only walk 200 feet under excruciating pain, then it is time to join the crowd with the walking stick, the walker and the wheelchair.

The other thing that is not very helpful, is depending on physical therapy. Unless you can hire your own physical trainer to be with you for hours per day

instead of just short periods, it is not sufficient. It is, however, not that hard to do your own and for the most part you do not even need machines or equipment. Getting in and out of a chair, standing on one leg at the counter in the kitchen comes to mind. And of course, just walking or climbing stairs. Well, that's enough for to-day!

With the sunspots we are still not making much progress and the ARRL is using last year's monthly charts again for this fall. But there is still a lot of dx out there. The good thing about the condx, they are more stable and predictable.

I've been tinkering with my linear amplifier and plan to report on it at the next meeting. During the sunspot minimum conditions a little extra power helps. TVI is also just about a thing of the past. We will talk about all this and more. Still working to get a speaker for the upcoming meetings in November and December. I call on all the members for recommendations. We are also still in need of volunteers for officers of the club. The present ones have been serving for a long time.

See you Tuesday. 73, Gerd, WB8IFM.

Membership:

Jerry Ragland, WA8BOB
409 Park Av, Franklin, OH, 45005-3550
Presently \$ 5 per year. Mail in or pay at a meeting.

Bring a friend to the meeting!