



The DX HUNTER

NOVEMBER 16

MDXA CLUB INFO

**MEETINGS: 2nd SATURDAY OF EACH MONTH
7:30 AM @ GOLDEN CORRAL HWY 49
GULFPORT**

MDXA WEBSITE: MDXA.org

Net Frequency: 147.375 Tuesday @ 8:00 PM

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“More than a Club – We are Friends”

CLUB NEWS

MDXA HOLIDAY DINNER

Will be held on Saturday, December 10th at 7:00PM at McElroy's in Biloxi (next to the Hard Rock). We will be introducing the Club Officers for 2017 and giving out the MDXA Awards. Please come out and enjoy the evening of fellowship, good food and good friends. This is a dutch-treat dinner.

NATIONAL PARKS on the AIR (NPOTA)

The club will be operating from Ocean Springs, Gulf Islands National Seashore, on Saturday, Nov. 19th from 9:00AM to 4:00PM. We will be a Pavilion #3. Come out and enjoy the beautiful weather and a local 'treasure'. Make some contacts...

NOMINATION/ELECTION of OFFICERS

This months meeting we will nominate and elect our club Officers for the 2017 year. Come out enjoy breakfast and cast your vote. It will not be as "crazy" as the Presidential Election.

W6SDO (ERGONOMICS FOR THE HAM SHACK)

WHAT IS ERGONOMICS?

Ergonomics is the science of designing equipment and work spaces for maximum efficiency at a minimum of operator discomfort and fatigue. The word ergonomics comes from combining two Greek words that mean “working naturally”. In other words, something that is ergonomically designed is a pleasure to use.

However, be wary of today's advertising pitches that throw the word ergonomic around very casually. Splitting a computer keyboard in half does not necessarily make it easier to use or more efficient!

We are usually told that there is just one optimum ergonomic layout that is correct. WRONG! It is unfortunate, but true, that what we read now days in text books or on the Internet – or even what we are told by our doctor – has generally not kept up with the latest scientific studies. The good news is that the ridged rules of the past have recently become much more relaxed. With these rigid ergonomic rules from the good old days changing, you can now feel free to see what works best for your own particular situation.

Most of us have already discovered good ergonomics by the application of the old trial and error method – we learn from our mistakes. Further, most of us already apply most of what we have learned to our ham shack layout. However, you might still be able to pick up a few useful tidbits by reading the following review of what is currently considered to be good ergonomics

WHY CONSIDER AN ERGONOMIC LAYOUT?

Keep in mind that the goal is to feel good when you sit down to your operating location. This feeling of comfort and well being will come naturally if your ham shack operating location is well thought out and implemented.



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Generally, if you operate your station continuously for one hour or more a day, it is best if your layout fits certain general ergonomic principals. Good practices here will help minimize eye strain as well as the back and muscle pain that many of us older folks experience. It will not, however, help with the pain in the butt that is caused by some operators that we encounter on the ham bands.

A BASIC ERGONOMIC LAYOUT

In the simplest of terms, if you use a limited number of transceivers, receivers, transmitters and monitors, the workspace layout should be U-shaped with the most used items within each reach. A corner layout is great if you have a corner available in your shack. If you are like me and don't have a corner, you can use an extra deep desk top which will provide enough space for a U-shaped arrangement to be created. It is generally best to place your equipment symmetrically on both sides of your seating position. Check your layout by sweeping each arm around the space in front of you. You should be able to reach most of the frequently used knobs and switches without leaning forward or leaning sideways too much. Equipment should usually not be stacked over about 18 inches in height due to operator reach limitations.

Some hams even set up separated workstations for different groups of equipment. This allows them to maintain good ergonomics even though they have more equipment than can be arranged into a single U-shaped configuration.

The desktop surface height above the floor should usually be around 28 to 30 inches although this can be varied somewhat in relationship to your individual height and preferences. I like mine a little lower.

It is also a common practice to include a generous compliment of shelves located above your primary U-shaped equipment layout which can be used to store the less often used equipment and supplies.

The fronts of your equipment should be tilted up so that the dials and button labels are easier to read. For equipment without some sort of flip down front riser, you can use a short length of 2 x 2 or equivalent to do the job. Although an angle of 90 degrees to your line vision provides the best front panel view, it is not the best angle for turning the knobs. I like to be able to turn the knobs with most of my forearm resting on the desktop surface. This places the main tuning knob centerline 3 to 4 inches above the desktop while still providing a reasonable front panel viewing angle. Equipment lighting is also very important and we'll get into that subject later.

LOCATING THE MONITOR SCREEN

Conventional wisdom is that the monitor should be placed straight ahead of you and should be 18 to 24 inches from your eyes. Straight ahead is still the optimum location for your monitor. However the best distance is now considered to be farther away, limited only by your ability to read the screen. This longer distance tends to relax the eyes, creates less eye strain and produces significantly less neck pain

It is also now recommended that the monitor height should be quite low. It is best for most people if the monitor is resting directly on the surface of the work table. The top of the monitor screen should be set to be well below eye level if possible.

The screen should also be angled so that there is no glare on the screen either from the general room lighting, from the task lighting or from the outside windows. Typically, for easiest reading of the screen, the monitor screen should be about 10 times brighter than the surrounding light level.

You might also need to consider task-specific eye glasses. Often people over the age of 40 get presbyopia (Greek for old man's eyes) where we lose our ability to focus on objects that are near to us.



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THE KEYBOARD

You can place the keyboard directly in front of you if this is your most used item. However, if like most hams, you do more writing than typing, it makes more sense for you to place your pad of paper in front of you and place the keyboard at an angle off to one side. The mouse should be at the side of the keyboard. This minimizes the keyboard-to-mouse travel time and lets you locate the mouse quickly without having to looking for it.

Since table surface is at a premium in my shack, my keyboard is mounted on a slide-out tray this is under the desktop. It is mounted a close under the table as possible so that it is at the correct height when it is pulled out for use. This slide out is 36 inches wide so that it also carries the mouse and a pencil tray full of items that would normally clutter up the work surface.

Wherever you place your keyboard, you should be still be able to keep your wrists straight when typing. The keyboard angle should more or less match your forearm angle. Note that it is still considered true that the wrists should remain straight if possible. The occasional use of wrist rests is also currently considered to be acceptable as long as they are not used continuously.

If you want to try a split keyboard, get one with a hinged middle so that you can gradually adapt to it. Note that the are usually much more expensive and that the benefits have not yet been proven. However, some people like them and they are certainly not harmful – except to your pocket book.

ERGONOMIC CHAIR DESIGN

Try to find chair with a design that is based on ergonomic principals. Remember that a chair will be ergonomic only if it fits you correctly.

A good ergonomic chair design will provide a wide range of seat height and depth adjust ability, 3-way backrest adjustments plus armrest adjust ability as well as lumbar support adjustments. The chair should have five sturdy legs on a sturdy base for stability and should roll around smoothly and easily. This allows you to achieve the correct operating position without it becoming a chore. Smooth swiveling allows you to teach further to the sides without twisting your back. The chair seat should be set low enough so that your feet can reach the floor, even when somewhat extended. The chair that I use is a knockoff of a famous brand name and cost me less than \$200 on sale instead of \$800 to \$1,500. My chair also has arm rests that can be raised up out of the way which adds more variety to the possible seating positions, especially when I am doing a lot of typing.

TO CONTINUED NEXT MONTH



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ANNOUNCED DX OPERATIONS

November					
2016 Nov01	2016 Nov11	Bonaire	PJ4L [spots]	LotW	By ON7TQ ON6KX; SSB CW + digital; QSL also OK via ON3CQ (Buro or direct)
2016 Nov02	2016 Nov08	Palau	T88AB [spots]	JR1UBR	By JR1UBR fm Koror I; 40-6m; SSB; 1kw; QSL OK via JARL Buro or direct
2016 Nov02	2016 Nov16	Br Virgin Is	VP2V [spots]	LotW	By K6TOP as VP2V/K6TOP fm Tortola; 40-10m; mainly CW; 100w; end-fed half wave; QSL also OK via NR6M
2016 Nov03	2016 Nov09	Barbados	8P [spots]	JH4IFF Direct	By JH4IFF as 8P9JH and JH4CES as 8P9IP fm NA-021; 80-10m; CW SSB RTTY; 8P9IP QRV for IPARC Contest; QSL: Mitumasa Uto, 681 Tatsukawa, Akaiwa, Okayama 709-0815, Japan
2016 Nov04	2016 Nov12	St Lucia	J6 [spots]	LotW	By AA4OC as J68OC, N7BF as J68BF, WT4BT as J68MT, W6ABM as J6/W6ABM, AK5SD as J6/AK5SD, NX8G as J6/NX8G; 80-10m; CW SSB + digital; QSL also OK via home_calls
2016 Nov04	2016 Nov13	Cambodia	XU7MDC [spots]	LotW	By IZ8CCW I2VGW + 20 op team fm Sihanoukville; focus on low bands; focus on digital; 5 stations; 24x24 hours; QSL also OK via IK2VUC (Buro or direct)
2016 Nov05	2016 Nov12	St Lucia	J6		By N7BF as J6/N7BF, WT4BT AA4OC W6ABM AK5SD NX8G likewise fm Chateau Devaux, Cap Estate (island north tip); 80-10m; SSB CW + digital
2016 Nov06	2016 Nov13	Bonaire	PJ4	LotW	By N5JR as PJ4/N5JR, NT5V K5JP likewise; 160-10m; CW SSB RTTY; QSL also OK via home_call (Buro or direct)
2016 Nov06	2016 Nov16	Micronesia	V63AJ	DF8AN	By DF8AN fm Yap I (OC-012); HF; CW, some RTTY PSK
2016 Nov06	2016 Nov16	Senegal	6V1IS	Club Log	By IK7JWX IS0AGY IS0BWM IS0FQK IZ7ATN IS0FFR IW7EGQ fm Isole Ngor e Goree (AF-045); 160-6m; SSB CW PSK31-63-125 RTTY, perhaps SSTV; QSL also OK via IK7JWX direct and eQSL
2016 Nov07	2016 Nov14	Malta	9H3MI	LotW	By IZ4RTBfm St Paul's Bay; 40-10m; SSB; 100w; holiday style operation; QSL also OK via IZ4RTB (Buro or direct), Club Log, eQSL
2016 Nov07	2016 Dec02	Tanzania	5H3MB	LotW	By IK2GZU; 80-10m; SSB CW RTTY; dipoles + ground plane; QSL also OK via IK2GZU (Buro or direct), Club Log, and eQSL
2016 Nov09	2016 Dec06	Mauritius	3B8	DJ7RJ Direct	By DJ7RJ as 3B8/DJ7RJ; 160-10m, focus on 160m; 500w



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2016 Nov10	2016 Nov16	West Kiribati	T30	Home Call	By JA1KJW as T30KJ, JA3MCA as T30MA, JA8VA as T30VE, JA1JQY as T30JY fm Tarawa I (OC-017); 160-10m; SSB CW RTTY
2016 Nov10	2016 Nov22	Central African Rep	<u>TL8AO</u>	LotW	By LA7GIA fm Bangui; 80-10m; mainly CW; QSL also OK via LA7GIA
2016 Nov10	2016 Nov22	Curacao	PJ2	Club Log	By PA3EYC as PJ2/PA3EYC; 160-10m; mainly CW; holiday style operation
2016 Nov11	2016 Nov18	Saba & St Eustatius	PJ6M	K2HVN	By K2HVN fm Saba I (NA-145); 40-10m; CW SSB; may use PJ6/K2HVN
2016 Nov15	2016 Nov17	Palau	T88QR	JJ1DQR	By JJ1DQR fm Koror I; 80-6m; SSB
2016 Nov15	2016 Dec15	St Kitts & Nevis	V47JA	LotW	By W5JON fm Calypso Bay, St Kitts; 160-6m, incl 60m; SSB; yagi on 6m, verticals, dipole; QSL also OK via W5JON direct
2016 Nov16	2016 Nov22	Micronesia	V63	LotW	By JA1VND as V63YY and JA1SVP as V63FA fm Chuuk (OC-011); 160m-10m; CW SSB RTTY; QSL also OK via home_call (Buro or direct)
2016 Nov16	2016 Nov30	Kenya	5Z4	Home Call	By DJ6TF as 5Z4/DJ6TF and DL7KL as 5Z4/DL7KL fm Diani Beach; 80-10m; CW SSB; 500w; R7 + wire on 80m
2016 Nov16	2016 Dec05	Cambodia	XU7AEZ	LotW	By Russian team fm Koh Rong Samloem I (AS-133); HF; various modes; QSL also OK via RC3C
2016 Nov17	2016 Nov20	Guam	KH2	DF8AN	By DF8AN as KH2/DF8AN; HF; CW, some RTTY PSK
2016 Nov18	2016 Nov21	Fernando de Noronha	PY0F	PT7WA Direct	By PV8IG as PY0F/PV8IG fm SA-003; HF; QSL: Luciano Sampaio de Souza, PO Box 825 - AC Monte Castelo, 60325-970 Fortaleza - CE, Brazil
2016 Nov18	2016 Nov25	St Barthelemy	TO2EE	K2HVN	By K2HVN fm NA-146; 40-10m; CW SSB; may use PJ6/K2HVN
2016 Nov19	2016 Nov26	St Barthelemy	<u>FJ</u>	LotW	By KO8SCA as FJ/KO8SCA; 160-10m; CW SSB + digital; 500w; BigIR vertical; holiday style operation; QSL also OK via Club Log
2016 Nov20	2016 Dec03	Maldives	<u>8Q7SP</u>	LotW	By SP6EQZ SP2FAX SP3CYY SP3FZN SP6FX Y SP6JIU SP9FOW SP3SLA fm Dhiffushi I (AS-013); 160-10m; CW SSB RTTY; QSL also OK via SP6FX Y Buro and Club Log
2016 Nov20	2016 Nov23	Nepal	9N7NZ	JA6GWX Direct	By JA6GWX; HF; SSB CW



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2016 Nov20	2016 Dec25	DR Congo	9Q0HQ/3	Club Log	By IS0BWM; all bands; SSB; QSL also OK via IS0BWM direct w/ 2USD
2016 Nov21	2016 Nov29	Curacao	PJ2	LotW	By VE7ACN as PJ2/VE7ACN fm SA-099; 40-10m, perhaps 80m; mainly CW, some SSB; holiday style operation; QSL also OK via VE7ACN
2016 Nov21	2016 Nov30	Turks & Caicos	VP5	AA4NC Direct	By AA4NC as VP5/AA4NC; 160-10m; CW SSB RTTY; holiday style operation
2016 Nov21	2016 Dec01	Ascension I	ZD8V	LotW	By K0AV; 160-10m; mainly CW; QSL also OK via K0AV and Club Log
2016 Nov22	2016 Nov30	Honduras	HR2	LotW	By AJ9C as HR2/AJ9C; 160-10m; CW SSB RTTY; QSL also OK via AJ9C direct
2016 Nov24	2016 Dec01	Chatham Is	<u>ZL7</u>	LotW	By JA1XGI as ZL7/JA1XGI fm OC-038; 160-10m; mainly CW, some RTTY JT65 PSK; verticals; QSL also OK via JA1XGI, Buro or direct
2016 Nov25	2016 Nov30	Micronesia	V63DX	JA7HMZ	By JA7HMZ fm Pohnpei; QRV for CQWW DX CW
2016 Nov30	2016 Dec08	Grenada	J3	LotW	By VE7ACN as J3/VE7ACN fm Carriacou I (NA-147, FK92gm); 40-10m, perhaps 80m; mainly CW, some SSB; holiday style operation; QSL also OK via VE7ACN



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CONTESTING NEWS

November Contests

5- 7	Sat 2100 - Mon 0259	ARRL Sweepstakes - CW
5- 7	Sat 2100 - Mon 0300	NA Collegiate ARC Championship - CW
12-13	Sat 0000 - Sun 2359	Worked All Europe DX-Contest - RTTY
12-13	Sat 1400 - Sun 0200	Kentucky QSO Party - CW/Digital/SSB
12	Sat 1900 - 2300	CQ-WE Contest (1) - CW/Digital
13	Sun 0100 - 0500	CQ-WE Contest (2) - Phone
13	Sun 1900 - 2300	CQ-WE Contest (3) - Phone
14	Mon 0100 - 0500	CQ-WE Contest (4) - CW/Digital
19-21	Sat 2100 - Mon 0259	ARRL Sweepstakes - SSB
19-21	Sat 2100 - Mon 0300	NA Collegiate ARC Championship - SSB
26-27	Sat 0000 - Sun 2359	CQ WW DX Contest - CW

If you have info or articles you would like in the Newsletter, e-mail them to me and I will get them published.

K1AR CONTESTING HINT

A careful review of the previous year's log before a contest can help you in a number of ways. In addition to revealing a scoring target to beat, it can be helpful to make a list of the Top 10-15 actions you could have taken to improve your score that year and place it in front of you as a reminder for this year's contest.