

Q-FIVER



THE OFFICIAL NEWSLETTER OF THE OH-KY-IN AMATEUR RADIO SOCIETY
CINCINNATI, OHIO — WWW.OHKYIN.ORG

Calendar of Upcoming Events

Monday	January 3 @ 9:00 PM	SSTV Net (146.670 Repeater)
Tuesday	January 4 @ 7:30 PM	Club Meeting (Zoom & Lockland Church of the Nazarene)
Wednesday	January 5 @ 9:00 PM	Tech Talk Net (146.670 Repeater)
Monday	January 10 @ 9:00 PM	SSTV Net (146.670 Repeater)
Tuesday	January 11 @ 7:20 PM	Board of Directors Meeting (same Zoom info as club meeting)
Wednesday	January 12 @ 9:00 PM	Tech Talk Net (146.670 Repeater)
Monday	January 17 @ 9:00 PM	SSTV Net (146.670 Repeater)
Wednesday	January 19 @ 9:00 PM	Tech Talk Net (146.670 Repeater)
Monday	January 24 @ 9:00 PM	SSTV Net (146.670 Repeater)
Wednesday	January 26 @ 9:00 PM	Tech Talk Net (146.670 Repeater)
Sat & Sun	January 29 & 30	Winter Field Day @ Harvest Home Park
Monday	January 31 @ 9:00 PM	SSTV Net (146.670 Repeater)

OH-KY-IN Repeaters

146.670 (-) Clifton
146.625 (-) Edgewood (Fusion)
146.925 (-) Delhi (Fusion)
443.7625 (+5)
All repeaters require a 123.0 Hz CTCSS (PL) tone.
APRS on 144.390 MHz
K8SCH-10 Edgewood WIDEn (off-air)
Packet on 145.010 MHz
K8SCH-7 Digipeater (off-air)

Meeting Information

Our monthly club meeting will be held at Lockland Church of the Nazarene (335 W. Wyoming Ave.). We will continue to offer Zoom video conferencing as an option. Please join us at 7:30 PM Eastern time each first Tuesday of the month. The Zoom call will open at about 7:20 PM for you to join. The passcode is 146670

<https://zoom.us/j/996062859>

If you are unable to join online, you may join by telephone at (301) 715-8592 with a meeting code of 996 062 859 and passcode of 146670. Long distance rates will apply.

Life Members

John Phelps	N8JTP
Kenneth E Wolf	N8WYC
John W Hughes	AI4DA
Karl R Kaucher	KK4KRK
Howard Hunt	NG8P
Fred Schneider	K9OHE
Dan Curtin	KF4AV
Steve Weeks	AA8SW
Kelly Hoffman	K8KAH
Cindy Shipp	KB8WEI
Jerry Shipp	W1SCR
Bob Craig	K8RC
Mick Cook	KD8IOQ

Election Results

The club held our annual election at the December meeting. This year's election brought about a few changes in club leadership. First, Brad Hast KE8JTM was elected Treasurer, replacing Brian DeYoung K4BRI who chose not to continue in that role. The club thanks Brian for his years of service. Second, Steve Crase N8PUP was elected to the role of Secretary, filling a vacancy due to a resignation earlier in the year. For the position of Director (3 year term), Drew MacDonald KE8JTL challenged incumbent Mike Niehaus KD8ZLB, with Drew prevailing. We also thank Mike for his years of service as a Director. Ryan Owens AC8UJ (President) and Cesi DiBenedetto KD8OOB (Vice President) were unchallenged and re-elected to their current positions. Thanks to all who voted and particularly to our new officers who stepped up and ran. They will officially take office during our January club meeting.

Meeting Location

The board has decided that we will continue meeting indefinitely at Lockland Church of the Nazarene, located at 335 West Wyoming Avenue in Lockland. It's right off I-75 at exit 12 (the Reading/Lockland exit southbound and the Davis St./Lockland/Reading exit northbound). Enter through the glass door by the mailbox under the awning. Be aware that there are about 5 steps down into the meeting room. Thanks to Steve N8PUP for making this facility available to the club for our meeting! We will also continue to offer Zoom for those wishing to join us online.

Brunch Bunch

by Bruce Vanselow, N8BV

The next Brunch Bunch will be held Saturday, January 8th, at 1pm. The location for December is Price Hill Chili Family Restaurant in, of course, Price Hill. Price Hill Chili is located at 4920 Glenway Avenue, 45238. Price Hill Chili is located on Glenway Avenue, near the intersections of Glenway Avenue, Cleves Warsaw Pike, and Guerley Road.

“Price Hill Chili is a family owned and operated restaurant on the west side of Cincinnati. It is a popular and well known establishment to anyone who was raised or resides on the west side. It's fame and popularity has also spread well beyond the boundaries of the west side and it has become a Cincinnati legend.”

For a look at the menu as well as a map, go to: www.pricehillchili.com

Remember that the Brunch Bunch always meets the second Saturday of every month at 1pm at a location to be announced each month.

If you can't join us this month, maybe you'll be available to join us in the months ahead.

As always I'm looking for suggestions on what restaurant you think might be a good place for the Brunch Bunch to visit in the future.

73, Bruce N8BV

Photo by Gabriel Alenius on Unsplash

Renewal Time

by Nathan Ciufu, KA3MTT

Here we are – already staring at the end of 2021! As I write this, I'm thinking about how thankful I am for this past year – I'm very blessed. Along those lines, OH-KY-IN has a LOT to be thankful for as well! We had fantastic events this year, with Field Day being an absolute pinnacle. How about that score???

A very hard-working group, led by Gary, KB8MYC, was able to get a tremendous amount of work done on our flagship repeater, 146.670; and there's still more improvements on the way for some other repeaters! There have been incredible strides forward for OH-KY-IN this year, and I'm very thankful for all of the hard work that everyone has put into the club.

That being said, please be sure to renew your membership if you haven't done so already. There are many ways to do so:

You can print an application using the address - <http://ohkyin.org/wp/wp-content/uploads/2021/02/OH-KY-IN-Membership-App-2021.pdf> and simply mail your payment.

OR... you can use ANY credit card or PayPal using the secure server at the following address: <http://renew.ohkyin.org/>

Don't forget, we have the Lifetime Membership available as an option – this is an incredible way to support the organization, as well as make sure you never have to worry about renewing again!

If anyone has any questions, please feel free to contact me at KA3MTT@YAHOO.COM

73,
Nathan Ciufu, KA3MTT
OH-KY-IN Membership Chairman

Support OH-KY-IN by Shopping

Of course we appreciate your membership dues and all of the ways you give time and energy to the club, but did you know you can also support OH-KY-IN just by doing things you already do?

Kroger Community Rewards is a great source of income for the club and requires no effort! Visit <http://www.krogercommunityrewards.com/> and set us as your charity. We are organization **QY352**.

You can also support us through Amazon Smile.

Contact Bruce N8BV for details about either program.

Newsletter Submissions

Please send any submissions you would like included in upcoming newsletters to Ryan, AC8UJ. All content is welcome! You can e-mail content to him at his callsign at arrl.net. Please send all content either as plain e-mail text (attach any photos or graphics) or as a PDF file. Depending on the spacing needs of the particular issue, Ryan may reformat your content and adjust the layout. Because of this, if you send a PDF, please also include any graphics used as attachments.



Telegrapher's Paralysis or "Glass Arm"

By Dr. Horacio S Falciglia, KA8TVY

I am a ham radio operator who recently (9/2021) developed the "glass arm." Telegraphers using the original straight key, making the up and down motion, were often the victim of an occupational hazard related to the muscles of the wrist, the median nerve and the forearm. In the 19th century among operators working at the railroad, post offices, navy, merchant marine and others, after several hours a day of pounding on their keys, many experienced "paralysis of the wrist," the "glass arm." Ham operators also developed this malady that today we call "carpal tunnel syndrome (CTS)."¹ In 1888, J.H. Bunnell introduced his double speed (sideswiper) key to overcome the glass arm. The Bunnell key² was patented in 1888, (16 years before the emergence of the semiautomatic key) and it was sold until the 1920's.

Bunnell's sideswiper or "cootie" key was operated using a horizontal motion of the hand and arm with great relief of the glass arm's pain. In 1902, Horace Martin invented a unique key that, instead of using an up/down motion, the keying lever also went from side to side; it used a battery powered interrupter circuit to allow the key to make dots automatically simply by holding the lever to the right. This greatly lessened the tension on the operator's wrist. He called his invention the Autoplex and it went into use in 1902³, costing \$25 or about two weeks' salary then. It required a battery which also was expensive in 1902. Soon after Martin came up with an improvement to the key that did not require a battery. Instead, the dots were produced by a mechanical oscillation of the horizontal lever striking a fixed post. Unlike the Autoplex, this new key, which he called The Vibroplex, could only produce about 10 dots or so before oscillations subsided³. But a telegrapher does not need to send that many dots in one sequence, so the Vibroplex accomplished its goal and soon became very popular.

In the early 1900's, a poor telegrapher was called a "bug." When the Vibroplex was invented, operators rushed to buy them and started using them without practice. The results were poor sending of Morse Code which most of the time could not be copied and their keys became known as "Bugs."

Some of the advantages of CW are its ability to override noise and static and still make itself readable, occupying only a bandwidth of 300 Hz compared to 2.5 KHz for SSB and up to 10 KHz for FM. CW radio equipment is very cost-effective and Morse code remains the simplest and most efficient way to communicate in radio. I got my first CW certificate in July 1957 in Buenos Aires. Mariano Abastas LU7EE (SK), at the Argentine Radio Club LU7EE was my CW teacher. After I passed the 5 WPM, I got my novice License (LU7DAU). I operated in CW and SSB. My father, Salvador LU1DFH (SK), was my inspiration. He was an army officer who provided regular patches to relatives of Antarctic personnel; he was involved in Rescue operations as well. My uncle Raul LU6DEC (SK) was a Morse code specialist in the Argentine Army and he was another person I admired

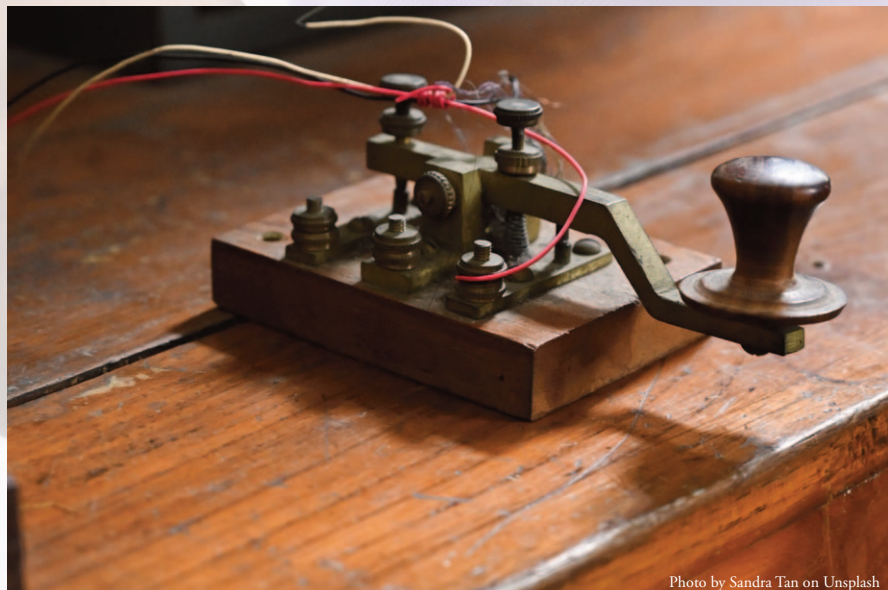


Photo by Sandra Tan on Unsplash

◆ Antique Straight Key

Photo by Towfiq barbhuiya on Unsplash

for his skills with the code. I emigrated to New York in 1972 to specialize in Pediatrics Neonatology at Bellevue Hospital, New York University. I came to Cincinnati in '76 and worked at CCHMC and Good Samaritan Hospitals. I took Ham radio classes through the OHKYIN Amateur Radio Club as a Technician. John Hugentober N8FU (SK) was my teacher, Elmer and dear friend. John had worked at the post office in Cincinnati. Telegrams there were sent by Morse code and John also had an outstanding speed. I got both my General license and my USA citizenship in 1984. I had to stop my hobby for about 18 years due to my busy medical profession in the NICU. In addition to CW, in January, 2019 when the HF propagation was not great, I joined the digital mode trend with FT8. K1JT Joe Taylor's invention was a blessing at a time the propagation in HF has been poor. I spent three to four hours in my basement during the pandemic, getting hundreds of QSO's in FT8 mode. Unfortunately this mode also required the use of the laptop computer and the "down click" of the mouse connected to it. Double whammy as far as injuring my wrist and triggering CPT syndrome. I also on and off practiced another hobby, calligraphy, which I have loved since my days of high school. I practice the Copperplate style that also requires very much use of the wrist. The Declaration of Independence, written by Thomas Jefferson, is Copperplate style and it is the example we need to follow. I am sorry that today few schools now teach calligraphy. I have tried (unsuccessfully so far) to teach my grandchildren the power of penmanship of this forgotten art. In September, I began with my Carpal Tunnel symptoms: paresthesias and tingling at night. I also have the same symptoms driving my car or pounding on my J-38 Morse key. I did the Phalen's maneuver (the wrist flexion test). I pressed the back of my hand and fingers together with wrist flexed and the fingers pointing down to the floor for 2 minutes. The test was positive: I developed severe tingling of the fingers. I knew then that I had CTS and I needed to see the orthopedic surgeon, Dr Peter J Stern. Dr Stern at UC Health did the two points test and confirmed the I had Carpal Tunnel syndrome.

The Carpal Tunnel⁴ is a small passageway on the palm side of the wrist where the Transverse Carpal ligament is the roof of the tunnel covering several anatomic structures, including ligaments, vessels, the ulnar nerve and the Median nerve, among others. The pressure of the Carpal ligament on the median nerve produces the tingling and numbness of the first three fingers that gets worse at night due to accumulation of fluids in the Tunnel.

The treatment that I received at UC Health for three months since September included a wrist support sleep brace that I wore during the entire night. After two months without improvement, I received a dexamethasone injection on my wrist and I also tried non-steroidal anti-inflammatories (ibuprofen). Nothing seemed to work. On less severe CTS cases than mine, where the wrist brace has worked and there is no need for surgery, I would recommend: 1) for your computer, the use of an ergonomic mouse pad with wrist support, 2) a steering wheel cover for the car (it's called "Just Squeeze It"), and 3) hand exercises for CTS. Obviously you need to stop CW, typing or whatever make your symptoms worse.

On November 30th, I had Carpal Tunnel syndrome surgery at UC under local anesthesia with lidocaine and Marcaine without sedation. It took 15 minutes. They did a longitudinal 3 cm incision on my palm, then they sectioned the carpal ligament, applied 5 stitches to the skin and a light dressing for ten days. No antibiotics or

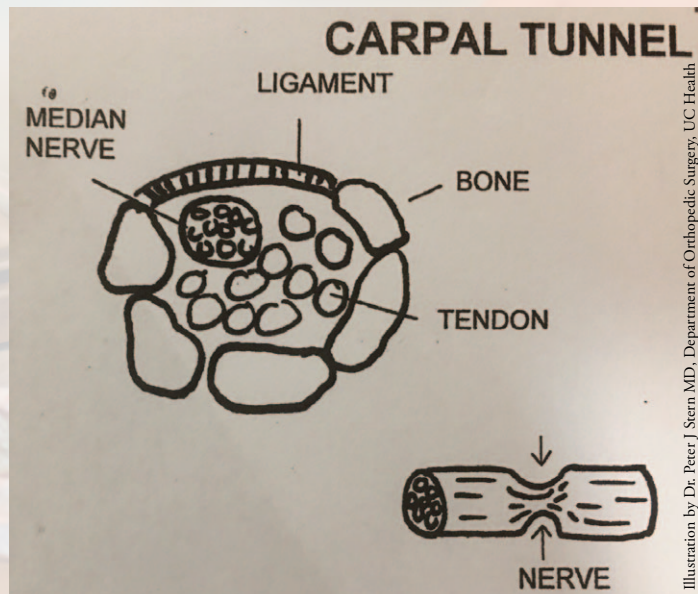


Illustration by Dr. Peter J Stern MD, Department of Orthopedic Surgery, UC Health

◆ Illustration of the Carpal Tunnel

ointments were needed. Two days after surgery, my CTS symptoms went away. Results of CTS surgery are 80% cure, 15% better, 5% no change and infection in < 1%. Major risks: infection <1%, recurrence (rare), injury to median nerve, tenderness in palm, temporary usually less than three months.

I am now on day 10 after surgery, typing this letter without pain or tingling. I resumed driving 48 hours after surgery without problems. The surgery worked. Now comes the hard part: I will need to retrain my skills with the Morse code. I don't want to tempt my luck by going back to the Straight J-38 key which I used for 40 years, so I will switch most likely to the single paddle Kent. My other options are the cootie key, manufactured by Steve Roberts, W1SFR. At a later time, I could try either an electronic keyer or a Vibroplex bug. It appears it is easier to switch from a straight key to a paddle or a bug than to start learning Morse on a paddle. This is controversial. I wrote this report with the idea the one day it may help my fellow hams with the "Glass Arm." And remember: don't give up on CW. Samuel Finley Breese Morse would not like it! Our beautiful hobby and art began with Samuel Morse doing the first transmission in 1844 over a wire from the Capitol Building in Washington, DC to Baltimore, Maryland that covered a distance of 38 miles. He sent "What hath God wrought." Later in 1895 Guglielmo Marconi developed the first transmitters and receivers and he is considered the father of modern wireless radiotelegraphy.

— — — — de KA8TVY, Horacio

¹ Ham Radio History: The Vibroplex Morse Code Key and the Carpal Tunnel Syndrome in the late 1800. Bravocharlie AD8BC, November 2014

² The Art of Side-Swipery by Jerry Bartacheck KD0CA

³ Telegraphkeys.com. Bugs (semiautomatic keys)

◆ Keys from left to right (both images): Kent single paddle, Cootie and Vibroplex bug key

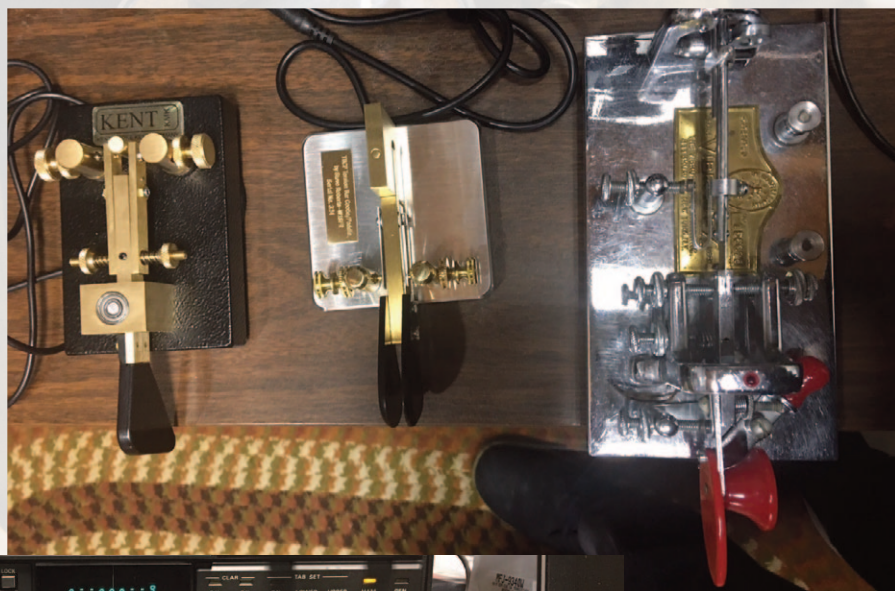


Photo by Horacio Falciglia KA8TVY



Photo by Horacio Falciglia KA8TVY

ISS SSTV Event

OH-KY-IN has a handful of members who closely follow SSTV events from the International Space Station and the recent event between Christmas and New Years was no exception. Here is a sample of images captured by one of our members, Jim N8HQY.

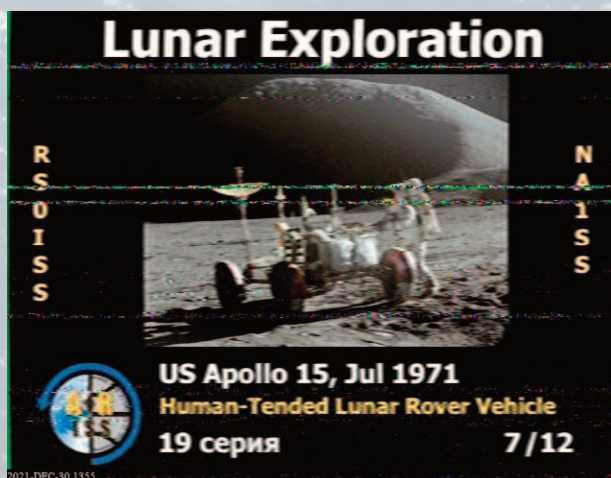
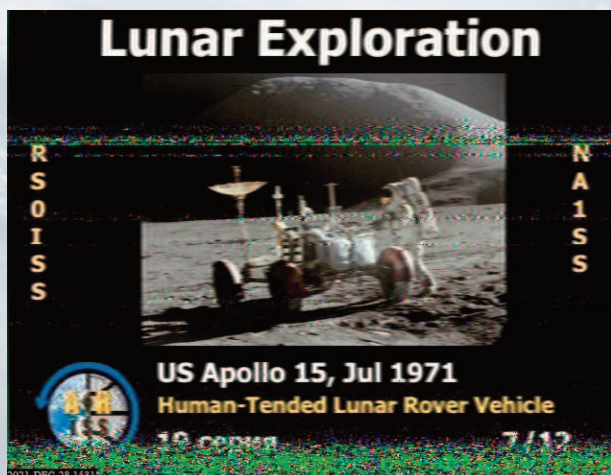


Photo by NASA on Unsplash

OH-KY-IN SSTV Net Samples

Here's a sample of the images you could be receiving if you tuned into the weekly SSTV net on the 146.670 repeater, hosted by Devin KE8PEQ. The net meets every Monday night at 9:00 PM Eastern time. No special equipment is required. If you have a 2 meter receiver and a computer or smart phone, you can receive images. If you don't know how, check in to the weekly Tech Talk net Wednesdays at 9:00 PM Eastern and ask for help. Hope to hear you all on the nets!



December, 2021 Meeting Minutes

OH-KY-IN Amateur Radio Society
Minutes of December 7th, 2021 Member Meeting

The meeting was called to order at 7:31 PM by Ryan AC8UJ with the Pledge of Allegiance. The club held a hybrid meeting at the Lockland Church of the Nazarene and via Zoom. It was also the club's holiday party.

Guests: None

New Licenses or Upgrades: None

Attendance: 37

- 24 in person
- 13 via zoom

Health and Welfare: After having neck surgery, Bruce N8BV is back!

Brag Sessions:

- Mick KD8IOQ congratulated Fred Schneider K9OHE on 50 years as an ARRL member.

Prior Meeting Minutes: Ted NC8V moved and Brian K4BRI seconded accepting the last meeting minutes as published in the Q-Fiver. Motion passed.

Membership: Not present, but now is the time to renew your membership.

Treasurer:

- Brian K4BRI filed a report for audit with the following highlights:
 - MobileComm was paid for the tower climb for 67.
 - The club's insurance has been paid.
 - There has been activity regarding the two grants.

Library: Justin KE8COY has some books with him tonight. Contact him if you would like something specific.

Brunch Bunch: Bruce N8BV reported Brunch Bunch will be this Saturday, December 11th at West Shine Family Restaurant on Westbourne Drive in Bridgetown at 1:00 PM ET.

Events:

- 1/8/2022 – Ohio VHF+ Simplex Contest – Contact Devin KE8PEQ.
- 1/29-1/30/2022 – Winter Field Day – Harvest Home Park in Cheviot OH – Contact Ryan AC8UJ or Cesi KD8OOB.

Old Business

- Ryan AC8UJ announced that the matching donation challenge has been achieved! Cesi KD8OOB reminded the club that donations are always accepted and appreciated even though they will no longer be matched.
- Bob WA6EZV reported on the club's Field Day 2021 success this past summer. We had a record number of contacts and score, we came in first place in the Ohio Section, first in the Great Lakes Division, 9th out of 253 entries for 3A and 27th out of 5,979 entries overall. Congratulations all!

New Business:

- Club Elections were held. Only the expiring directorship was contested with Drew KE8JTL running against incumbent Mike KD8ZLB.
 - Jerry W1SCR moved and Mike KD8ZLB seconded accepting all uncontested positions. The motion passed.
 - In a close race, Drew KE8JTL won the election for the director position.
 - OH-KY-IN ARS's new board for 2022 is:
 - President – Ryan AC8UJ
 - Vice President – Cesi KD8OOB
 - Secretary – Steve N8PUP
 - Treasurer – Brad KE8JTM
 - Director – Drew KD8JTL
 - Director – Bruce N8BV
 - Director – Dennis KD8ILY
 - The club would like to extend their thanks and appreciation to outgoing board members Brian K4BRI and Mike KD8ZLB for all their hard work.
- It was brought to Ryan AC8UJ's attention that the grant payments for the two projects violated our current by laws as they were being paid out of the club's treasury and exceeded the board's spending authority without a club vote. Andrew K8AKC

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moved to approve payment of the grant money and Justin KE8COY seconded. The motion passed.

Program: Club holiday party.

Ryan AC8UJ entertained a motion to adjourn, which

was made by Brian K4BRI and seconded by Steve N8PUP, and the meeting was adjourned at 8:26 PM ET.

Respectfully submitted,
Cesi DiBenedetto KD8OOB, Vice President



Committee Chairs & Appointments

Technical OperationsGary Coffey KB8MYC
 ARPSC RepresentativeJerry Shipp W1SCR
 Volunteer ExaminersBrian DeYoung K4BRI
 QCEN RepresentativePat Maley KD8PAT
 MembershipNathan Ciufu KA3MTT
 FundraisingBruce Vanselow N8BV
 EducationMichael Niehaus KD8ZLB
 Repeater Control Ops Mgr. . .Bruce Vanselow N8BV
 PIODevin Spielman KE8PEQ
 LibrarianJustin Moore KE8COY
 Digital GroupJerry Shipp W1SCR
 Q-Fiver EditorRyan Owens AC8UJ (interim)
 Field DayEric Neiheisel N8YC
 HistorianDale Vanselow KC8HQS
 Fox HuntersDick Arnett WB4SUV
 Equipment ManagerAndrew Cornuelle K8AKC
 WebmasterGeorge Gardei N3VQW
 Silent KeyBryan Hoffman KC8EGV
 Tech Talk Net ManagerBruce Vanselow N8BV
 K8SCH QSL ManagerBob Frey WA6EZV
 TV/RFIDick Arnett WB8SUV

OH-KY-IN Officers

PresidentRyan Owens, AC8UJ
 Vice PresidentCesi DiBenedetto, KD8OOB
 Secretary(Vacant)
 TreasurerBrian DeYoung, K4BRI
 DirectorMike Niehaus, KD8ZLB
 DirectorBruce Vanselow, N8BV
 DirectorDennis McGrath, KD8ILY
 TrusteeBruce Vanselow, N8BV

Consider a Donation to OH-KY-IN

Did you know that OH-KY-IN ARS has been recognized by the Internal Revenue Service as a 501(c)(3) charitable organization? That means anyone who itemizes on their Federal return can take a charitable deduction for a contribution to OH-KY-IN, as long as it qualifies under the general rules applicable to all other charitable contributions (for example, the contribution must be in cash, or other property which the organization has agreed to accept; the value of volunteered services is not deductible). Membership dues, such as the cost of a life membership, may even be deductible; consult your own tax advisor for details if considering that. Posthumous donations by Will or by naming the organization as beneficiary of a financial account are also welcome. SPECIAL OPPORTUNITY under COVID legislation — extra deductions may be possible. Please consider taking advantage of this one-time opportunity if you don't itemize.

DX/Sp.Events January 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			8Q7TR—Maldives Thru 1-3 			1 FS—St Martin Thru 1-20 
2 16th Annual Straight Key Month Jan 2-Jan 31, 0000Z- 2359Z, K3Y/0-9 +, worldwide. SKCC - Straight Key Century Club. 3.550 7.055 14.050 21.050	3	4 PJ7—Sint Maarten Thru 2-6	5	6	7	8
9 VP2MDF— Montserrat thru 2-18 	10	11	12	13	14	15 WHOA weekend, Scouts BSA Jan 15, 1400Z-2000Z, W1M, Russell, MA. Western Mass Coun- cil, Scouts BSA. 7.190 10.115 14.060 14.290
16	17	18	19 80th Anniversary 8th Air Force Jan 19-Jan 24, 0400Z-0359Z, WW2FLY, Attica, NY. WWII Flying Fortress Amateur Radio Club. 1.900 3.850 7.180 14.250	20 3B8HH—Mauritius Thru 1-27 	21 Silent Key Memorial Weekend Jan 21-Jan 23, 0000Z -2359Z, K5D/KF5UPC, Alice, TX. 14.265 7.265	22 MRAC 105th Anniver- sary Jan 22, 1000Z-1700Z, W9RH, Milwaukee Radio Amateurs' Club. 7.250 14.250 145.390
23 P4—Aruba thru 2-1 	24	25	26	27	28	29 California Discovery of Gold Jan 29-Jan 31, 1600Z -0001Z, AG6AU, Coloma, CA. El Do- rado County Amateur Radio Club. 7.248 14.248 21.348 28.348
30	31					

Prepared by Nathan Ciuffo, KA3MTT

Please remember to **renew** your membership!

We need all of you to keep OH-KY-IN going strong!



OH-KY-IN Amateur Radio Society is one of the leading amateur radio organizations in the Cincinnati, Ohio area and has been for most of its 50-plus year history. We are a 501(c)(3) nonprofit organization dedicated to the advancement of all things radio. No matter the amateur radio interest, OH-KY-IN members are involved.