

Quarter Century Wireless Association Southwest Ohio Chapter 9

April / May 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**

Apr 12 meeting: Great Circle boat trip by Jack, K8CUA

May 10 meeting: Another Silent Auction / Bill, W8LIL

Happy Birthday to the following

4/6/19	W8VAY	5/12/19	W8WTL	6/5/28	KD8RJ
4/9/31	WT8W	5/14/22	W8STX	6/6/20	WR8A
4/12/24	W8GFA	5/19/24	W8RJH	6/7/21	W8MK
4/13/22	W8AAL	5/23/10	W8BHT	6/10/33	WB8KMX
4/24/37	W8ILC	5/31/47	N8KPJ		
5/7/29	KA8GYV	6/2/25	W8EWD		

President's Comments.

I recently stumbled on some TV technology that has been creeping up on us for years and it reminded me of how we hams sometimes are the conservative ones, when we should be on the forefront of technology.

Steve, K8UD, introduced me to this technology and I'd like to quickly explain it to you. Everybody has heard of HDTV and probably even knows what the characters stand for. But what about SDTV? SDTV is HDTV's "little brother" (standard TV) and it makes a **lot more sense** to me. Instead of hogging frequency spectrum, it actually *saves* it. It does this through the **marvel of compression**. Six standard TV signals will fit in the same allocated bandwidth (6 MHz) as an analog TV signal. All US TV stations have had a second allocation of 6 MHz set aside specifically for that purpose for a number of years, mostly on UHF. And all local stations now radiate a digital version of their old analog signal in that second allocation. What's more, some stations also use it to broadcast alternate programs, such as reruns. Channel 16, however, is the only one locally that utilizes all 6 channels with a variety of dedicated programs. Now, here's the best part. You can buy a converter box (called a set-top-box) for around \$ 200. Using that, and a pair of rabbit ears, you are ready to feed brand new, good quality SDTV signals into your old analog TV set.

Byron, W8ARN, has another health tip for us; this time in regards to back pain:

Sacroiliac pain (a.k.a. lower back pain) is a very common affliction. Very few people will go through life

without escaping its ravages. It is caused by **weak back muscles** and therefore, can usually be cured by appropriate back-strengthening exercises.

When the pain strikes, lying on a hard surface such as the floor or a board-backed mattress might give some temporary relief. However, this method sometimes may be considered worse than the disease!

For recurring conditions, the patient might be referred to a health-care professional. The treatment often prescribed is 20-30 minutes of various back maneuvers. This procedure can sometimes be self-defeating as opposing muscles might also be needlessly strengthened.

However, before you run to your doctor you might want to try a **simple one minute daily exercise**.

Begin by lying on your back on a firm surface with your hands at your side. Then, arch your lower back about 15 times every other day for a month. Do this same exercise twice a week for the second month. Thereafter, perform the exercise once a week.

These maneuvers are highly effective and may be all that is needed to provide a lifetime of relief.

QCWA Hamvention Banquet Friday night 20
May at Alex's Continental Restaurant near
Miamisburg. Program: How to Handle Impossible
People. By Chris Close. Cost per person is \$ 18.-
(incl. tip).
Make check out to Jerry Ragland, WA8BOB,
and mail to 409 Park Av, Franklin OH 45005-3550