

Quarter Century Wireless Association Southwest Ohio Chapter 9

Mar/Apr 2016

2016 Officers

President	Gerd Schrick	WB8IFM	937-253-3993	Director	Carey Alexander	K8DOT	937-426-3614
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Treasurer	Gerald Ragland	WA8BOB	937-746-5857				

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Regular Meetings are on the second Tuesday with lunch at 11:30 AM at the MCL Cafeteria, 4485 Far Hills Av. In Kettering No Sks to report.

8 Mar Meeting Lightning Protection + Q. & A.
12 April Meeting Nearfield Propagation + Q. & A..

Happy Birthday to the following

K8PKL 3-11-27
KA8GOV 3-23-55

KD8SZ 4-6-54
W8LLY 4-7-38
WT8W 4-9-31

W8ICQ 4-10-45
W8ILC 4-24-37
KA8GYV 5-7-29

President's Column

It looks like we almost made it through the winter. Compared to other parts of the country we were pretty lucky this year. Spring and Easter are only a few weeks away, and then we have to think about Hamvention in May. Info on Ch.9s contribution: the *Hamvention QCWA QSO Party*, is printed on the back of this bulletin. Also we include a brand new roster. Let us know of any changes/corrections etc. We will publish those in the next bulletin, so you can update the list.

A bulletin from W4MWZ, Merle Zeek, was returned, and upon checking we found he had become a silent key on *Sept. 2014* in Florida. Merle was from Hamilton originally.

I get very few comments, and even less contributions. I think we all come up with new ideas and insights that are worth being passed on.

Here comes my health advice (for this bulletin) that has served me well for some time now. After my bypass operation in the early 90s, the surgeon told me the following: "Gerd, don't forget to breath. Breathing

(supplying oxygen to the blood) is extremely important. Deep breathing is the best." Most people have "shortness of breath". That's the way the doctors describe it. A much better term would be "shallow breathing". Unfortunately, it is very hard to change to deep breathing, especially when you are older. So I do it consciously whenever I think about it, several times during the day and before falling asleep at night. Also when I exert myself and feel some angina, rather than popping a pill, I stop on the spot and deep breath for a couple of minutes! What do you do? You take a "very deep" breath, hold the air, count to five, then exhale.

For the upcoming meetings I have planned a brief discourse on lightning protection and nearfield propagation. Both meetings will also feature a Q+A session.

CU at the meetings. 73, Gerd, WB8IFM

Chapter9 Membership is \$5 per year.

Submit to our treasurer:

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