



Radio Active Times, Issue 11, March 2026

The official newsletter of the Handiham Radio Club. Issue 11,
March 2026.

Greetings from the Editor

In the States, March is Women's History Month, so this month's issue of the Radio Active Times is all about the YLs (young ladies) and XYLs (extra youthful ladies) of ham radio. So all you OM's, just hand over the mics and nobody gets hurt.

Mélanie Carriveau, KN4ZSY, Editor in Chief

Contributions Wanted

If you have something related to ham radio or technology that you want to share with the club, please submit it to our Editor in Chief, Mélanie Carriveau, KN4ZSY. There is no deadline for submissions, and the submission guidelines are quite flexible.

Presidential Message

Greetings, Handiham Radio Club members. We have just completed the first quarter of this year's radio club meetings, and we will soon hold our second ham event of the year, the Handiham 59 special operating event.

We are also starting a new club project to tackle the accessibility difficulties we have with our HTs. Although print-disabled hams have a

lot of access to radio information, more radio solutions still need to be found. Inexpensive solutions that offer more menu access are at the heart of our latest club project, and many club members are applauding the first steps taken to kick off this new initiative. Stay tuned as our latest major undertaking develops.

The HRC daily net is rallying around some of its participants who are facing health concerns, and well wishes are being sent their way. Once again, our radio club is proving that it is a friendly club, and one that is truly kind.

Finally, club members are to be congratulated on their efforts to ramp up outreach for the radio club and the Handiham Program. Your showing your appreciation is what the HRC is all about. Russ Davis, KR4BUZ, held a 2-hour Zoom call about amateur radio and how the Handiham Program helps hams with disabilities along their amateur radio journey. Many more club members have taken part in efforts like this. You are all to be commended as you actively do your part to effect change in the hobby of amateur radio. Thank you for making my job easier, while you do your best to make our radio club an active one.

Jerry Maccoux, W0UH, HRC President

Handiham Daily Net Statistics for February 2026

By Jerry Maccoux, W0UH, HRC Net Manager

This month, February 2026, we logged our eleventh consecutive month with more than 500 check-ins. Exactly one year ago, in February 2025, we logged a mere 371 check-ins for the month, with a sluggish average of 15.46 per net and a barely breathing weekly average of 93.75. This February the Handiham Radio Club held 24 nets and scored a marked increase in check-ins, with every week logging more than 120.

Check-ins by week, February 2026

Week	Check-ins	Average per net
Week 1	148	24.6
Week 2	123	20.5
Week 3	138	23.2
Week 4	129	21.5

Check-ins by net, February 2026

Net	Check-ins	Average
Monday	91	23.75
Tuesday	98	24.5
Wednesday	85	21.25
Wednesday evening	73	18.25
Thursday	91	22.75
Friday	97	24.25
February total	539	22.46

That is an increase of 168 checked-in stations over a year ago. Good job, HRC! Let's keep supporting your radio club.

Be sure to drop in at 11:00 AM Central time, Monday through Friday, for our daily nets:

- EchoLink: HANDIHAM conference server, node 494492
- DMR: talkgroup TGIF, TG 3141
- AllStar: node 473670

Article 1: The Young Ladies' Radio League

The Young Ladies' Radio League (YLRL), club call K4LMB, was formed in 1939 when one YL wanted to see whether there were any others out

there. Twelve women banded together in a male-dominated activity, growing an organization that now reaches around the world with nearly 500 members. Members come from all walks of life, all ages and all levels of ham radio interest. Whether they got into the hobby to talk locally or to reach the strangest places on the globe, the radio interest they share is other women in amateur radio.

The YLRL encourages women in amateur radio. Members work for certificates and awards, take part in contests and operating events, and mentor new amateurs and members learning new operating modes. The YLRL runs several HF nets and supports YL nets on VHF, UHF and EchoLink. It offers 3 scholarships every year to help young women with the cost of higher education, and holds a convention every 3 to 4 years so members can meet in person. Members also attend hamfests and conventions to tell others about the YLRL.

The bimonthly newsletter, YL Harmonics, is published on the [YLRL website, ylrl.net](http://www.ylrl.net), where all past issues back to 1939 are available. The website also has information about joining the YLRL, its history, scholarships, contests, awards, and resources for all women amateur radio operators.

Current YLRL officers

- President: Diane P. Ortiz, K2DO
- Vice President: Vicki M. Zumwalt, N6KLS
- Treasurer: Judy Cox, KC5BOO
- Secretary: Anne Manna, WB1ARU
- Editor: Kathleen Houlihan, WA5DUC

Monthly Contest Spotlight

By Tom Behler, KB8TYJ

Below is a list of contests over the next month that I thought might interest you. It is only a small sampling of the many contests scheduled, and it covers the ones I know best. I encourage you to visit the [WA7BNM Contest Calendar](#) for the complete listing. If you have worked a contest that isn't listed here and want to tell us about it, get in touch with me, and I'll include your thoughts in a future spotlight. I'd also love to include other HRC testers in this feature: if you have a fun or interesting story from a contest, please let me know. Contest operating tips are always welcome too.

You'll see that, except for the CQ WW WPX SSB contest in late March, this list covers upcoming QSO parties and parks-on-the-air activations in the US and Canada. If someone tries an international contest that might be of interest, please let us know. We are always open to new contesting opportunities.

- **[Virginia QSO Party](#)**: 1400 UTC March 21 to 0400 UTC March 22, and 1200–2400 UTC March 22.
- **[CQ WW WPX Contest, SSB](#)**: 0000 UTC March 28 to 2359 UTC March 29.
- **[Louisiana QSO Party](#)**: 1400 UTC April 4 to 0200 UTC April 5.
- **[Mississippi QSO Party](#)**: 1400 UTC April 4 to 0200 UTC April 5.
- **[New Mexico QSO Party](#)**: 1400 UTC April 11 to 0200 UTC April 12.
- **[Missouri QSO Party](#)**: 1400 UTC April 11 to 0400 UTC April 12, and 1400–2000 UTC April 12.
- **[Georgia QSO Party](#)**: 1800 UTC April 11 to 0359 UTC April 12, and 1400–2359 UTC April 12.
- **[North Dakota QSO Party](#)**: 1800 UTC April 11 to 1800 UTC April 12.
- **[Florida State Parks on the Air](#)**: 1200–2359 UTC each day, April 17, 18, 19 and 20.
- **[Texas State Parks on the Air](#)**: 0000 UTC April 18 to 2359 UTC April 19.

- [Georgia State Parks on the Air](#): 1200 UTC April 18 to 2359 UTC April 19.
- [Michigan QSO Party](#): 1600 UTC April 18 to 0400 UTC April 19.
- [Ontario QSO Party](#): 1800 UTC April 18 to 0300 UTC April 19, and 1200–2000 UTC April 19.
- [Quebec QSO Party](#): 1300–2400 UTC April 19.

Learning to Talk Ham: E Region

Adapted in part from the Wikipedia article "Ionosphere," used under the Creative Commons Attribution-ShareAlike license.

The **E region** is the middle region of the ionosphere, 90 to 150 kilometers (56 to 93 miles) above the Earth's surface. It exists mainly during the day. Under certain conditions it can refract radio waves enough to return them to Earth. Its ionization comes from soft X-rays and far-ultraviolet solar radiation acting on molecular oxygen. Normally it can only reflect radio waves below about 10 MHz and may add a little absorption above that, but during intense sporadic E events it can reflect frequencies up to 50 MHz and higher.

The vertical structure of the E layer is mainly set by the competing effects of ionization and recombination. At night the E layer weakens because its main source of ionization is gone. After sunset, a rise in the height of the E layer's peak increases the distance radio waves can travel by reflecting from it.

This region is also known as the Kennelly–Heaviside layer, or simply the Heaviside layer. Its existence was predicted independently and almost simultaneously in 1902 by the American electrical engineer Arthur Edwin Kennelly (1861–1939) and the British physicist Oliver Heaviside (1850–1925). In 1924 it was detected by Edward Appleton and Miles Barnett.

The **sporadic E** (Es) layer is made up of small, thin clouds of intense ionization that can reflect radio waves, often up to 50 MHz and rarely up to 450 MHz. Sporadic E events can last from a few minutes to many hours, and they make VHF operating very exciting, opening long-distance paths that are normally out of reach. Its causes are still being researched. In the Northern Hemisphere mid-latitudes it occurs every day during June and July, often with very strong signals. Skip distances are usually around 1,640 km (1,020 miles); single-hop distances can range from 900 to 2,500 km (560 to 1,550 miles), multi-hop paths over 3,500 km (2,200 miles) are common, and contacts sometimes reach 15,000 km (9,300 miles) or more.

Article 2: Famous Hams — Laurel Clark, KC5ZSU, Silent Key

American NASA astronaut, medical doctor, United States Navy captain, and Space Shuttle mission specialist.

Laurel Blair Clark was born March 10, 1961, in Ames, Iowa, but considered Racine, Wisconsin, her hometown. She graduated from William Horlick High School in Racine in 1979. In 1983 she earned a Bachelor of Science in zoology from the University of Wisconsin–Madison, where she was a member of Gamma Phi Beta, and in 1987 she earned her Doctor of Medicine there.

In March 1987, during medical school, she did active-duty training with the Diving Medicine Department at the Naval Experimental Diving Unit. After medical school, from 1987 to 1988, she completed postgraduate training in pediatrics at Naval Hospital Bethesda, Maryland. The next year she completed Navy undersea medical officer training at the Naval Undersea Medical Institute in Groton, Connecticut, and diving medical officer training at the Naval Diving and Salvage Training Center in Panama City, Florida, and was designated a Radiation Health Officer and Undersea Medical Officer.

She was then assigned as Medical Department Head for Submarine Squadron Fourteen in Holy Loch, Scotland, where she dove with US Navy divers and Naval Special Warfare Unit Two SEALs and performed numerous medical evacuations from US submarines. After two years of operational experience, she was designated a Naval Submarine Medical Officer and Diving Medical Officer. She then completed six months of aeromedical training at the Naval Aerospace Medical Institute in Pensacola, Florida, and was designated a Naval Flight Surgeon.

Stationed at MCAS Yuma, Arizona, she was Flight Surgeon for a Marine Corps AV-8B Night Attack Harrier squadron (VMA-211). She made numerous deployments, including one to the Western Pacific, practiced medicine in austere environments, and flew in multiple aircraft. Her squadron won Marine Attack Squadron of the Year for its successful deployment. She was then Group Flight Surgeon for Marine Aircraft Group 13 (MAG-13). Before her selection as a NASA astronaut candidate, she was Flight Surgeon for the Naval Flight Officer advanced training squadron (VT-86) in Pensacola.

Dr. Clark was board-certified by the National Board of Medical Examiners and held a Wisconsin medical license. Her military qualifications included Radiation Health Officer, Undersea Medical Officer, Diving Medical Officer, Submarine Medical Officer and Naval Flight Surgeon. She was a Basic Life Support instructor, Advanced Cardiac Life Support provider, Advanced Trauma Life Support provider, and hyperbaric chamber advisor.

Selected by NASA in April 1996, she reported to Johnson Space Center in August 1996. After two years of training and evaluation, she qualified for flight assignment as a mission specialist. From July 1997 to August 2000 she worked in the Astronaut Office Payloads/Habitability Branch.

Dr. Clark flew aboard Columbia on STS-107, January 16 to February 1, 2003, a 16-day mission dedicated to science and research. Working around the clock in two alternating shifts, the seven-member crew successfully conducted about 80 experiments. The mission ended

abruptly on February 1, 2003, when Space Shuttle Columbia and its crew were lost during entry, 16 minutes before the scheduled landing. On her first and only spaceflight, Dr. Clark logged 15 days, 22 hours and 20 minutes in space.

Besides all her impressive naval, medical and NASA work, Dr. Clark enjoyed scuba diving, hiking, camping, biking, parachuting, flying and traveling. She also held an FCC Technician Class amateur radio license, call sign KC5ZSU.

Awards and decorations

- Naval Astronaut / Flight Surgeon insignia
- Naval Flight Surgeon
- Diving Medical Officer
- Submarine Medical Officer
- Defense Distinguished Service Medal (posthumous)
- Navy and Marine Corps Commendation Medal with 2 gold award stars
- Congressional Space Medal of Honor (posthumous)
- NASA Distinguished Service Medal (posthumous)
- NASA Space Flight Medal (posthumous)
- National Defense Service Medal
- Overseas Service Ribbon

Handiham Radio Club Special Notices

Handiham 59th Anniversary QSO Party

As you probably already know, the Handiham Radio Club will hold the Handiham 59th Anniversary QSO Party from Friday, April 24, at 3 PM Eastern time to Sunday, April 26, at 3 PM Eastern time. The purpose of this event is to get on the air and share about the Handiham Program.

All bands and modes can be used throughout the weekend. The exchange is call sign, name, and location (state, province or country). Logs can be in any form except braille and should be sent to Lucinda Moody, AB8WF, by June 1, 2026, so she can count and confirm contacts and send out QSL cards as needed.

To help club members prepare, we will hold a Zoominar on Sunday, March 29, at 3 PM Central time, where members can ask questions about operating in the event, logging, and anything else related.

In the June 2025 edition of the Radio Active Times, I shared tips, tricks and techniques for special operating events like our upcoming anniversary QSO party, and that article was recently reposted to the HRC groups.io email list. So I won't go over those items in detail in the Zoominar. Instead, I'd like to spend our time answering any questions you have about the event and your participation in it. I look forward to working with everyone on the 29th, so we can make this event a real success.

Tom Behler, KB8TYJ

April meeting date

Please note that our April meeting will be held on the second Sunday of the month, April 12, because Easter falls on the first Sunday. Our bylaws automatically move our meeting to the second Sunday when the first Sunday falls on a holiday.

Calendar of Upcoming Events

March 2026

- **March 17–19**, 1400–2100 UTC: Commemorating Buckingham Air Field and Lee County Mosquito Control. W4LX, Fort Myers Amateur Radio Club, Fort Myers, Florida. Frequencies: 28.340, 21.350, 14.240 MHz.

- **March 21**, 1330–2100 UTC: First LORAN experimental stations. K3S, Nuclear Ship Savannah ARC, Port of Baltimore, Maryland. Bands: 40, 20, 17, 15 and 10 meters.
- **March 21–23**, 0000–0400 UTC: New Jersey Knights of Columbus Free Throw Championship for Youths. NJ2KC, New Jersey Knights of Columbus Amateur Radio Club, Bridgeton, New Jersey. Frequencies: 14.250, 21.410 MHz.
- **March 21**, 1300–1900 UTC: Solivita Car Show. N4SRC, Solivita Radio Club, Kissimmee, Florida. Frequencies: 18.124, 24.980, 14.074, 21.074 MHz.
- **March 21–22**, 1400–2359 UTC: Virginia QSO Party. K4NVA, Sterling Park ARC, Sterling, Virginia. Frequencies: 1.845, 3.860, 7.260, 14.270 MHz.
- **March 28**, 0700–1100 UTC: 10th Annual Loomis Hamfest. W6EK, Sierra Foothills Amateur Radio Club, Rocklin, California. Talk-in: 145.130 MHz, CTCSS 114.8 Hz.
- **March 28–30**, 0359–0359 UTC: A commemoration of Pennsylvania's state charter, March 1681. W3P, Penn Wireless Association, Morrisville, Pennsylvania. CW around 7.050 MHz; SSB around 7.250 MHz; FT8 around 7.074 MHz; FM on 146.79 MHz (–0.6 MHz offset, PL 131.8 Hz).
- **March 29**, 3 PM Central time: Handiham Zoominar on the Handiham 59 special operating event.

April 2026

- **April 1–3**, 1500–2300 UTC: CypherCon. W9C, Milwaukee, Wisconsin. Frequencies: 18.100, 14.074 MHz.
- **April 3–6**, 0000–2359 UTC: Tater Day 2026, Yam It Up. KI4HUS, Marshall County ARA, Benton, Kentucky. Frequencies: 3.820, 7.250, 14.325, 28.350 MHz.
- **April 4**, 1700–2300 UTC: Las Vegas Radio Amateur Club 65th birthday. N7L, Las Vegas Radio Amateur Club, Las Vegas, Nevada.

Frequency: 14.250 MHz.

- **April 5**, 1700–2200 UTC: Mission Tumacácori 335th anniversary. WE7GV, Green Valley Amateur Radio Club, Sahuarita, Arizona. Frequencies: 14.242, 14.244, 14.246 MHz.
- **April 10–15**, 0000–2359 UTC: The Titanic Memorial. EG1912T, Unión Radioaficionados de Vigo–Val Miñor, Vigo, Spain. Frequencies: 14.025, 10.105, 7.025, 5.355 MHz.
- **April 11–12**, 1500–0100 UTC: Atlas missile silo, Oplin, Texas. KC5OLO, Key City Amateur Radio Club, Abilene, Texas. Frequencies: 28.400, 21.300, 14.250 MHz.
- **April 11–12**, 1400–2200 UTC: Shark's Tooth Festival. W4AC, Tamiami Amateur Radio Club, Nokomis, Florida. Frequencies: 14.260, 14.034, 28.460, 28.034 MHz.
- **April 12**, 3 PM Central time: Handiham Radio Club monthly Zoom meeting.
- **April 14–19**, 0817–0817 UTC: Sun 'n Fun Aerospace Expo. W4S, Lakeland Amateur Radio Club, Lakeland, Florida. Frequencies as listed by the sponsor: 14.40, 7.40, 18.93, 28.40.
- **April 15–30**, 0000–2359 UTC: Franklin County, Virginia, Moonshine Heritage Month. W4M, AA4SS, Boones Mill, Virginia. 40 and 20 meters.
- **April 16–21**, 0600–0600 UTC: Louisiana Purchase special event. N5L, Ascension Amateur Radio, Gonzales, Louisiana. Frequency: 14.300 MHz.
- **April 16**, 0900–1600 UTC: Wilbur Wright's 159th birthday. W9W, Henry County Indiana Amateur Radio Club, New Castle, Indiana. Frequency: 14.340 MHz.
- **April 17–20**, 1200–2359 UTC: Florida State Parks on the Air contest. W4AC, Tamiami Amateur Radio Club, Nokomis, Florida. Frequency: 14.337 MHz.
- **April 18–19**, 0000–2359 UTC: K5LRK. Lake Area Amateur Radio Klub, The Colony, Texas. Frequencies: 14.040, 14.175, 7.040,

7.175, 21.040, 21.275, 146.580 MHz.

- **April 18**, 1200–1600 UTC: MERT-22. KG4NXO, Marion County Florida Emergency Radio Team (MERT), Ocala, Florida. 443.875 MHz (reflector 30C, KG4NXO); SSB around 3.950, 7.235 and 14.275 MHz.
- **April 23–27**, 0500–0500 UTC: Battle of Hobkirk's Hill. K4H, Kershaw County Amateur Radio Club (KC4RC), Camden, South Carolina. Frequencies: 14.325, 7.225, 21.325, 3.825 MHz.
- **April 24–26**, 1900–1900 UTC: Handiham Program 59th Anniversary QSO Party. W0ZSW, Handiham Radio Club, Minneapolis, Minnesota. Frequencies: 28.350, 21.350, 14.250, 7.200 MHz.
- **April 25**, 1300–2100 UTC: International Marconi Day official station. K3S, NSSARC, Baltimore, Maryland. 40 meters.
- **April 25**, 1300–2000 UTC: Marconi Day. W2GSB, Great South Bay Amateur Radio Club, Babylon, New York. Frequencies: 14.245, 28.500, 21.325, 7.275 MHz.
- **April 26 – May 9**, 0000–2300 UTC: POTA in the Bahamas. KC1YL, W4PRK, Seminole, Florida. Frequencies: 7.268, 14.320, 3.905, 28.500 MHz.
- **April 30 – May 1**, 1600–0000 UTC: 2026 BEACON exercise. KA6OES, Humboldt County Sheriff's Office of Emergency Services, Eureka, California. Frequencies: 7.192, 3.992, 14.2205 MHz.

Handiham Radio Club Board, March 2026

- President: Jerry Maccoux, W0UH
- Vice President: Tom Behler, KB8TYJ
- Secretary: Mélanie Carriveau, KN4ZSY
- Treasurer and Handiham Program representative: Lucinda Moody, AB8WF
- Immediate Past President: Linda Reeder, N7HVF

- Technology Committee Chair: John Glass, NU6P
- Outreach Committee Chair: Peter Atkinson, KD9VTU
- First Member at Large: Darrell Horst, KM6KFW
- Second Member at Large: Christoph Bungard, DF9WM

To reach the club or any board member, please contact the Handiham Radio Club through the Handiham Program.

Published by the Handiham Radio Club. Read this and other issues online at <https://handiham.net/radio-active-times/>