



The DX HUNTER

DECEMBER 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

Editor E-mail: KE4MBP@GMAIL.COM

"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.

ARRL Field Day Results

The ARRL has published the 2016 Field Day results and MDXA had another GREAT year.

In Mississippi we were:
12th Overall
2nd in 2A classification

Nationally we were 1114th out of 2696
GREAT JOB MDXA!!

Here is a brief rundown of the Magnolia DX Association's **National Parks On The Air** (NPOTA) activation on Saturday November 19, 2016 from Davis Bayou in the Gulf Islands National Seashore, NPOTA Code SS08.

Operating with our club call sign W5NO on the 40, 30, and 20 meter bands, we logged a total of 428 QSOs. We logged 323 SSB QSOs and 105 CW QSOs. In additions to many stations in the continental United States, we were called by and worked stations in the Azores, Canada, Corsica, France, Hawaii, Italy, Mexico, Puerto Rico, Ukraine and the US Virgin Islands.

Members at Davis Bayou: Hank - AE5WU, Jeff - K5FZI, Megin - K5IJ, Bob - KD5PYC, Howard - KE4MBP, Marjorie - KE5YPT, Bobby - KF5BA, Anna - KF5KDL, Jana - KK5DNA, Gary - N5GD, David - W5DAW, Allen - W5XMD, Ray - WQ5L, and Bill - NA5DX.

W6SDO (*ERGONOMICS FOR THE HAM SHACK*)

USING A FOOTREST

A footrest is often useful and allows you to vary your leg position from time to time. You should not, however, be forced to keep both of your feet on the footrest for a prolonged period. I often use a floor switch to control the transmitter while maintaining sufficient space on both sides of my footrest in order to allow the widest possible variety of leg positions.

As you already know, a 90 degree upright posture used to be the golden rule. However, the latest research studies have revealed that an angle of up to 120 degrees or so can be more optimum for many people. This angle reduces the pressure on the Inver vertebral discs and requires less work to be performed by the lower back muscles by allowing the chair back to support a portion of the body weight. This new posture standard may require a different kind of chair than you are used to in order to secure the necessary support lumbar. While this posture may not be comfortable for all people, it is now considered to be OK if you like to recline a little.

Also, the 90 degree knee angle that used to be recommended is no longer considered sacred. The legs should be moved often since the ability to change positions frequently and conveniently is now thought to be just as important as posture correctness.



The DX HUNTER

DECEMBER 16

TAKE FREQUENT REST BREAKS

It is important to take frequent rest breaks. A 30 second brake every 10 minutes or so is much better than a longer break every hour or so. This fits very with the normal rhythm of ham radio operating procedures and is a no-cost ergonomic improvement.

For variety, you can occasionally operate from a standing position. I find that this provides a nice rest break even while I am continuing to operate the station. Since I usually use a Heil pro elite headset, operating while standing is very easy to do. For variety, I also sometimes use wireless earphones with a boom mounted microphone. The wireless earphones have an additional advantage that I can leave the shack and still listen for my turn to come up on the net.

VOICE RECOGNITION SOFTWARE

If you don't like to type or write, you might consider using voice recognition software. I use Dragon Naturally Speaking software and have found that it particularly useful when rag chewing while using the digital modes (since neither my typing speed or my accuracy are very good).

WHAT IS THE CORRECT LIGHTING?

Correct lighting very is important. Poor lighting can strain the eyes, cause eye discomfort (burning) and can even cause headaches. In fact, lighting is such a big deal that Herman Miller of ergonomic chair fame has recently teamed up with LUXO for "health protecting lighting". The latest advertising buzz that I hear says that special lighting will even improve your mood and energy level. Watch out, here comes the \$500 desk lamp. Lighting is a sufficiently complicated subject that it would take a book long treatment to get it all said. However, I will try to boil down the ergonomic fundamentals to a couple of short paragraphs. As luck would have it, the lighting of a ham station operating location is not too difficult, and it does not need to be complicated or expensive. You should consider two kinds of lighting to do it right – one is general room lighting and second kind of lighting that is called task lighting. Most of us already have general room lighting that works. However, you might want to tune it up a little to make it brighter, more uniform and more shadow free.

While the general lighting should be made to be sufficiently bright and shadow free to allow easy reading of equipment knobs, dials and computer monitors, the immediate work area that is in front of you should be somewhat brighter. Reading and writing of paper documents actually requires as much as 5 times more light than the general lighting level. This additional light is often called task lighting and can be provided by a properly positioned desk lamp or even a near by floor lamp. This task light source should be sufficiently bright without producing glare, should have the right color balance, should be diffuse (shadow free) and should be easily positioned according to the task at hand

In the shack, my general lighting is provided by six halogen can-style ceiling lights with their brightness adjustable by a wall mounted dimmer. This lighting is very uniform throughout the room and has nice color but is not completely shadow free. On the other hand, my wife's sewing room uses four 4-footlong diffused lighting fixtures that are fitted with broad spectrum fluorescent tubes. This lighting setup provides lots of light, yields excellent color reproduction and is extremely uniform as well as being completely shadow free. Her general lighting is far superior to mine.

For task lighting, I use an ancient OTT floor lamp which stands at the right of my operating position. This lamp has very nice color balance (read color rendering) and puts a very uniform light onto my desktop whenever it is needed. Although I do not usually use task lighting for normal operation, the lamp is great for reading and for working on the occasional small components



The DX HUNTER

DECEMBER 16

LED lighting is the new wild card in the field and should be considered for both general and task lighting applications. However, be aware that the LED lights themselves operate at low voltages and often use switching power supplies when used on conventional 120 volts AC house power. These power supplies have the potential to produce a lot of very annoying radio noise! Note that some Internet routers will also make a lot of noise in the ham bands and may have to be located as far as possible from your antennas or even replaced.

TRY IT - YOU WILL LIKE IT

Finally, hams have always been known to do the best they can with what they have – and without complaint. Almost every ham shack layout that I have seen has some compromises, including mine. However, if you want to make your shack work a little better, simply prioritize what matters the most to you and incorporate as many good ergonomic principals as you can.

You will enjoy your shack more!



*Merry Christmas, Happy Holidays and Happy New Year
to all*



The DX HUNTER

DECEMBER 16

ANNOUNCED DX OPERATIONS

December					
2016 Dec01	2016 Dec11	St Martin	FS	Home Call	By K9NU as FS/K9NU, N9TK W9ILY K9EL likewise; QRV for CQ 160m Contest w/ 3 simultaneous stations
2016 Dec03	2016 Dec15	Bonaire	PJ4	Home Call	By DL1COP as PJ4/DL1COP and DC7MO as PJ4/DC7MO fm SA-006; HF; CW SSB RTTY; holiday style operation
2016 Dec08	2016 Dec12	Palestine	E44QX	LotW	By DF8DX fm the West Bank; 80-12m; mainly CW, some SSB; 100w; vertical; limited time operation; QSL also OK via DF8DX (Buro or direct) and Club Log
2016 Dec10	2016 Dec19	Turks & Caicos	VP5	LotW	By VE7ACN as VP5/VE7ACN fm Grand Turk I (NA-003, FK41kk, FK41kl); 40-10m, perhaps 80m; mainly CW, some SSB; holiday style operation; QSL also OK via VE7ACN
2016 Dec17	2017 Jan02	St Lucia	J68HZ	LotW	By K9HZ; 160-6m; CW RTTY SSB; 3 ele yagi; QSL also OK via K9HZ
2016 Dec31	2017 Jan06	Nicaragua	H74	EA3BT	By EA3BT as H74B and EA3WL as H74WL fm Isla del Gran Maiz (NA-013) 40-6m; mainly SSB, some CW RTTY; 600w; yagi, dipole; first activation in 13 years



The DX HUNTER

DECEMBER 16

CONTESTING NEWS

Contest Calendar DECEMBER 2016

DATE	WEEKDAY	TIME UTC	CONTEST NAME - MODE
1	Thu	1800 - 2200	10 meter NAC - CW/SSB/FM/Digital
2-4	Fri	2200 - Sun 1600	ARRL 160 Meter Contest - CW
4	Sun	0000 - 2400	Ten-Meter RTTY Contest - RTTY
10-11	Sat	0000 - Sun 2359	ARRL 10 meter Contest - CW/Phone
17	Sat	0000 - 2359	RAC Canada Winter Contest - CW/Phone
17-18	Sat	1500 - Sun 1500	Stew Perry Topband Distance Challenge - CW
18	Sun	1800 - 2359	ARRL Rookie Roundup - 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

Even though there seems to be a focus on the "band edges," don't be afraid to use the high end of the bands as well.