

Microvolt

Monthly newsletter of the Utah Amateur Radio Club

November 2026



Taking a break



You love ham radio; there's no other pastime or interest like it. Aside from technology and preparedness, our craft also draws a huge diversity of people as interesting as you. But do you know when it's time to take a break from your precious hobby? This issue explores clues for when to step away from our routine, how to regulate our time in our passion, and signs of fatigue. And not only physical or mental, but also emotional fatigue. Is ham radio starting to feel a little boring? Regardless the ways you might be feeling tired, maybe it's time for some time out.

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Cover – Taking a break

Like so many, you no doubt have a *passion*, which might be flying, railroading, quilting, guns, food, cooking, martial arts, a sport, dancing, or any of numerous hobbies that can uniquely attract your undivided attention. Whoopi Goldberg, playing Sister Mary Clarence in *Sister Act 2: Back in the Habit*, once said (paraphrased), ***A passion is the first thing you think of when you wake up in the morning, and the last thing you think of when you close your eyes at night.*** Amateur radio is a passion to many hobbyists who are consumed by its allure.

We're not talking about a temporary binge like contesting or a short yet heavy activity like Field Day, but a daily concentration of your heart and mind in one occupation, often lasting months or even years. It turns out that your passion could place undue stress on your brain, your heart, your digestive system, and even your frame if not checked regularly.

Like with most good things in life, we can become exhausted from the high-velocity excitement, physically, mentally, or emotionally. And if we ignore the exhaustion, we can become saturated, overwhelmed, overloaded, frustrated, despairing, and burned-out. These can affect your work, your social life, and your family relationships. They can actually change you from your happy, cheerful, and light-hearted self to a grumpy, negative, and dissatisfied person that few people want to hang out with.



Remedies

The solution to over-indulgence is not necessarily abstinence, but *balance*. Before we reach the point of burn-out or even over-exhaustion, it might be wise to give yourself a time out, not unlike the kind you



used to give your kids. You don't need to stand in the corner or sit on the time-out chair, but a short distraction might be a good way to decompress and maybe re-balance a little.

Some amateur radio activities, like POTA, allow operators to immerse themselves in the hobby for a short time, allowing for longer periods of rest from the intensity, providing a needed balance to your regular ham radio routine. Even a non-amateur radio activity like SWLing (shortwave listening) can be a fun respite that allows you to take a break while still participating in one way with your life's love. As unthinkable as it might sound, maybe ***do something that's not radio-related.***

It'll still be here when you return

If you do decide it's time to step away for awhile, depending on how long you decide to break from your craft, it won't likely have evolved to the point of being unrecognizable when you do re-enter the fun. So, any fear you might have about missing out might be over-rated. You might find that the time away will re-energize you with renewed enthusiasm.

If, after giving your hobby a short rest, you return to find that you still feel less-than-excited, it might be time for a more serious vacation. If you feel you might be in that situation, take a few months or even a year off. When you decide it's time to test the waters, talk with friends, join a net, or just listen to a repeater until you can no longer resist the temptation to pick up the mic. So, go ahead and give it a rest. Meanwhile, we'll leave the light on for you.

Microvolt editorial staff

Editorial – Moderation

When I was a little lad, I discovered *SpaghettiOs*. It had just hit the market, and my family's black-and-white TV mercilessly dangled that carrot in front of me between cartoons. Eventually, my mom caved to my nagging, bought me my first can, and right away I fell in love. I wanted SpaghettiOs for lunch every day. Heck, for all three meals. But after a couple thousand cans of my Franco-American delight, my love for this newfound pasta-and-sauce sensation began to wane, and I started wondering whether it's possible to have *too much of a good thing*.

What other sorts of *good things* might we get too much of? Here's a short list, food for thought:

- Gadgetry (electronics, machinery, etc.)
- Education
- Water
- Exercise
- Volunteerism
- Hobbies (yes, ham radio)

For the sake of this editorial, I'll steer clear of good things more worthy of larger discussions, such as love, money, and religion, leaving those to your personal pondering and judgment.

Lopsided priorities

Looking over the activities subset in the above list, it might become apparent that one common consequence of involvement is the potentially large quantity of time one is tempted to spend with them. Amateur radio is a wonderful craft, and those of us who are drawn to its magic find that its many facets have a way of consuming a lot of personal time, possibly rendering us a little skewed in our time budget.

It turns out that a person can spend *quality time* with a hobby, so long as the more important activities are allotted your *quantity time*. In everything we do, we should keep in mind that *family comes first*. Yet, we also understand that priorities are time-dependent. For example, it's typically more important for me to be with my family than it is for me to attend a ball game. But if my family has no immediately pressing needs, and I've committed to escorting a handicapped friend to the game, my priority is now with my friend and the game. In this case, the timing of the circumstance has dictated a temporary shift of my priority.



A problem that occasionally arises is the frequency of the priority circumstance, such that if I find that the exception occurs more frequently than the rule, I once again might need to introspect my commitment. When lower-priority interests such as ham radio diverts your attention from more deserving considerations, such as your vocation, school, church callings, and family, it might be time to reconsider your time budget.

Throttled enjoyment

Heard quoted numerous times (mostly because we've needed to hear it) is *moderation in all things*. In essence, it means you can enjoy your favorite pastimes, and as much as you want, just not all-at-once, and not at the expense of higher-priority things. If you operate by these standards, you can have your proverbial cake and eat it too, meaning you can still enjoy your hobby if a) you don't allow it to consume an unreasonable amount of your time, b) you make your family a priority, and c) you train yourself to restrain (control) your enthusiasm.

Another reason you might want to take it easy with your precious hobby is to avoid burnout or boredom. Another is to avoid unidimensionality, the side-effect of knowing or doing just one thing all the time. Yet another is that a slower pace allows for sociality.

So, to answer my original wonder, I had discovered that *too much of a good thing* is rather relative, and that more precisely, *quantity attenuation per unit time* provided the necessary throttling to prevent sensational overload of my system. That is, if one can absorb or embrace ham radio less than all-at-once, that person can likely enjoy his or her craft longer, and still be welcome at home.

Anything to add? Email editor@utaharc.org

Letters to the editor

Dear Editor:

I recently came into the possession of a couple of HF rigs, due to my New Jersey uncle's passing a few months ago. They came with user manuals, but I search online for anything I need to know about them, so I'm tempted to just throw them away. But I'm feeling a little guilty about tossing them, so I'm wondering whether I should keep them just in case. I guess I could bring them to the next swap meet, but that means I'll need to store them until that day, then forget to bring them anyway. What do you think?

Gary in Taylorsville

Dear Gary:

It's true that hard copy user manuals are quickly becoming a thing of the past; while more experienced hams tend to hold onto hard copy manuals, newer hams tend to do without them. If you really don't want to keep them, I recommend bringing your manuals to the next club meeting, and announcing their availability.

Dear Editor:

I've heard quite a lot of talk in the past few years about using computers and other devices to connect people digitally. At what point is it no longer radio?

Chris in Riverton

Dear Chris:

Technically, the word "radio" refers to wireless communication by electromagnetic radiation within a relatively wide frequency range. Traditionally, "radio" requires the use of radio waves at least part-way along the communication path. However, new digital modes and non-traditional amateur devices have challenged that definition, to allow for a greater variety of two-way methodologies that expand or enhance the enjoyment of the hobby. This shift has in turn placed a greater emphasis on the "amateur" aspect than on the "radio" side. To answer somewhat directly, our craft is evolving, so while the lines that define "radio" might seem to blur, there's likely no point at which it's no longer "amateur".



Dear Editor:

Short of throwing it away, what can I do to reduce the amount of HF noise I'm getting from my computer display screen?

Scott in Salt Lake City

Dear Scott:

Many operators are plagued with display screen noise, and it's often simple to mitigate, while at other times it seems next-to-impossible. The worst offender seems typically to be the switching power supply inside the monitor itself. I recommend experimenting to determine the source or polarity of the noise, such as turning your screen one way or another, moving the screen closer and away from your transceiver, and learning whether the noise is being received through your antenna or your coax or some other way, like your (AC and DC) power cords.

One common remedy many hams have performed successfully is to snap [ferrite cores](#) around the display data cable near both ends. Another is to replace your data cable with a [shielded, high-speed cable](#). Yet another is to snap ferrites around the coax cable from your antenna near your transceiver. Other tests you can perform include plugging your monitor power cord into a different outlet, moving the majority of its coiled-up data cable away from your transceiver, changing the brightness or refresh rate of the monitor, and temporarily replacing your transceiver power supply with a battery.

Finally, if you do decide to get rid of your computer screen, please donate it instead of tossing it. Many people, schools, and other organizations will make good use of it, regardless of the RFI.

Send your questions to editor@utaharc.org

Club news

The October 2026 club meeting had a great turnout at our annual [Homebrew Night](#) with six people presenting 9 different projects, 26 attending in-person, and 33 joining us online. Photos starting page 8.



Here was the night's lineup:

- Carl Cowley KØWLY = [electronic CW keyer](#)
- Carl Cowley KØWLY = SWR silencer circuit
- James Behr KK7AVS = 2-meter cavity filter
- Alex Ferro = GNSS disciplined oscillator
- Gary Wong AB1IP = HF receiver
- Sabra Ewing AI7UG = submersible HT enclosure
- Bruce Fereday KF7OZK = portable mister
- Noji Ratzlaff KNØJI = [4:1 Guanella balun](#)
- Noji Ratzlaff KNØJI = [MeshCore](#) microcontroller
- Noji Ratzlaff KNØJI = [20-meter bandpass filter](#)



BTW, you can view many past club meeting presentations on [our YouTube channel](#).

2026 UARC Christmas Dinner

You and your family are invited to the annual UARC Christmas Dinner **6:30 pm Thursday 10 December 2026** at the [Golden Corral, 665 E 7200 S](#), in Midvale. More posted [on our website](#). We'll hold our annual elections that night, plus have announcements and door prizes, but no presentations or long speeches.

2027 Winter Field Day : *we need your help!*

As summer temperatures start to dip below 100°F, we need to start thinking about Winter Field Day. If all goes as planned, we'll hold Winter Field Day at a **yet undisclosed location** from noon Saturday 23 January through noon Sunday 24 January. We're asking for three volunteers to set up their RVs at the park starting about 8 am Saturday morning. If you're willing to contribute your RV for one night, please contact James KK7AVS (kk7avs@gmail.com) or Noji KNØJI (nojiratz@hotmail.com).

2027 UARC Spring Potluck

You and your family are invited to a potluck dinner 6:30 pm Thursday 11 March 2027 at the [Salt Lake County Facilities Management Cafeteria](#), 2001 S State St, room S1-100. Details are posted [on our website](#).

For your information

Save that date

Christmas Dinner : 6:30 pm 10 December 2026

Winter Field Day : noon 23rd January through
noon 24th January 2027

Spring Potluck Dinner : 6:30 pm 11 March 2027

ARRL Field Day : noon 26th June through noon
27th June 2027

2027 UARC Steak Fry : 5:00 pm 17 July 2027



License courses

Salt Lake:

Technician : Tuesdays

General : Tuesdays 7 to 9 pm
147.160+ MHz (127.3 Hz tone)

Orem:

Technician : Saturday 21 Nov, 8 to 2 pm
Email nv7vham@gmail.com to register

Provo Fire Station #2

Technician : 4 Tuesdays, 6 to 8 pm
19 Jan, 26 Jan, 02 Feb, 09 Feb
Visit psclass.orem.org to register
Orem City EOC, 56 N State St, 2nd Floor
This course will not be live-streamed
Email nojiratz@hotmail.com for info

Eagle Mountain:

Technician : 5 Wednesdays, 2 to 4 pm
07 Oct, 14 Oct, 21 Oct, 28 Oct, 11 Nov
Email ki6oss6365@gmail.com to register (\$0)
Primary Children's Hospital in Lehi

Exam sessions

Salt Lake County:

- Email Garth Wiscombe W7PS w7ps@arrl.net
30 Nov, 25 Jan, 22 Feb, 29 Mar, 26 Apr, 24 May

Utah County:

- Wed 11 Nov 4:00 pm : **Primary Child'n** : [signup](#)
- Wed 18 Nov 7:00 pm : **Provo** : [signup](#)
- Sat 21 Nov 2:30 pm : **Provo** : [signup](#)

Club repeaters

Farnsworth Peak : 146.620– MHz (no tone)

Scott Hill : 146.620– MHz (no tone)

Lake Mountain : 146.760– MHz (no tone)

SDRs and beacons

Northern Utah WebSDR : sdrutah.org

KK7AVS SDR : k7xrd.club

N7RIX SDR : sdr.n7rix.com

K7JL beacon 28.2493 MHz

HF remote and club transceiver stations

If you'd like to learn how to get started using the remote stations, visit the [HF Remotes link](#) on [the club website](#):

<https://user.xmission.com/~uarc/HFRemote.html>

How you can help!

Email uarc@xmission.com to reach the club leadership. Email editor@utaharc.org to suggest content.

Spotlight – Spencer Ellis KM7BLA

Spencer Ellis KMBLA has been interested in radio communication since watching his father, a police officer, at work with his radios. His grandfather was also involved with radio communication in World War II.

Spencer and his brother Nick decided to study for their amateur radio licenses together. Nick passed the exam, and is presently licensed as N7CKE, but Spencer didn't take the test until 10 years later. Before testing for his ham license, Spencer became licensed in GMRS. He wanted to be able to communicate with his family when they went camping together. Then he discovered repeaters and realized that there were more ham radio operators than there were GMRS operators. He also discovered that he could talk with hams that lived farther away over amateur radio frequencies than he could with GMRS, so he decided to get his ham ticket. He used the materials that he found on [HamStudy.org](https://www.hamstudy.org) to prepare for the exam.

In June 2025, Spencer attended Field Day with the [Utah Valley Amateur Radio Club](#), and took the test that the club administered, passing his Technician exam. Then, this past December he passed the General exam, and now he's studying for his Amateur Extra ticket.



Spencer and his wife Megan have an 8 year-old daughter Norah. This past June, Spencer took Norah to UARC's Field Day at Payson Lakes, where she made a call to New York on 20 meters. She was so excited that she kept repeating the club's call sign W7SP over and over. To the left is the Field Day photo of Norah and Spencer that appears in the [August 2026 issue of Microvolt](#).

One of Spencer's favorite things about amateur radio is meeting new people on the air. He mentioned that there are a lot of wonderful people he would have never met if it wasn't for ham radio. Now, he encourages others to get their ham license and wants to help them do it.

For the past 26 years Spencer has worked for a company that recruits hospital workers. Sometimes he and his co-workers go on medical missions. On one such mission, he was excited to talk to Guatemala on his HF radio. Spencer has an ICOM IC-7300 for HF and a Yaesu FTM-510D for VHF and UHF. For POTA activations, he uses an ICOM IC-705. Besides POTA activations, Spencer's hobbies include camping with his family, hiking and learning new things.

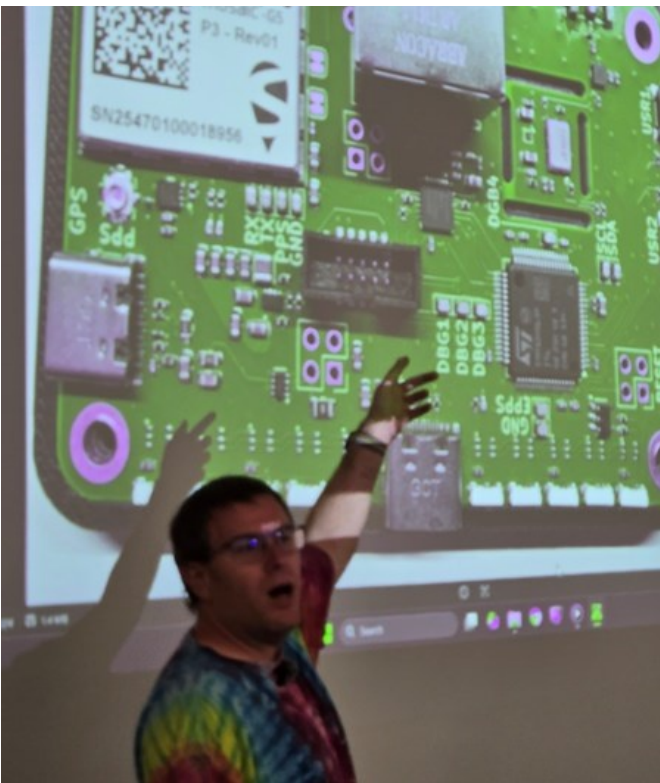
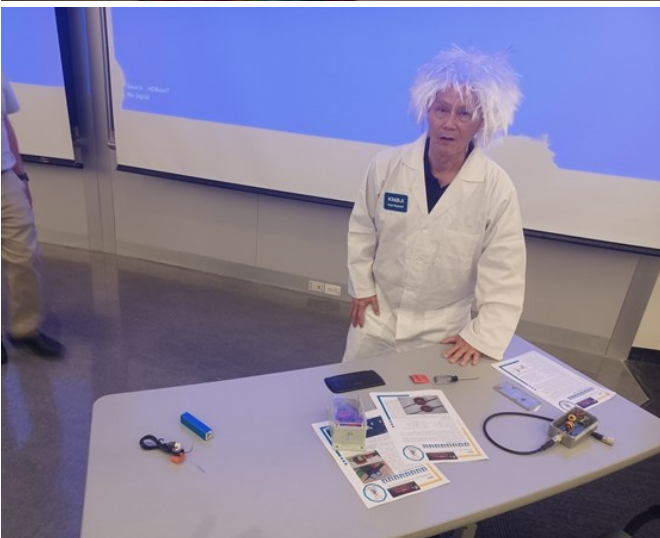
Spencer is a member of UARC, the [Salt Lake Crossroads Amateur Radio Club](#), the [Utah VHF Society](#), and the [Murray Amateur Radio Club](#), which he says is his favorite club, because of all the fun activities the club has, such as transmitter hunts, and building Yagi antennas. He also likes to get on the 10-meter Net each Tuesday evening and the 6-Pack Net on Friday nights. He also likes to talk over repeaters and even contributes to their upkeep.

Spencer, we wish you all the best in your endeavors, and the best of luck in passing your Extra exam!

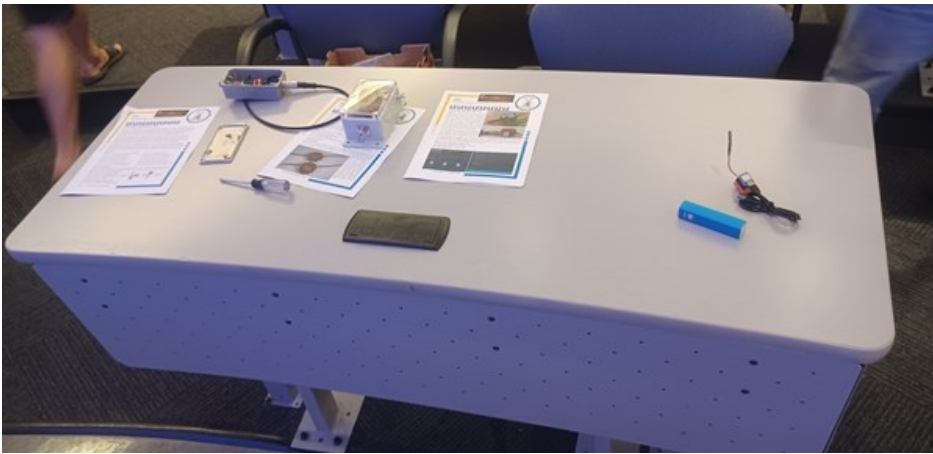
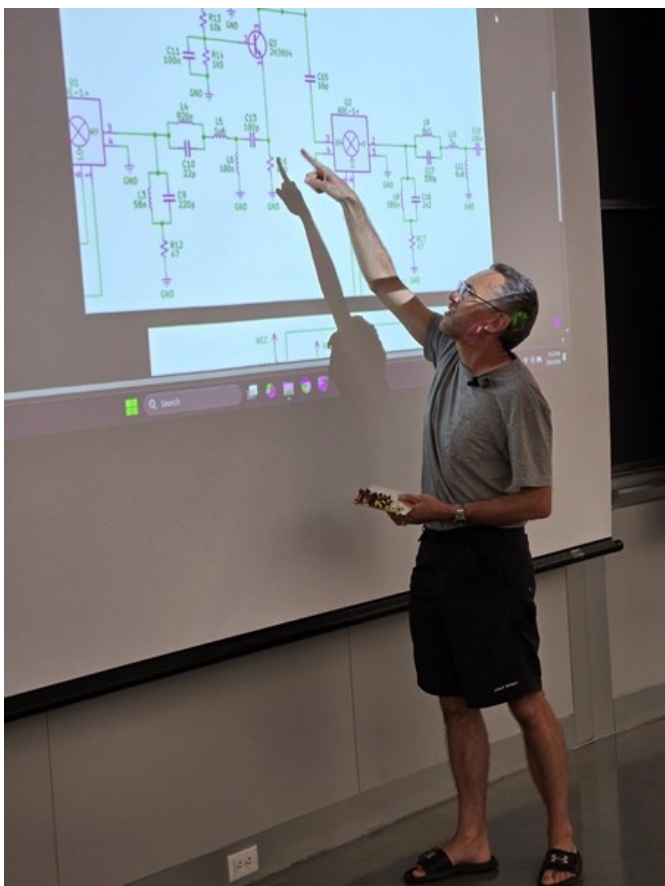
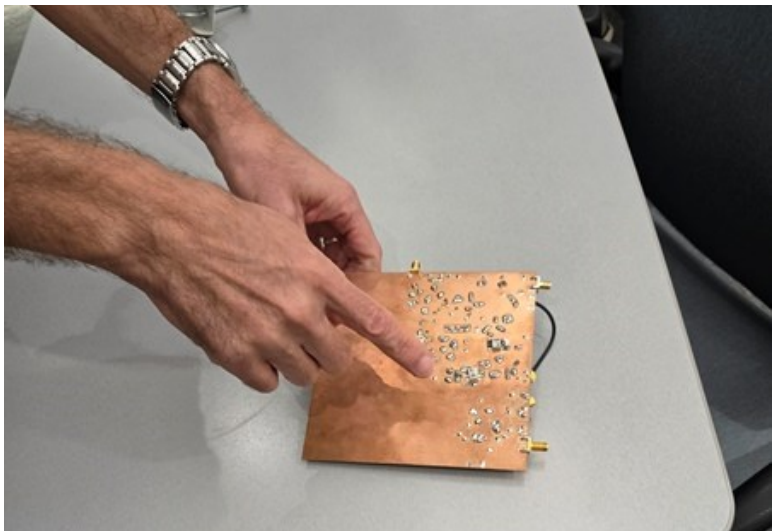
– 73, Linda Reeder N7HVF



UARC 2026 Homebrew Night



UARC 2026 Homebrew Night



Tech Corner – Setting up MeshCore

When the internet goes down, one of the hallmarks of us amateurs is the ability to communicate without the aid of commercial infrastructure. Still, being able to communicate on a network by our phones or laptop is extremely valuable when one is available. To solve this problem, inventive minds put together what's known as a **mesh network**, using [LoRa](#) technology. The goal is to connect people digitally without using the internet. In this article, we'll achieve that connection using [MeshCore](#) firmware that we'll flash onto a LoRa-compatible microcontroller.

The [Meshtastic](#) precursor enjoyed great success among radio amateurs, but MeshCore now provides improved network scalability and reduced airtime congestion, plus a few other features, such as structured routing.

I'm new to MeshCore myself, so I'll be learning about it right along with you. In essence, this is a **MeshCore For Dummies** approach to the project, if you will. It's assumed that you're using Windows 10 or 11, and Google Chrome as your browser. I'm also using a Samsung phone, and I assume this will all work similarly using a iPhone and Linux using similar steps.

Here's the complete "parts" list:

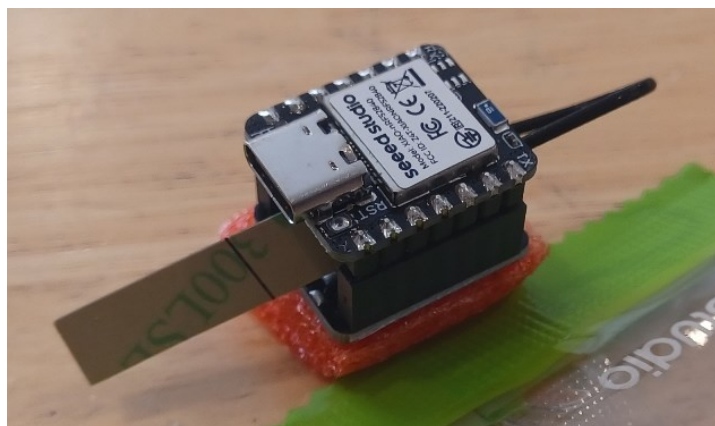
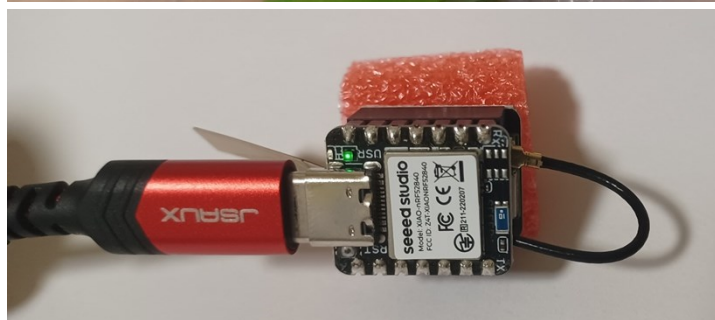
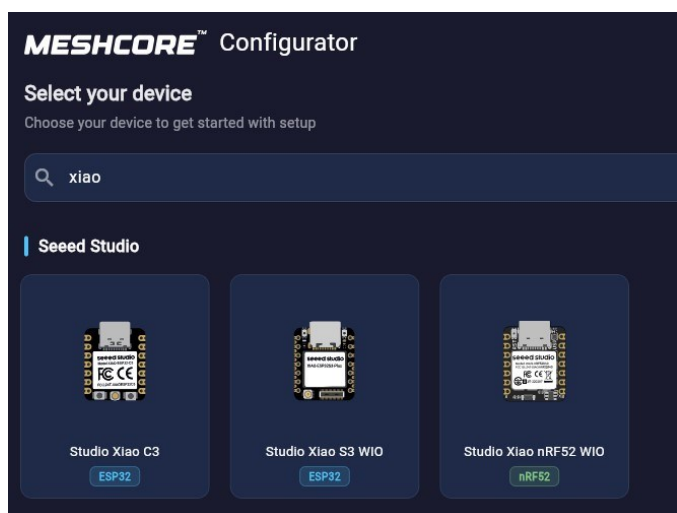
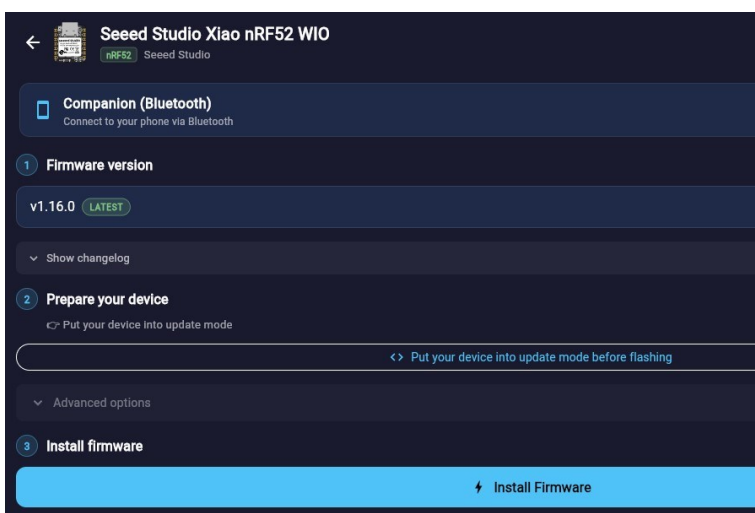
One [Seeed nRF52840 microcontroller mesh kit](#)

One [high-speed USB-A to USB-C cable](#)

One [high-speed USB-C to USB-C cable](#)

Procedure

Plug in the high-speed USB-A to USB-C cable between your computer and the Seeed microcontroller. A popup should appear in Windows, indicating the microcontroller is attempting to connect to your computer. The tiny LED next to the USB socket should blink green, indicating that it's now communicating with your computer. ***Be sure to never disconnect the antenna I-PEX connector while the microcontroller is powered.***



Setting up MeshCore, cont'd



meshcore.co.uk wants to connect to a serial port

TinyUSB Serial (COM11)

PCI Serial Port (COM3)

Bluetooth Peripheral Device (COM4)

Spp1 (COM5)

USB-Serial Controller (COM6)

LG PCSuite (COM7)

Dialup Networking (COM8)

Bluetooth Peripheral Device (COM9)

?

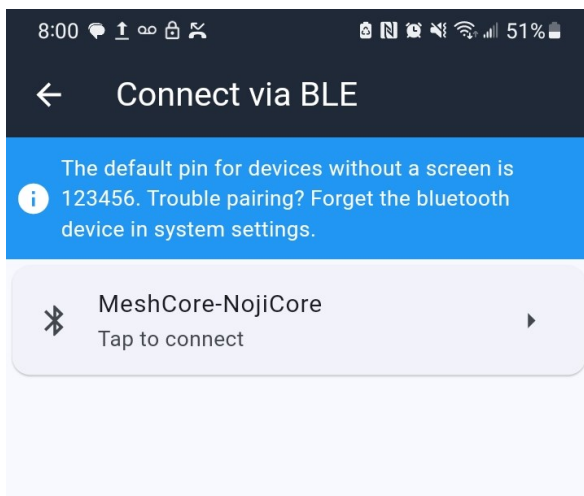
Connect

Cancel

Open your browser, navigate to meshcore.co.uk, and click the **Set Up Your Device** button, then on the new page click the Set Up Your Device box. In the Search bar start typing **XIAO** and several device models should appear. Click the one labeled **nRF52**. Click **Companion (Bluetooth)**. Be sure to select the **LATEST** firmware version, then click

Put your device into update mode before flashing, then when you're prompted for a port selection, select **TinyUSB**, then **Connect**. Once the prompt turns to **Ready for update**, click **Install Firmware**. If you're prompted for a port selection again, repeat the selection and click **Connect**. The firmware updating progress bar should fill from left to right, and after it's completed, the blinking green LED should blink blue. Click **Continue** to display the next screen, then click **Configure your device**.

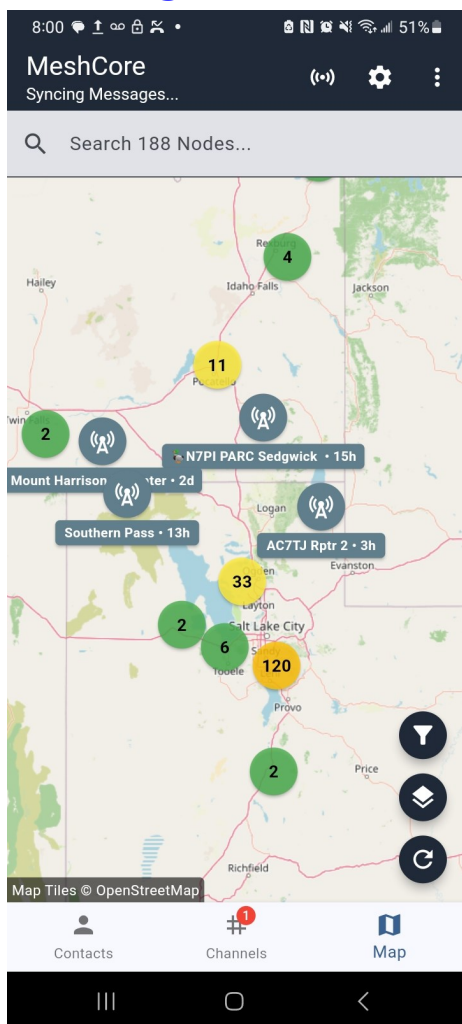
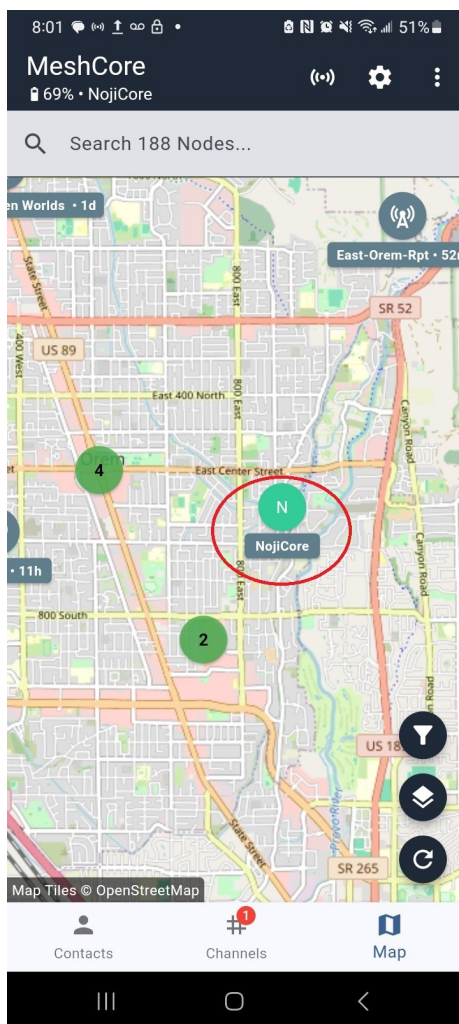
Unplug the USB-A to USB-C cable between the microcontroller and your computer. Plug in the USB-C to USB-C cable between the microcontroller and your phone. In your phone, swipe the screen from the top, press and hold the Bluetooth icon, then select the "meshcore" connection and go through the steps to pair your phone with the microcontroller.



On your phone, search for the MeshCore app and install it. For example, I opened the Chrome browser on my phone and searched for "meshcore app" and the app was the first selection to appear. Open the MeshCore app and enter the passcode **123456** to allow use of the app. Proceed through the motions of answering the prompts to set up your mesh node, including your node name and the USA (not Southern California) Preset at 910.525 MHz. (I named my node **NojiCore**, as you can see.) At this point, your phone is only providing power for the microcontroller, and the mesh data is being transferred by Bluetooth.

Tap the settings gear button and enter your desired latitude and longitude values to set your position (required to show up on

Setting up MeshCore, cont'd

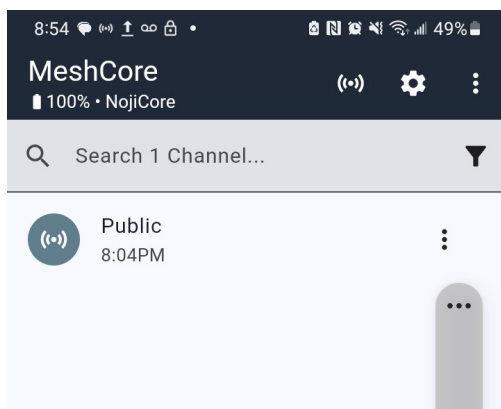
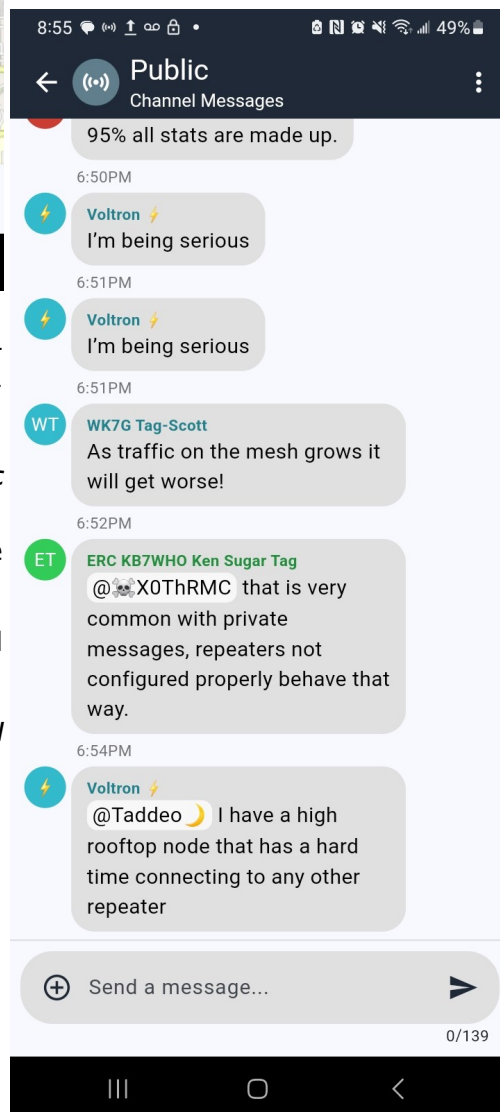


the map) and tap **Share Position in Advert**. When I tap the map button (lower right), my app comes up showing Utah nodes. Using my fingers to spread the map apart, I can finally see my own node (circled).

At the bottom of your phone screen, tap **Channels** to see the **Public** channel. Tap Public and you'll be able to see the messages being passed between users. Go ahead and tap **Send a message...** at the bottom, and when somebody replies, you're now meshing.

One helpful video I recommend is [How to Setup MeshCore](#), which will get you through at least the firmware installation.

Noji Ratzlaff KNØJI



Strays – Fatigue

Do you feel tired? Do you feel tired when you talk about feeling tired? All human beings are normally subject to **fatigue**, sometimes after a strenuous activity, whether it's physical or mental, or **emotional exhaustion**, through worry, anxiety, or other **mental distress**. In general, fatigue is a feeling of weariness, tiredness, or lack of energy. Fatigue is not in itself a disease, but is a symptom of another affect, and can be a good alarm or a warning sign.

Each human being is born wired with an internal daily clock, known as the **circadian rhythm**, which regulates the sleep-wake cycle, affecting many body functions. When you violate that clock, your body can be very forgiving. But when that violation is repeated for a relatively long duration, your body will at first rebel and sound alarms. Eventually, the consequences might be more severe, and can even cost you your life.

Starting to get old

Of course you're getting old, and that's better than the alternative (only the dead don't grow older), but I'm talking about your hobby, not you. Are you starting to get tired of ham radio? Have you found yourself caught up in the same old, dull routine of "chicken" nets (ones in which you check in, then turn off your rig), talking with the same old people, and attending the same old club meetings?



that trigger can occur at different times for different people. So, change it up; use your creative side of the brain to either start doing the same thing differently or start doing something new.

Emotional fatigue

If you've ever gone through a divorce, experienced a death of a child, or endured a lawsuit, you understand better than most the undesirable and injurious effects of **emotional fatigue**. Even when it's not as severe, such as losing a job, a vehicle collision, or an IRS notice, the effects might not be as visible, but they're just as real, and often just as exhausting. The physical and mental fatigue that results from emotional stress are often overlooked or even dismissed by those of us who are unacquainted with mental health issues.

If you get to the point where you believe your emotions have deprived you of sleep for many days, or where you spend hours each day worrying, it might be time speak with a therapist. The doctor can be a good sounding board for your deepest or most painful emotions, and can help you develop devices that offer you an exit route for your exhaustion.

The rest is up to you

So, what does all this have to do with amateur radio? Because you're human, you need to rest; rest physically, rest from your routine, or rest from your emotional roller coaster. Not all ailments are solved by rest, but quite often rest can rejuvenate you. In spite of your personal belief that you can out-last the Energizer Bunny, your body and mind need regular rest. The bottom line is, if you want to enjoy the hobby, you need to **moderate** your time with it by rest or change. **Take a break** or make a positive change in your habits.



The feeling of boredom due to your brain being on autopilot is quite natural; when conscious engagement dips, a sense of apathy and mental exhaustion sets in. These signal that it's time for a change of pace, change of venue, or change of activity, and

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We encourage you to submit original pictures (highest resolution), articles, software and hardware descriptions, appropriate humor, and responses to editorials. Email the content, pictures attached, to the editor at editor@utaharc.org

The **Utah Amateur Radio Club** was organized under its present name in 1927, with its beginnings dating back as early as 1909, then becoming affiliated with the **American Radio Relay League** in 1928. UARC is a 501(c)(3) non-profit organization and holds a club station license with the call sign **W7SP**, a memorial to Leonard “Zim” Zimmerman, amateur radio pioneer in the Salt Lake City area.

The club meets each month except July and August. The meetings are usually held on the second Thursday of the month at 7:30 PM in the University of Utah **Warnock Engineering Building**, Room 2230, unless otherwise posted.

Club membership is open to anybody interested in amateur radio; a current license is not required. Dues are \$20 per year. Send dues to club secretary James Behr, 4960 W 5400 S, Kearns, Utah 84118. Send address changes to kk7avs@gmail.com

Tax-deductible monetary contributions are gladly accepted. Send directly to club treasurer Shawn Evans, 1338 S Foothill Dr, #265, Salt Lake City, Utah 84108-2321. For in-kind contributions, please contact uarc@xmission.com to make arrangements.

UARC maintains the 146.620– and 146.760– repeaters, which are administered by the **UARC Repeater Committee**. Direct comments and questions to any committee member. The 146.760– repeater is on IRLP node 3352.

Call the **UARC Ham Hotline** at **801-583-3002** for amateur radio information, including club, testing, meeting, and membership information. Leave a message, and we’ll make an effort to return your call.

UARC 2026 Board

President: [Adam Stribling](#), KK7NJJ

Exec. Vice President: [Jeri Brummett](#), WJ3RI

Vice President: [Bruce Fereday](#), KF7OZK

Secretary: [James Behr](#), KK7AVS

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