

Quarter Century Wireless Association Southwest Ohio Chapter 9

February / March 2005

2005 Officers

President	Gerd Schrick	WB8IFM	937-253-3993	Director	Carey Alexander	K8DOT	937-426-3614
Vice President	Jack Ohmart	K8CUA	937-299-6988	Director	Ed Sonnanstine	W8NFQ	937-859-3524
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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**

Feb 8 meeting: Report from "Down Under" by Gerd, WB8IFM

Mar 8 meeting: TBD

GREETINGS and many Happy Returns to those observing BIRTHDAYS

2/4/24	K8TUY	2/14/38	W4MWZ	3/11/27	K8PKL
2/5/35	K8JE	2/22/54	NY1A	3/16/25	KC8JV
2/7/34	W8GNV	2/28/18	W8HU	3/19/43	W8GS
2/11/17	W8SR	3/8/17	W8QDD	3/22/20	N8AEC
2/14/31	WB8IFM	3/10/20	W8ARN		

Ch.9 QCWA NET – SUN, 1:30 PM on 3.975 MHz Net control: Rotating, see back of this sheet.

National QCWA NET - SUN - 20 UT= 3PM local on 14.347 MHz

Good Advice: Physical Conditioning

By Byron Noe - W8ARN

The legs are the most important appendages of the human body. We depend on them for mobility throughout life. As we age, however, many things can go wrong to inhibit proper function. Among these are ankle swelling, general weakness, and intermittent claudication. Ordinary walking may be beneficial to ward off many of these problems, but may not be sufficient to eliminate all of them. Thus, a more vigorous type of exercise may be required. The one that I have found most effective is climbing stairs, known as stair-step walking. This type of exercise develops collateral circulation, improves muscular function, and restores normal operation.

When I retired several years ago, I was walking 2 miles daily on relatively flat terrain (Fairborn area). I thought that this amount of exercise would be sufficient to maintain a reasonable good condition. However, I soon realized that it wasn't. I began to develop leg fatigue, aching, and general discomfort. This medical condition is called intermittent claudication and is caused by a restriction of blood flow. To ameliorate this condition, medical advice is to walk until pain begins, stop, rest, and resume walking. Since I was already walking 2 miles daily, I had no desire to do more walking. I needed to come up with some more strenuous exercise. That's how I hit upon the idea of "stair-step walking".

We have a basement with a 10 step stairway and I began by walking 4 times up and down each day for a week. Doing this, I realized how out of condition I was. I found myself quite exhausted after each effort. Nevertheless I prevailed. I kept adding 2 flights weekly until I achieved 50 flights daily. Each week I noticed improvement. My leg problems vanished. Explanation for this improvement is known as collateral circulation. It is, in a sense, nature's by-pass procedure to restore blood flow.

An added benefit is that "stair-step walking" improves cardiovascular function and provides the necessary blood flow to meet the metabolic demands of the various organs.

More recently I have reduced the "stair-step walking" to 12 flights daily for a maintenance level. No reduction in physical fitness has been noted. Of course, I still walk about two miles daily as I did before.

QCWA Chapter 9 (Dayton/Cincinnati)

Yearly Dues \$ 5.00

Mail to the Treasurer

Jerry Ragland, WA8BOB

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