

**Quarter Century Wireless Association Southwest Ohio Chapter 9**  
**April / May 2007**

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President Gerd Schrick WB8IFM 937-253-3993  
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**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 to Report:** Ted Suarez, K8BSC, 85y, Dec, 2006;  
Don Lowden, KA8ZPJ, 94y, Feb 19; Paul Kendall Stevens, 82y, Mar 1

**April 10 Meeting:** Willi Stahl: Collecting Auto License Plates

**May 8 Meeting:** T. B. D.

**Happy Birthday to the following**

<b>4/7/38</b>	<b>W8LLY</b>	<b>5/14/22</b>	<b>W8STX</b>	<b>6/10/33</b>	<b>WB8KMX</b>
<b>4/9/31</b>	<b>WT8W</b>	<b>5/23/10</b>	<b>W8BHT</b>	<b>6/14/38</b>	<b>W8CRK</b>
<b>4/12/24</b>	<b>W8GFA</b>	<b>5/31/47</b>	<b>N8KPJ</b>	<b>6/14/51</b>	<b>KB1SF</b>
<b>4/24/37</b>	<b>W8ILC</b>	<b>6/2/25</b>	<b>W8EWD</b>	<b>6/20/22</b>	<b>W8LIL</b>
<b>5/7/29</b>	<b>KA8GYV</b>	<b>6/6/20</b>	<b>WR8A</b>	<b>6/26/18</b>	<b>N8ADA</b>
<b>5/12/19</b>	<b>W8WTL</b>	<b>6/7/21</b>	<b>W8MK</b>		

**President's Comments.**

It's become an American credo "a pill for every ailment", and, of course, there is a name for every ailment too, half of those didn't exist when you grew up. So it was like a travel back in time to read the book "Folk Medicine" by DC Jarvis, written in 1958. Dr Jarvis makes these very valid points:

1) Remember what your mother or grandmother knew about healing and remedies. And 2) he predicted:**"The doctor of the future will be a teacher as well as a physician. His real job will be to teach people how to be healthy."**

We are not quite there yet. On the one hand, the pill pushers have taken charge and do not help you much to understand what's going on in your body. Just believe them and buy the pills. On the other hand you have many people eagerly learning and trying to understand health issues with the help of a good library and/or the Internet. When Dr Jarvis wrote his book all these vitamin and supplement pills of today did not exist, so he relied heavily on nature's offerings. Remember the saying "An apple a day keeps the doctor away!" He follows through with this folk medicine approach and explains how the body functions and what is needed to sustain a healthy life. His most mentioned, everyday advice gets you to drink a glass of "honeygar" each for lunch and supper. You fix the

honeygar, a term he coined, by putting two tea spoons full each of apple cider vinegar and honey into a glass of plain water. It turns out the sweet and sour taste of this drink is very appealing and you find yourself sipping it throughout the meal.

We had a bout of winter weather in February and a storm was heading our way. So we cancelled the meeting. We'll have the talk on auto license plates in April. We still have a few 50-year diplomas to pass out. At the last meeting Carey Alexander, K8DOT, received his 50-year award and Manuel Bothello received his 75-year plaque and a life membership in the National QCWA.

**Vy73,** **Gerd,** **WB8IFM**

**75m QCWA Net (3975 at 1:30PM) on Sunday!**  
Chuck, W8TIV, net control

Have you thought about paying your dues. It's that time of year, still only \$5 for one year. Jerry, WA8BOB, will be at the meeting or send it to him at 409 Park Av. Franklin OH, 45005-3500  
Jerry also will take your money for the QCWA **Hamvention Banquet**, on Friday, May 18 2007 at 7:30 PM. The program is " Superbowl 2003, HDTV behind the Scenes" by Steve Mendelsohn, W2ML. Advanced reservation required. Cost per person is **\$ 18.00** (tax & tip included).