

# Quarter Century Wireless Association Southwest Ohio Chapter 9

Oct/Nov 2017

## 2017 Officers

President	Gerd Schrick	WB8IFM	937-253-3993	Director	Carey Alexander	K8DOT	937-426-3614
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No SKs to report

Regular Meetings are on the second Tuesday of the month with lunch at 11:30 AM at the MCL Cafeteria, 4485 Far Hills Av. in Kettering .The Meeting starts at 12:00. We have door prizes.

**10 Oct.** Ready for Fall? Think:"Antennas" **14 Nov.** Getting ready for Christmas? Think: "Gingerbread!"

### *Happy Birthday to:*

K8GKH	10-5-46
WD8QAI	10-12-40
AF5K	10-12-47
K8DOT	10-24-21
W8JNO	10-25-33

W8MM	10-28-49
K8UD	11-1-52
AE8I	11-3-58
KD8RG	11-5-84
AB8FT	11-11-28
W8NJR	11-12-36

W8NGV	11-22-36
WA8FOZ	11-28-48
W8POF	12-4-38
K8IOW	12-6-20
AA8LL	12-8-47

## President's Column.

First, I want to apologize for not sending out our bulletin earlier. In essence, we left out September, but we still had our meeting. An E-mail was sent out and the word spread. At the meeting we had a computer problem: we could not get the computer to send the pictures to the projector. We had not had that in a long time. You needed to push two keys at the same time. But, which ones?--To not again forget the procedure, I have made notes on the adapter package, so we can always look them up!

I got myself a 3-year old electric car, had it now a few weeks and I am still enjoying the "electrical" experience. It is definitely an improvement over the combustion engine, except that the range is presently only good for "around town". But that is, of course, where most of our driving takes place anyway. I will report more as time goes by. Right now I am charging the battery from a 120VAC outlet overnight and it works fine, I also charged it once at the AF-Museum. They have 240VAC chargers (free) and that worked fine too. I had it plugged in for an hour and 20 minutes and according to the indicator it gave me an extra 40 miles to drive.

One subject I always wanted to report on, is about our daily wake and sleep routine. (Interestingly, just

now 3 doctors won the Nobel prize for Medicine with a discovery about the Circadian Rhythm).This subject got also some attention after several collisions at night of navy ships with commercial ones causing fatalities.

All the digital distractions surrounding modern man, automation and electric lights, make us often forget that our body is a very complicated system that requires nourishment, exercise and rest. The average adult needs about 7 to 8 hours of sleep. A reasonable timing would call for an 11 o'clock bed time and getting up at 7. That leaves 16 hours for the day. It is obvious that a few breaks are needed. The main one, quite common, is from 12 noon to 2PM, which some call Siesta, quite common in the Mediterranean. It is used for a light lunch and a one hour rest (sleep). Then you have 9 hours left before bed time and usually at 6PM is the main meal of the day: Supper. Some cultures also have a mid-morning break between 9 and 10 AM.

Cu at the meetings, Vy 73, Gerd,

**Chapter 9 Membership is \$5 per year.**

**Submit to our treasurer:**

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