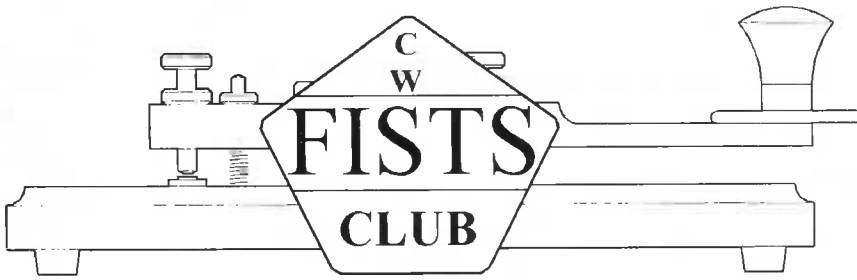


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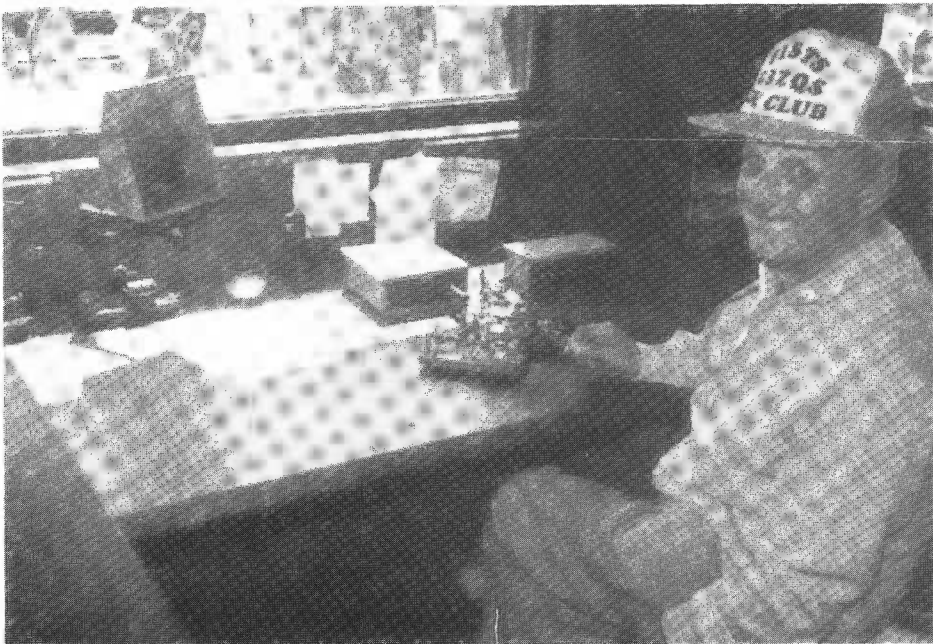
The Keynote

Newsletter of FISTS CW Club

The active chapter of the International Morse Preservation Society



Geo Longden, FISTS Founder, G3ZQS, Silent Key April 25, 2006



“Accuracy Transcends Speed”

CODE ODE

by Troy Weidenheimer, WØROF

*It's more than dots and dashes,
It's a place.
A sanctuary for those who've learned
To love the mysterious magic of
Thoughts arriving in mile-long strings
On roads of ether or wire.*

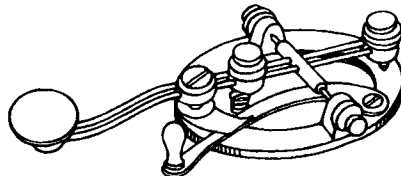
*Even more, it's peace,
A shield from the disordered sounds
Of traffic, angry people
And industrial clutter clatter,
Within its warm mantle
We find soothing respite.*

*And the patter of bright ideas it is,
The sharp focusing of others' thoughts
From miles beyond our vision's range,
As in a dream we sit so still,
It floats in our ears and stirs our minds
With concern, remembrance, speculation
And mirth.*

*And code is music,
From sounders and speakers it dances
In the shack to each sender's inner clock,
And comes butter-smooth, deliciously swinging,
Or choppy stacatto from a "fist" praising definition,
Or perfectly metered, flowing exquisitely
From the gentle hand of an artist.*

*A place,
And peace,
Intelligence and
Music.*

Code is more than dots and dashes.



FISTS CW CLUB

THE INTERNATIONAL MORSE PRESERVATION SOCIETY

NORTH AMERICAN MEMO

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Most of you have heard by now that Geo, G3ZQS, is a Silent Key. I sent out a mass email update to FISTS whose email addresses we have and set up a memorial page for him on eham.com. If you have any memories or thoughts you would like to share, the UK FISTS have a memorial web page for him. I thought it would be nice to consolidate the FISTS comments, so a link to the UK memorial site will be on our web page (<http://www.fists.org>) or you can go there directly <http://www.fists.co.uk/G3ZQS.htm>

If you have memories to share about Geo please send them to Chuck at mm0bmh@yahoo.co.uk for inclusion on the web page.

Geo's son Paul had been telephoning to keep me posted of Geo's condition, but it was still a shock when he called to tell me Geo had become a Silent Key. We will do our best to keep steering FISTS in the direction Geo set, continuing to keep our three goals in mind:

Further the use of CW

Encourage newcomers to use CW

Engender friendships among members

I hope you were able to sign the card that I brought to Dayton, which I sent to his family. The US FISTS also made a donation to the UK FISTS to get them back on their feet financially while they sorted things out, which I am happy to report is going well. Geo would be proud to know that the UK FISTS chapter is continuing to thrive and carrying the torch.

Geo's passing is a great loss to the amateur commu-

nity. His wit and sense of humor will be missed in the Keynote. Geo was a personal friend to many of us and is deeply missed.

Typically, the UK FISTS sponsor an Anniversary Straight Key Week the first week of September. I had planned to have a Straight Key contest to wrap up that week. However, with all that is going on over there, Straight Key Week will probably not be happening this year - we will keep you posted. We will still have the Straight Key Contest celebration however: The International G3ZQS Memorial Straight Key Contest, 2300Z September 8- 2300Z September 10. The exchange and scoring will be the same as the Sprints, the time period will be 48 hours. The logging program you use for the Sprint will also work for this contest.

We will also have the 2nd Annual Get Your Feet Wet Weekend (GYFFW) 00:00 Fri Sep 15 (Thursday local) to 00:00 Sep 18 (Sunday local).

We hope to have a lot of participation, especially FISTS DX, for these two celebrations, so spread the word and participate if you can.

Thank you to Lee Hallin, N7NU, for volunteering to manage the Straight Key Contest as well as the 2nd GYFFW. Check the Keynote and the webpage for details as they become available. I will also do mass email updates, so if Kathi doesn't have your email address, please send it to her at fistelist@comcast.net.

Welcome to the New FISTS

FISTS # Call sign Name State Sponsor

12279	KC0VHQ	STEVE	CO	
12280	KC0TMA	Mike	NE	
12281	WA3BTA	JOHN	WI	
12282	K7EMJ	MARVIN	SC	N4VBV
12283	WW0DX	BOB	MN	K0FP
12284	K6DBG	CHRIS	CA	
12285	WB5GTM	JERRY	OK	
12286	K0BDR	Paul	CO	
12287	N4UN	DICK	AL	
12288	W2RDD	RICH	NY	
12289	KB1R	HARRY	CT	
12290	K5UO	MIKE	TX	
12291	K1AAG	GEO	FL	
12292	W3XAF	KEN	MD	
12293	W7KIR	TOM	WA	
12294	K3EGJ	EDWARD	NY	
12295	VE3WBE	RON	ON	
12296	AD5VC	DANA	LA	WB2FXK
12297	NQ6P	JIM	CA	W7GVE
12298	KC2KJH	DON	NY	
12299	NE1NH	DON	NH	
12301	KI4MYD	BILL	TN	KB3ENU
12302	AE6RF	DONALD	CA	KQ6YV
12303	KA0EGZ	ARTHUR	MN	WB2FXK
12304	KG6TT	JERRY	CA	
12305	K4GDW	Bryan	AL	
12306	K0ADE	ANDREW	MO	
12307	AC0BU	CARSON	IA	
12308	KC4FLT	CARL	AL	
12309	KE7ELE	JOSH	UT	WB7QBC
12310	KE7GJT	CRYSTAL	UT	
12311	N8DFL	DON	OH	
12312	W2XB	DON	NY	
12313	WB2MIC	JOZEF	VT	
12314	WB9FUH	CHUCK	WI	WB8MON
12315	KB3NJO	DAN	MD	
12316	N5NA	ALAN	TX	
12317	KC0UFI	GUY	IA	
12318	KI4OJC	BEVIN	VA	
12319	N6HE	RAY	CA	
12320	K5WNU	JACK	MS	
12321	N3CA	MIKE	MD	

FISTS #	Call sign	Name	State	Sponsor
12322	N3VCD	SCOTTY	PA	KG3Q
12323	KB3LDF	MARTIN	PA	KG3Q
12324	KC4PKH	GARY	AL	WZ8C
12325	W5WRF	WAYNE	TX	
12326	W8MUA	BOB	OH	
12327	W9QS	MIKE	IL	
12328	WF2B	BUD	NY	K2ONP
12329	KC8AFT	DAVE	OH	
12330	KI5XP	CHARLES	LA	
12331	WB5AAA	JIM	AR	
12332	AA5GO	GREG	MI	
12333	W9PZT	RUDY	IL	
12334	W1AO	JOE	ME	
12335	N9NA	JOHN	IL	W9WU
12336	N9AMW	RICH	WI	
12337	K5LLE	LESLIE	TX	
12338	N1FZ	FRED	OH	
12339	K4LKP	JOHN	VA	
12340	N8CBW	CLARK	MI	
12341	KT4KV	DON	NC	
12342	KI4MGF	TERRIJO	FL	
12343	AB1AV	BILL	NH	QRP-L
12344	KC2LZX	BARRY	NY	WB2FXK
12345	KB1TOM	TOM	MA	K1RV
12346	W8NTX	GEORGE	OH	
12347	KC8FBF	CHARLIE	OH	
12348	W0OFY	BALDY	IA	WZ8C
12349	W4GJ	BOB	FL	K8IJ
12351	KF9LI	NATHAN	OH	
12352	KD8BVE	MAX	MI	WA8IWK
12353	W9SZ	ZACK	IL	
12354	WG8R	JOHN	MI	
12355	K5VT	VINCE	AZ	
12356	K1BG	BRUCE	MA	
12357	AB8SY	CHARLES	MI	
12358	VE3MWX	ALLAN	ON	
12359	WD5BGK	TOM	IN	
12360	W9YA	BOB	NM	WO8E
12361	KC9BVI	MARY	IN	WD5BGK3
12362	K8WPE	DAVE	MI	
12363	AK9L	BOB	IL	W9UZ/W9WU
12364	N9OI	STEVE	IN	
12365	W8JY	JESS	MI	
12366	K8AJS	JOHN	OH	

FISTS # Call sign Name State Sponsor

12367	W9GOC	FREDERICK	WI	
12368	WA9SE	SARAH ELIZABETH	WI	WZ9I
12369	K0OR	TIM	SD	WZ0W/WA0FGV
12370	WB8VGE	MIKE	OH	W8AU
12371	W6RF	ROB	NV	W0NB
12372	W0NB	JIM	IA	
12373	K1NOK	BOB	MA	K1RV
12374	VE3DBA	DON	ONTARIO	
12375	K9ZNZ	RICHARD	IL	
12376	KA9FOX	SCOTT	WI	
12377	W7ON	GEORGE	AZ	
12378	KJ5ZW	PHILLIP	MO	WR9H
12379	WR9H	HERB	IL	
12380	K1EEB	JOE	NH	
12381	VE6GFZ	Guyle	AB	VE6HF
12382	KB2OGW	CARL	PA	W2IX
12383	K5JPB	BOB	NY	
12384	N3DC	WILLIAM	MD	
12385	KB2SF	RICHARD	NJ	
12386	K7BWZ	DAVE	UT	
12387	WB4ARK	BUDDY	NC	Linda
12388	N0CHI	CHI	MN	
12389	KI0SR	PAUL	MO	
12390	W8REN	DAVE	MI	
12391	K2DYB	NAT	NY	
12392	K7MO	NICK	WA	KR7W
12393	WB2SPP	JOHN	NJ	
12394	KD8GZ	TIM	OH	AB8AV
12395	KD5FJ	DON	TX	
12396	KC3NU	RAYMOND	PA	
12397	WM2J	JAKE	NY	
12398	W4HPG	MCKINLEY	TN	
12399	KJ4MT	JAMES	NC	
12401	VE7ISB	JON	BC	
12402	WV1C	OSCAR	CT	
12403	N7IV	JOE	ND	
12404	W9NAP	KIMBEL	WI	
12405	KB8MMJ	BILL	MI	
12406	W0HM	HERB	MN	
12407	KI4LIQ	NOAH	GA	
12408	KB0QMF	MIKE	KS	
12409	KI4MOD	BILL	AL	K3WWP
12410	KG3M	DONALD	FL	
12411	KI4OKY	JAMES	KY	AB1BW

Letters....**ANYONE IN YANKTON, SOUTH DAKOTA?**

Thanks for all the hard work I know you put into Keynote...

I have not been operating HF much less CW for a while due to my current living situation... CW has been my favorite for most of the thirty some years I have been licensed (since 6-23-67 with a gap from '79 to '85). In recent years QRP is a passion of mine.

Some of the local folks here call me Mr. Milliwatt because I am enthusiast for using no more power than necessary to complete communication. I walk around with a little handi that runs 200-milliwatts when I'm using alkalines cells. Most often I use nickle-metal-hydride rechargeable batteries which probably provide a 160-milliwatt signal from the unit.

Thanks for Hector Perez' (NP4FW) article on QRP. I particularly appreciate his comparisons of different power levels and resulting S-units.

I do enjoy Field Day... but otherwise I am not a big contest. I can appreciate and celebrate the successes those who contest.

My normal operating activiy is public service and a ragchew from time to time.

The Club is based in Yankton and Vermillion South Dakota... with members primarily in South Dakota... Nebraska and some in Iowa. With retirements and such we have some in Florida... Arizona and other far-flung places.

I am interested in finding other Fists member in my area. I have been looking at the lists that have been published in Keynote... but have not found any...yet.

73 Al, N0IME, n0ime@hotmail.com

UPCOMING FISTS OPERATING EVENTS

Our 2005 **Get Your Feet Wet Weekend** was a rousing success. We're keeping the same weekend and times as last year - 00:00 Fri Sept 15 to 00:00 Sept 18 . The Thursday-Sunday worked out well since people are so busy on weekends, this gives them the chance to work in at least a few QSOs. The rules are the same as last year.

Despite all the controversy about licensing and requirements, there are a lot of new hams who are intrigued with the code after passing their 5WPM. But, like we all were (or are!), they are intimidated and nervous about getting on the air. They've had bad experiences on Field Day or other contests and QSO's where people won't QRS (slow down), and they are getting frustrated. We don't want that to happen! We want to encourage and nurture these new CW operators. The Novice RoundUp used to be a good forum for this, but the Novice concept is obsolete. Something needs to be implemented that would include all classes of newcomers and give them a friendly place to learn the ropes. Therefore, "Get Your Feet Wet Weekend" will again operate in 2006. *The focus is on sending slowly and clearly and sending the exchange in order. No memory or programmable keyers or code readers are allowed - human-powered transmissions only.* Certificates will be sent out to the top three scorers in each category free of charge. **The rules:** Operate under one of two categories for the entire event, Newcomer or Experienced. You can be licensed a long time but still be a Newcomer to CW or contesting. You're on the honor system: Choose whichever describes your ability.

Suggested calling frequencies: 3.610, 7.110, 14.110, 21.110, and 28.110. If you don't hear anyone, go ahead and call. Get your feet wet and jump in with a CQ FC on a clear frequency. YOU are there listening; chances are someone else is listening and waiting to hear a CQ, too. No WARC bands.

Call "CQ FC" - stands for FISTS Contest

The Exchange: Callsign/N (newcomer) or Callsign/E (experienced), RST, Name, QTH, FISTS number or power, last two digits of the year licensed. Example: WZ8C/E, 599, Nancy, MI, 0379, 88.

Scoring: Count 2 points for working someone out of your category, 1 point for working someone in your category. Multipliers are 1 + the number of stations worked that were licensed 2000-2006. If you don't get any multipliers, use "1" as the multiplier to calculate your score.

Stations may be worked once per band for points, but their multiplier only counts once.

Contacts must be 2-way human-keyed CW (Iambics are fine - just no computerized or memory keyers).

Logs will be sent by October 30 2006 to Lee Hallin N7NU 3413 Walton Ln, Eugene OR 97408 or in ADIF, ASCII or Excel formats to hallin-el@lanecc.edu

Logs and Summary pages can be downloaded on the FISTS web page. They are in Word and RTF format so they should be compatible with any word processing program, including wordpad. Left mouse click on them to open them, right mouse click to "save as".

International G3ZQS Memorial Straight Key Contest

This is a celebration contest of FISTS anniversary (19 years) and the contributions Geo Longden G3ZQS, made to the perpetuation of Morse code on the ham bands. Although he burned up the airwaves while blazing away on his paddles, Geo maintained that only with a straight key can you get the 'feel' of the code and make it a part of you. He created our logo featuring a Kent straight key.

Everyone is welcome to participate in this contest, using any type of sending device, but only the logs of those who used a straight key will count toward the awards.

OBJECTIVE: To exchange specified information with as many hams as possible using Morse Code only, and within the time frame stipulated.

PARTICIPANTS: Any properly licensed amateur radio operator, FISTS member or non-member, is invited to take part in the contest.

DATE AND TIME: 2300Z September 9- 2300Z September 10, 2006.

BANDS: Operation is limited to the following amateur bands: 3.5, 7, 14, 21, and 28 MHz amateur bands. Work stations only once per band.

ENTRY CLASSES: There are three entry classes: QRO: Over 5 watts -100 watts output power. QRP: 5 watts output power or less. Club: (regardless of power). Entry class MUST be shown on logs to be considered for entry in a particular class, or will be assumed QRO. An entry must be ONE class only, no combination of classes is allowed.

EXCHANGE: The following information must be exchanged by both stations to count as a valid contest QSO:

For FISTS members: RST, U.S. state/Canadian province/DXCC country, first name, FISTS number.

For non-FISTS members: RST, U.S. state/Canadian province/DXCC country, first name, Power output.

DX COUNTRY STATUS: U.S. states and Canadian provinces are those states and provinces that are contiguous and found within the North American continent. DX are those entities listed in the current ARRL DXCC publication, other than the above.

MULTIPLIERS: Each U.S. State and Canadian province counts as 1 multiplier. Count each only once, no matter how many times worked. Each DXCC entity counts as 1 multiplier. Count each no matter how many times worked.

SCORING: Each QSO with a FISTS member: 5 points. Each QSO with a non-FISTS member: 2 points. Final score is total QSO points times multipliers.

Include the style of key used to make your contact with your log/score sheets. (straight key, iambic, bug, etc)

Logs will be sent within 30 days to Lee Hallin N7NU 3413 Walton Ln, Eugene OR 97408 or in ADIF, Excel or ASCII formats to hallin-el@lanecc.edu

Ron, KG6TWU, finally got his last state for his FISTS WAS award. Ron was beginning to think the state of Rhode Island had fallen into the Atlantic.

Roger, K1TG, said he enjoyed working on his NANFA award, but those last few squares were very tough to fill in.

We have some members receiving their Millionaire 4 Million stickers. When you finish up your 5 Million, send in your log to get your 5 Million sticker and a Millionaire Endorsement Sheet. The Endorsement Sheet has room for all your stickers 5 Million and above!

Remember to use the awards e-mail address, Fistsawards@comcast.net for sending in your award logs. Please send in *complete* logs for awards. That means all of the following information; Call, QSO Date, Band, FISTS Nr., Point/s claimed for each QSO. Incomplete logs delay receiving your award certificate. Please check the FISTS Web Page for additional information regarding current FISTS awards and how to apply for them: <http://www.fists.org/awards.html>

If you have any questions about the awards that are not answered on the FISTS awards web page, feel free to e-mail me with your questions at fistsawards@comcast.net. Please put the word FISTS in the title so I know it's not spam and don't delete by mistake.

Keep banging the brass . . . C U on the bands . . . 73, Dennis K6DF

AWARDS ISSUED - Apr 4, 2006 TO May 26, 2006

Basic Century (CC)

G0NXY

K0LUW

K0NY

K5PAX

K7ESQ

K8BTD

KB3LFC

KD0V

KD2MX

KG4IUQ

KI8U

KJ1D

N3EF

N5LH

N6SUZ

VE3HUR

W4IV

WU7R

Silver Century

KB1AF

KF4YP

KI0J

N4RAY

NA9U

W4XJ

Diamond Century

AK7O

Platinum Award

KA8HFN

KK7BL

Platinum 250 Award

KD5BFT

N3RSD

VE2ARZ

WB9DLC

Platinum 500 Award

KD5GRF

N3RSD

Worked All States (FISTS)

AA9WK

KE5AQD

KG6TWU

WQ9Z

1 X QRP

KD2MX

KI4GLH

Rag Chewer Certificate

KA8HFN

W7GVE

WB8MON

NANFA

K1TG

K8MW

W1GUE

Millionaire

AK7O

K3WWP

KA4JQZ

KA8HFN

KB6NU

KD2MX

KG4YLZ

KI0J

KK6AW

W2IX

W7CCW

W7DK

W9SJW

2 Million

K0TC

N3RSD

N4RAY

W7GVE

W7PFZ

3 Million

K4IA

WQ9Z

4 Million

KC0JKD

W8III

WB4MED

Cycle Bottom, FISTS Fun!

By: George Armstrong, K9GA, 4/23/2006

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As the days get longer, and the grass gets greener, May flowers bring Brass Pounders! Despite the cycle bottom, at least 2 propagation types bring solid 10 Meter contacts. Tropospheric 'E' (Tropo E) appears as the days lengthen, following the daylight path of the Sun. Strong signals are common from modest stations, with 600 to 1200 mile distances. After sunset, Tropo E provides QSO's across North America. Double (and triple hop Tropo, despite the QSB, brings QSO's in the 1,200 to 2,400 mile range, and more. If 10 meters opens, there will be plenty of signals; spread out!

Ducting, or Tunneling, is another late Spring, and Summer propagation. Rarer than Tropo E, it teams up with Tropo E to provide some interesting paths. Take a look for 10 meter Transequitorial paths in the Spring and Summer. These occur as late morning occurs in the Southern Hemisphere, enabling you to work Argentina, Chile, New Zealand, and more.

12 Meters seems to have many of the same Ten Meter characteristics. However, it may not be as well populated. Try a CQ on Twelve when Ten is open, you might be surprised!

With low sunspot numbers, 15 Meters can be a Summer chal-

lenge. Some F1/F2 and Tropo E occurs amidst harsh popping and pinging noise. I'd save Fifteen Meters until late Summer and Fall.

I've seen 17 Meters explode with signals some summer nights. Listen, or try a CQ on 17 when 20 meters is alive with F1 propagation. However, at cycle bottom, especially during the Summer day, 17 Meters is much like 15.

20 Meters can be a lot of fun some Summer nights. A mix of F1 and F2 across North America occurs with late night propagation to Europe. Look for European Fists as the Sun brings morning across the Old World. Then, cooler wee hours can meld into solid, quiet Pacific Conditions. This is a great time and place to hunt Fists Down Under. If the Sunspot Numbers go up, and absorption and storms stay low, try Asia on the short and long paths. Fists is catching on in Asia!

Daylight hours offer shorter 20 Meter paths, however, it can be quite noisy. Try a narrow CW Filter, and some form of noise reduction.

30 Meters is Fists territory during Spring and Summer evenings! Despite the cycle bottom, transpolar openings can occur as the Sun brings morning across Europe. But, steady signals from most of North America make 30 Meters a cool evening hideout for Summer CW enthusiasts. Just as

on 20 Meters, try a narrow CW filter and some noise reduction. Look for Fists QSO's plus or minus 5 Khz of the 30 Meter Calling Frequency. And, don't forget to listen for the many low power 30 Meter ops, some working from remote campsites!

40 Meters can be noisy some Summer days and nights. But, you can count on it for QSO's, it is a steady old friend. As the wee hours pass, listen for Fists Down Under. Winter in the South Pacific (I'm sure it's brutal!) is a great opportunity to meet VK and ZL (and more.....) Fists ops. Once again, try a narrow filter, and some noise reduction to squeeze those signals out. Spread out! It seems that Fists have room to go as low as 10 (or more) KHZ below the calling frequency. Don't forget the QRP ops here too! However, it's likely good form to lower your own power if you move toward the QRP Calling Frequencies. I generally consider these between and including 7060 and 7062. It's good to form some bonds with the QRP enthusiasts, as many may also be Fists!

I'm not on 6 Meter CW yet, but give it a try for some summer Tropo fun, or build some local friendships. I don't want to discourage 80 or 160 Meters during Summer, but I suggest leaving these for the cold, quiet Fall and Winter nights.

Polish up your key, get a cold drink, and try some Brass Pounding to cool off those Summer days and nights!

QRP With K3WWP

- Column # 75 -

By John Shannon, K3WWP

I received the following response to my last column from Larry, K5JYD:

"John, You hit the nail on the head with your latest column in fists. About a week ago I got fed up with the flame wars on all the reflectors I belonged to and I unsubscribed to everything but the fist group on yahoo. No longer do I spend an hour or two a day on the internet plowing through a bunch of e mails etc. Instead I go out to the shed and fire up my ic718 or mfj9020 and make a cw contact. In the last week I average three contacts on cw a day as compared to 3 a week last month (if that many). I already have noticed an improvement in my cw skills. Instead of talking about cw I am actually doing cw!"

That is simply wonderful. I hope that many other folks can break their Internet Reflector addiction and get back on good old CW.

Personally I find myself on the Internet and my computer a lot. I know I could be spending some of that time on the ham bands. However keeping up 3 web sites - my own, NAQCC, and a local computer club - does require me to be at the keyboard a lot. Then there is the matter of answering a lot of email related to the web sites, much of which takes a good deal of Internet research. Writing these columns also takes time as do many other

matters. All that time adds up each day, but it is necessary because in so doing, I'm helping others in some small way, and that is what life is all about. So I don't think I'm being hypocritical. There are good and bad reasons for spending time on the Internet.

Speaking of the NAQCC - which I always like to do - I find that our club activities are encouraging me to spend more time on the bands. I especially like our monthly challenges and find them fascinating. The purpose of the challenges is to get more activity on the CW bands using QRP to both increase the CW presence on the bands and to show just how efficient a mode it is by the great success that can be achieved using just a little bit of power.

As an example of a recent challenge, we wanted our members to find out what the ham they are working does for a living. We gave an award to the one finding the most different professions. We hoped that so doing would encourage longer QSO's and get hams to know each other better. So many QSO's these days never go beyond RST, QTH, Name, WX, and rig. Or often hams are only interested in exchanging some kind of number.

The NAQCC does have a worked members award as do many other clubs, but we feel ours is different. We offer various points for member QSO's. If you worked someone before they become a member, that is one point. A basic QSO of the type I mention in the previous paragraph is also worth one point. A contest

or sprint QSO with a member is worth 2 points because we feel that contesting helps a lot in building CW speed and skill.

Now here is what I feel is a wonderful feature - a QSO that goes beyond the basic QSO of RST, QTH, name, WX and rig is worth 4 points. That is, if you actually find out something about the ham you work, you earn more points. You might find out that he was on the beaches of Normandy on D-day or that he was a major or minor league baseball player. Things like that. In that way we hope to avoid just swapping numbers in a member QSO. In fact a number exchange is not even necessary as long as you know you're working a club member (or that the ham became a member sometime after the QSO).

We hope that many FISTS will become NAQCC members. You don't have to be a full time QRP operator as I am to become a member. You really don't even have to operate QRP yourself as long as you believe in and support the club goals of promoting CW use at QRP power levels. We already have a good many NAQCC members who are also FISTS. That makes sense since both clubs have similar goals. While we like to have all of our members active in club events, simply having a large membership makes a statement that CW is still very popular. Currently we have just over 1,400 members in the NAQCC.

And now for something completely different (sort of). It was said (or implied) in a recent

Keynote article (and I've seen it elsewhere as well) that the skill in a QRP QSO comes not from the QRP operator, but from the one working the QRP station. That is true to some extent. However if it were completely true, then why can't someone simply get on the air using QRP, call a CQ and get an answer right away? If the QRP operator doesn't need any skill, that should work. Right? Well, we all know it doesn't. The QRP operator must possess a variety of skills himself as well.

The more skills a QRPer has, the more QSOs he will make, and the easier it will be to make them.

Those running QRP must be skilled in understanding propagation conditions to know when they have the best chance of making a QSO on a certain band. They must be skilled in sending CW since easy-to-copy CW makes copying their QRP signals much easier. They must know how to radiate their meager amount of RF as efficiently as possible with the skill of building good antennas and antenna couplers. They must be skilled at zero-beating, using procedure signals correctly, knowing when to call a station..... The list goes on and on. The more skills a QRPer has, the more QSOs he will make, and the easier it will be to make them.

To add one more thing. In this day and age with the wonderful technology involved in today's receiving equipment, it is relatively easy to copy a very small amount of RF arriving at the receiving antenna. So there is not as much skill involved copying a QRP signal vs. a QRO signal as there once was. I think largely because of this I have more success now using 5 watts than I did back in the 60's when I ran 75 watts. Or maybe it's because I am a more skilled operator these days?

Well, this column has been fun to write for me, but time to close now.

If you want to contact me or the NAQCC, simply do an MSN or Windows Live search for K3WWP or NAQCC. Till next time, 73. -30-

Sound Files on the Web

I've loaded some sound files for giving examples of different keys sending Morse code.

Bug sending (recorded by W1YT around 1982)
http://www.qsl.net/n1ea/n1ea_on_vibroplex.mp3

Cootie key demonstration: http://www.qsl.net/n1ea/cootie_sending.mp3

Fast Straight Key sending: http://www.qsl.net/n1ea/fast_hand_key.mp3

The bug and cootie sending are mine. The bug recording is about 25 years old. When I first learned (?) to send on a sideswiper (or cootie key), I finally made a recording when my "attempts" to send the alphabet and numbers finally was able to be done without error.

The fast straight key was from a circa 1915 recording on a recording disk made to teach radio-telegraphy that I found on the web. I had thought the speed was near 25 wpm, but Gary Bold, ZL1AN and others measured the dots (time in milliseconds) and found it to be around 23 wpm.

I hope these recordings bring a smile to your lips. 73 David N1EA

Lower Numbered FISTS, Where are You?

I thought this info might be interesting. I have sent my Sprint log in and the following thoughts came to me and am passing then on to you.

I worked 52 calls in the Sprint and broke it down as follows:

First time calls = 32 or 61.5% 23 calls #10000 or higher = 44% 6 calls with number lower than my #3067 = 1%

It looks to me like the older lower numbers are not taking part. Not a good example for the new members. Probably the higher numbers are looking for awards. But, the older numbered members should be there to give out a their number. I enjoy the FISTS SPRINT and try not to miss any of them. 73 Dick KS0M #3067

FISTS Winter Sprint, 2006 Results

Hello fellow FISTS!

This was one of the best Sprints in recent years! 10 clubs entries, over 20 QRP entries, and a ton of QRO entries! Thanks to all for making the FISTS Sprints a fun event.

I'd also like to welcome the new members who sent in their logs, glad to have you aboard.

73 Dan, N8IE FISTS #4985, Sprint Manager

QRO Category

Call	Name	FISTS#	State	Score
K4BA I	John	2158	GA	25992
N4BP	Bob	7871	FL	21590
K8IJ	Cahrлие	8096	KY	20979
WB0B	Larry	2916	IA	19720
W4MY	Marty	10945	NC	19494
KN9X	Dan	8671	IL	18848
N7YY	Bernie	4595	MT	17374
WB0CFF	Carl	10550	MN	15028
NJ3C	Isacc	11615	NJ	13563
WE9N	John	8069	IN	13266
KB6NU	Dan	9342	MI	11532
W6RK	Risto	10908	CA	11160
N5DY	Jack	11105	OK	11049
W7GVE	Ed	12077	AZ	10168
W7GB	Don	2108	WA	9541
K7ZYV	Carl	3426	MS	9454
NA9U	John	11821	IN	9114
KC0M	Larry	2528	MO	8375
K2MJ	Karl	7874	NY	8277
WA7CS	Carl	4561	WA	7170
W7RCK	Rocky	11018	OR	6844
W0UY	Tom	8632	KS	6604
K4UK	Stan	2934	VA	6240
K9UQN	Don	4718	IL	5925
KB3MMI	Mike	11795	PA	5355
W4XJ	Randy	11762	VA	5187
KR7W	Rich	9996	WA	4991
K5YQF	Cecil	8077	TX	4602
KB1AF	Wendy	9292	FL	4268
N3EF	Eric	11863	MD	4186
W3NGO	Dick	4016	PA	4179
KD5MJJ	Hank	8180	TX	4140
AK7O	Jack	5019	UT	4116

Call	Name	FISTS#	State	Score
K8VFR	Rosemarie	5602	MI	3880
AE2L	Joshua	1912	NC	3850
AI4JW	Jason	10948	VA	3800
VA3EWP	Vincent	8070	ONT	3220
KI0J	Albert	11905	CO	3040
WA2ZOD	Ken	10547	NY	3000
KA8MPT	John	9552	OH	2960
K9XL	Ray	8469	IL	2850
W4YE	Leland	3929	VA	2850
KU8T	Tom	10163	IN	2800
K5POA	Jimmy	7062	TX	2755
W9IL	Louis	11187	IL	2700
VE7ZWA	Dale	11485	BC	2679
KS4HE	Steve	8839	KY	2635
NA4D	Lloyd	11665	KY	2400
KG6TWU	Ron	10990	CA	2400
AI4IC	Kay-Uwe	11779	TN	2280
K0LWV	Larry	2589	MO	2106
K5JJ J	ohn	11806	OK	1870
WB2EXI	John	2760	NY	1870
K0TC	Ron	10722	MN	1680
N6IV	Mark	4056	CA	1615
KE5AQD	Roger	11507	TX	1400
KB9YDI	Dan	N/A	WI	1330
K9LCK	James	5473	WI	1170
W4GTM	Karen	2407	VA	1120
W6FPS	Ron	8577	CA	1080
K1KU	Darrel	5173	VT	1040
KF3CV	Steve	9759	MD	990
N0BK	Bruce	10690	MN	975
W0QQS	Bruce	10690	MN	975
ND4U	Dennis	8613	TN	900
K8LJG	John	1460	MI	900
NG6X	David	719	CA	500
WA2MUX	Jimmy	11516	NY	400
W5QLF	Joe	10553	TX	320
VA3ATC	Leo	10735	ONT	280
AB1BW	George	10794	CT	210
W0CZ	Kenneth	7218	ND	160
KB9YGD	Norm	100	IN	125
AA3II	Jerry	9746	PA	80
VA3CBE	Calvin	N/A	ON	80
WG7Y	Robert	11830	WY	45

Club Category

Call	Club	FISTS #	ST	Score
W8EOC	Medina 2 Meter Group	10250	OH	32360
W4FFF	FISTS Club Of North Carolina	9700	NC	22572
W9VT	Tri-Town RAC	11875	IL	19092
N7CFA	Cowlitz ARC	1900	WA	15648
N2MO	Ocean Monmouth ARC	10400	NJ	14368
W1AEC	South Eastern Mass ARA	10555	MA	9280
W7TU	Utah's Dixie DX and Contest	9475	UT	7504
WA4UXJ	The Central KY ARA	11150	KY	7050
W5KL	Old Dominion Chapter #202 QCWA	6780	VA	6422
W7DG	Lower Columbia ARA	5777	WA	4326

QRP Category

Call	Name	FISTS#	State	Score
K7TQ	Randy	3251	ID	16160
K4IA	Buck	6702	VA	7453
W5KDJ	Wayne	10060	TX	7056
W0UFO	Mert	3823	MN	6848
W5TVW	Sandy	5144	LA	3726
K4ORD	Riley	4272	VA	3465
K2NPN	Phil	1988	NY	3366
N9DD	Tom	11672	IN	2700
K4YKI	Norman	2166	KY	2700
KD2MX	Paul	12042	NJ	2376
AC5ZQ	Buddy	6820	TX	2286
K8JV	Jim	2372	MI	2250
WA3R ML	Andy	9449	TX	2070
KC9FAV	Brian	11437	IL	1590
N5KIP	Dick	8653	LA	1470
KL7CW	Rick	N/A	AK	1140
VE7NI	John	7935	BC	1040
VA3RKM	Robert	11797	ONT	910
W9UQB	Mike	3687	AZ	660
KB3AAG	Frank	10915	PA	648
K4KO	Greg	10584	TN	600
AA5CH	Brad	8133	AR	315
KJ1D	Don	11561	NH	245
W5RCP	Ron	6259	TX	144

Get Your Feet Wet Weekend Results

The first annual GYFWW was a rousing success! People have been asking when the next one will be and it will be the same weekend as last year - 3rd weekend in September. This will fit in great with our month long anniversary celebration happenings.

Those requesting certificates (and the winners) will be getting their certificates in a bit. We just got the results done, so next is the paperwork. Don't worry, you'll get your certificate!

We changed the scoring slightly. That is, EVERYONE started out with a multiplier of ONE instead of ZERO because if a person didn't work anyone licensed in 2000 or beyond, their score would be ZERO .. and that didn't seem right!

Many thanks to Lee Hallin, N7NU for being the contest manager.

61 logs were received ++ 326 different calls were heard and logged at least once

4774 was highest score (N6NAX) ++ 3432 was 2nd highest score (N3RSD)

2024 was 3rd highest score (WB4MED) ++ 128 most Q's in any log received (N3RSD)

72 most E's worked (N3RSD) ++ 30 most N's worked (N3RSD and N6NAX tied)

30 most logged licensee's licensed since 2000 (N6NAX) ++ 3 different provinces participated

44 different states participated ++ CA state with most participants (27)

26 different states represented in 61 logs received

Key to listing below:

Points = total points; #Q's = total QSO's made; E = # of Experienced category QSO's made;

N = # of Newcomer QSO's made; Mults = # of contacts made with hams licensed 2000-2005;

Category = N for Newcomer, E for Experienced;

FISTS# = FISTS number or power used, if not a FISTS.

Call	Points	#Q's	E	N	Mults	Category	FIST#	State
N6NAX	4774	92	62	30	30	N	8884	AZ
N3RSD	3432	128	72	30	25	E	2411	DE
WB4MED	2024	67	46	21	22	E	10516	FL
KB3MMI	1782	58	41	17	17	N	11795	PA
K4CZ	1424	52	37	15	15	N	11374	NC
WB2FXK	986	43	30	14	16	E	918	NY
KE5AQD	852	49	28	15	11	N	11507	TX
W0JFR	770	34	21	13	13	N	11827	CO
WB0QQT	700	33	19	12	13	N	4239	NE
KG9HV	660	44	28	16	10	E	1750	IN
K2NPN	616	44	32	12	10	E	1988	NY
KC9FAV	611	36	25	11	12	E	11437	IL
WA2BQI	588	37	27	11	11	E	2009	NY
KA3AKC	517	39	31	8	10	E	7235	MD
K4UK	484	35	26	9	10	E	2934	VA
W4XJ	429	30	21	9	10	E	11762	VA
N4GE	390	29	19	10	9	E	6277	TN
AI4JW	360	27	18	9	7	N	10948	VA
KG9LZ	360	30	20	10	8	E	5769	IL

CALL	POINTS	# Q's	E	N	Mults	Category	FIST#	ST
K0LWV	342	29	20	9	8	E	2589	MO
KD8DX	315	29	21	7	8	E	7636	MI
KD5TLC	306	31	20	11	5	N	11790	AR
KE5FQY	306	21	13	8	8	N	11808	TX
AA3II	296	28	19	9	7	E	9746	PA
KB1AF	287	33	25	8	6	E	9292	FL
AG4LB	261	36	21	4	8	E	7318	KY
KC0SOG	243	16	11	5	8	N	N/A	NE
K5NZ	168	20	12	8	5	E	100	TX
AI4IC	161	15	8	7	6	N	11779	TN
KC9FVP	156	15	11	4	5	N	50w	IL
N3EF	155	17	14	3	4	N	50w	MD
W9ILF	145	16	13	3	4	N	11745	IN
KK5XZ	130	14	12	2	4	N	7421	NM
W7SW	126	13	5	8	5	E	100w	AZ
KB9ZRX	125	16	10	5	4	N	11636	IN
K8FH	120	17	10	7	4	E	9917	OH
WB9AUJ	98	9	4	5	6	E	3300	CA
K1GDH	84	11	8	3	5	E	3490	MA
KG6TWU	80	15	10	5	3	E	10990	CA
KG4WNA	65	9	4	5	4	N	9738	KY
K2HYD	64	14	12	2	3	E	10980	NC
N7CXJ	57	15	11	4	2	E	9946	AZ
WU7R	56	9	5	4	3	N	10789	MT
K7CIE	55	9	2	7	4	N	11416	OR
VA3RKM	42	12	10	2	2	E	11797	ON
N7NU	30	7	3	4	2	E	6126	OR
KB0R	28	11	8	3	1	E	7416	MN
KD5ZKU	22	6	5	1	1	N	10459	TX
N1AA	20	9	8	1	1	E	50w	MA
W6TRI	20	4	1	3	3	N	11582	CA
K4PTT	18	5	4	1	2	E	3494	GA
KG4TQQ	14	4	3	1	1	N	11061	FL
N0ZD	14	7	7	0	0	N	8585	MO
KI4EBD	12	3	1	2	2	N	11711	FL
KO6YG	12	3	1	2	2	N	9115	CA
N7QR	9	2	1	1	2	E	8155	OR
N3PM	8	3	2	1	1	E	1268	MD
KR3A	6	3	3	0	0	N	7091	MD
NA9U	4	3	2	1	0	E	11821	IN
KG4WZQ	1	1	0	1	0	N	11342	CT

Congrats to all the participants! Thank you to the Experienced ops who participated and Elmered the Newcomers, it is appreciated. Hope to see you again this September!

Frank Merritt, VE7FPM

Many CW Amateur Radio operators never get beyond the very elementary mode of operation. One of the reasons for this is they never open themselves up to the true potential of CW. Another reason for this is that often times they just don't try very hard.

In dealing with this fascinating situation it is necessary to go right back to the beginning with operating CW. In the beginning many operators just don't like CW. It seems to be "so hard". It is a requirement that they feel has been forced down their throats. With a predisposition such as this one cannot wonder they find everything about CW to be difficult and unpleasant.

We humans are individually programmed. This can be likened to a computer. Without an operating system program a computer is nothing more than a bunch of electronics. However, with the operating system the computer becomes a tool that can be used. We individuals can also see the results in other areas of our lives of this programming. This can be considered as natural abilities. Actually, it goes much deeper than this.

For the most part most people just "live" with these mind-sets. We feel that they are "built in" and therefore are not changeable. Of course, this is not the case but this is the "easy" way

to deal with the matter of these predispositions. Sometimes we can see the sources of some of these individual ways in terms of family conditionings, societal conditionings and even pre-natal pre-conditionings. This is nothing more than a studied consideration of the human condition.

Many of these conditionings and pre-conditionings are very subtle and seem to evade most considerations. However, in the case of CW something can be done about it. Many years ago the author was attending a signal school in the army. Immediately outside a room that was used as a laboratory, a punching bag was attached to the wall. The CW operators in-training used the punching bag to relieve the tensions of learning CW all day. Experimentally it was found that if a radio receiver was tuned to an RTTY signal the CW trainees would be gone in less than two minutes. The CW trainees were used to the random rhythm of CW and found the repetitive nature of RTTY to be very disturbing. The very nature of the CW signal was incompatible with the RTTY signal. As soon as this relationship was discovered it was used to clear the punching bag area when operations in the lab were desired.

The very interesting feature of this tale of subliminal conflict is that the sound of RTTY was familiar and acceptable to me but not those students of CW. Years later when I was studying CW to prepare for my Amateur Radio examination I

found that as I accepted the rhythm of CW I no longer had any difficulty in learning CW. What was going on was something way down deep in the mind. Those trying to learn CW virtually always have a mental block or pre-conditioning that causes a conflict when learning it.

This would almost seem to be something that is so deep and strong that it is impossible to learn CW. How many times have we heard prospective Hams say that "learning CW is just too hard". Their approach had not adequately dealt with some preconditioning. This statement seems to indicate that there is a way for the individual to soften this preconditioning and even reverse it. That is exactly correct!

The manner of dealing with this deep-seated emotional feeling is amazingly easy. When learning CW is necessary to condition the mind to accept the rhythm of CW. It is fascinating to see how easy it is to accomplish this. The technique of doing this is simple and without stress. A source of random CW is required that can be varied in both speed and volume. It is best to have a unit that has a provision for an external headset or speaker¹.

What is new is the way that the CW practice unit is used. A time should be selected that does not require the full attention of the student. By playing the random CW at a low audio level it is just barely perceived by the brain. Periodically change the selection

of the random CW text. Make no attempt to recognize the CW characters. What is happening is that the brain is being conditioned to, at first, accept the CW and eventually be at ease with it. Sleep teaching? Yes, close to it. If using the unit for sleep teaching be sure that if you use a pillow speaker the level is very low.

Years ago I jammed an old record player to continuously repeat a record and then used a record with random CW characters. I used this device at night as sleep teaching. The first morning after trying this I found that my wife was not happy with all that noise going on all night. Be sure that your wife, or whatever, is compatible with this procedure. The second problem was found to be that eventually the brain has the capability of memorizing an amazing length of random CW. Hence it is desirable to be able to select one of a number of random CW offerings.

It hardly seems necessary to make the point that the results will probably not be instantaneous. It will take time and perseverance. Little by little you will be able to notice an improvement with the ease that you hear and remember CW.

Along with this practice it is wise to use a newspaper as a source and gain practice sending CW. At first this will be tiring but again with time you will find that it gets easier and easier. In sending code the greatest emphasis should be placed on sending PERFECT code. Use a straight key for this practice.

Learn to send perfect characters and words using the proper spacing of one space between characters and three spaces between words. At first keep the speed slow enough to make it enjoyable while a challenge. In a week or so it should be possible to send 30-minutes of newspaper text at a time. While you are at it, try sending just "e" as many times as you can on your straight key. At first this will be for a short period of time but with practice this time should move up to as much as 30-minutes. That sounds really hard. It is not difficult with practice. The usage of the straight key should be such that the wrist muscles ARE NOT used. They are short and tire quickly resulting in a "glass fist". The arm should be used as a long lever using the muscles of the lower and upper arm. At first these muscles get tired quickly but, they are long and can be trained to function without any effect of the "glass fist". This term goes back to the early years of CW sending in which the short muscles of the wrist became tired and the operator just had to stop sending. Just keep the wrist muscles taut without strain and do no pivot at the wrist.

Remember that you have been receiving perfect code from the machine. In a matter of time borrow a Ham receiver and tune in to the CW portion of the band that seems to work the best for you. The reason for this is that very few people send perfect code all the time.

As the practicing contin-

ues you should begin to pick out small words such as "an", "or" and "as". When this begins to happen you will notice that words such as "the", "and", "good" and "this" just pop out of the CW stream. Now you are making real progress.

Not everyone progresses at the same rate. Above all be patient with yourself. You will be surprised how the code begins to just "come". Whatever you do keep with a straight key for sending. A Semi-automatic key or Bug will be for later. Much after the Bug, the Iambic keyer will be a boon to sending. **FIRST LEARN TO SEND PERFECT CW WITH THE HAND KEY.**

Sometimes when I am driving I talk with myself in CW about the view of the road etc. No, this is not a sign that I have slipped off the deep end! It is a good training for learning to converse in CW with other noises within and without the car. By this point I am sure that you will be using CW at the bottom of your favorite HF band. Good luck.

1 One such commercial CW practice unit is the MFJ Model 418 which is sold by Durham Radio Sales and Service for \$119 plus taxes and shipping. This unit will be found on page 29 of their latest catalog. The unit can be purchased online at: www.durhamradio.com

(this article was also printed in the July 2006 issue of WorldRadio)

HOW DO I...

Info on How to do just about anything related to FISTS

HOW DO I JOIN USING MY PAYPAL ACCOUNT?

North American FISTS accepts PAYPAL (<http://www.paypal.com>). Address your PAYPAL payment to FISTS@TIR.COM To join via Paypal, type "New Membership" in the Paypal Comments Box, your name (if different from the name on your Paypal account), callsign, and mailing address.

HOW DO I KNOW WHEN TO RENEW?

We send renewal postcards, but if you renew prior to your renewal month it will save postage and printing costs as well as volunteer time. Your renewal date is on your Keynote mailing label in the form of year, month, date. For example 2005/4/4 would be a renewal date April 2005. The date of the month is meaningless, but the computer program requires a date, so generally the date of the month is the same as the month. 2005/12/12; 2006/5/5 etc. RENEWALS ARE FREE FOR AGES 80 AND UP & 17 AND YOUNGER.

HOW DO I RENEW?

To renew, send \$15 to Nancy WZ8C (checks payable to FISTS) at FISTS, PO Box 47 Hadley MI 48440. If you have a Paypal account, send the funds to fists@tir.com; put "RENEWAL" in the Comment Box, along with your callsign.

WHAT IF I AM A MEMBER UNDER 18 or OVER 79?

To continue a teen (17-) or old-timer membership (80+), you must notify WZ8C of your continued interest in FISTS, renewals are not automatic.

MAY I RENEW FOR MORE THAN ONE YEAR AT A TIME?

Yes! You may renew for as many years at a time as you like, but there is not a 'quantity' discount.

MY MEMBERSHIP LAPSED; CAN I GET MY OLD NUMBER BACK?

Yes - numbers are not reassigned. If you have had a number in the past, please let Nancy know at the time of your renewal. so she can 'reactivate' it

HOW DO I GET A NUMBER FOR MY LOCAL CLUB?

Clubs with FCC call signs may be assigned a FISTS number at no charge providing there is at least one FISTS member in good standing in the local club. These clubs are not legally affiliated with FISTS, nor does FISTS have anything to do with how the club is run, etc. It just means the club has a FISTS number and is worth three points toward awards. If the club wants a newsletter, there is a \$15 a year charge. To defray costs, please enclose \$3 when a club applies for an award and wants a certificate. There is no charge for a Century Certificate number, just for the certificate if one is desired. Membership certificates are \$1 for clubs.

HOW DO I UPDATE MY ADDRESS or CALL SIGN ON THE FISTS DATABASE?

Send corrections or changes to Nancy Kott, WZ8C, at FISTS, P. O. Box 47, Hadley, MI 48440 or email to nancy@tir.com. Please send labels with your corrections to the FISTS QSL Bureau so the bureau workers don't have to change all your SASEs by hand.

HOW DO I GET ON THE FISTS EMAIL LIST?

To receive periodic official Email updates, send your Email address, call sign and FISTS number to Kathi Hilton. fistel@comcast.net. If you put your email address on your application, it is automatically added to the list. Due to potential spam problems, the list is NOT given out to the membership and is NOT published on the web page. It is ONLY used to notify you of FISTS items of interest. If you want people to know your e-mail address, we recommend you include it in your listing on QRZ.com or Buckmaster lookup service.

HOW DO I ORDER CLUB SUPPLIES?

Irene W08E 44609 N. Bunker Hill Dr., Clinton Twp, MI 48038 is our Supply Manager. Our supplies are sold as close to cost as possible We offer: Metallic gold logo stickers, 200 for \$3.50 I "red heart graphic" CW Stickers, 3/4" round stickers, \$3.50 for 200 Blue enamel cloisonné/gold metal "FISTS CW CLUB" octagon logo pin, with tie-tack type pin back \$1.50 White enamel cloisonné pin "I (red heart graphic) CW" "FISTS CW CLUB" along edge. 3/4" diameter circle tie-tack type pin on back \$1.50 Embroidered cloth patch of our rectangle key logo, \$1.00. The patches can be ironed on or sewn. Plastic travel mugs with "I (heart) CW" and FISTS CW Club on them - \$5. You may use Paypal to order supplies. Send the total amount to fists@tir.com and put the items you would like in the comments box. Be sure your name & address are included. ALL PRICES INCLUDE POSTAGE. DO NOT ADD POSTAGE TO YOUR TOTAL

HOW DO I GET FISTS SHIRTS?

Show the world that you are proud to be a FISTS member. We have t-shirts, sweatshirts, and polo shirts. The front of the t-shirts and sweatshirts are printed in silver: I'm PROUD to be a KNOW CODE Ham and the backs of the shirts are printed in light blue with the FISTS key logo graphic and Join the Code Crusade <http://www.fists.org>

The T-shirts are available in two solid colors: black or royal blue (a medium blue, not navy) Sweatshirts are gray with royal blue printing on the front and back. The polo/golf shirts are sky blue with the FISTS key tastefully EMBROIDERED on the top left side. They are short sleeved and have a knit collar and a couple buttons at the neck. Sizes are small, medium, large, XL, 2XL, and 3XL. All shirts are 50/50 blend. The T's are "Best" Fruit of the Loom. Sweats are 5.8 oz Jérzee and Polos are Fruit of the Loom. The total prices including postage are: T-shirts = \$6.00 Sweats = \$11.00 Polos = \$15.00 NOTE: Contact Nancy WZ8C (nancy@tir.com) for non-USA or bulk order postage. You may order using Paypal. The email address to use for Paypal is fists@tir.com. Do NOT use nancy@tir.com. In the "comments" box of the Paypal form, please be specific about what you are ordering, since this info will be used to fill your order. To order by mail, send your order to Nancy Kott WZ8C, PO Box 47, Hadley MI 48440 Checks payable to FISTS, Paypal to fists@tir.com. When the shirts are gone - they're GONE, so get yours now!

HOW DO I GET/SEND FISTS QSL CARDS Via BURO?

Keep SASEs in stock with the FISTS QSL Bureau. Stan Reas K4UK runs the Bureau. Send envelopes to 1020 Long Island Drive Moneta, Va 24121

HOW DO I SEND APPLICATION OR SAMPLE NEWSLETTER TO A FRIEND?

For a brochure, email Jim AA9LS at aa9ls@turbotoads.com with their name, call sign, and postal address. SASEs are appreciated. Joe's postal address is 33778 Rebecca Rd, Kingston IL 60145 An application is available for downloading on our web page <http://www.fists.org>.

APPLY FOR AN OPERATING AWARD?

Dennis Franklin K6DF is the Awards Manager. We have many different operating awards. Details are on our web page or in the Keynotes. Dennis's contact information is fistsawards@comcast.net or 4658 Capitan Drive Fremont, CA 94536-5448. Please put FISTS in the title of your email. Awards are free for members in good standing. Clubs with FISTS numbers and non-members in good standing must pay \$3 for award certificates.

WHAT IS KN0WCW AND HOW DO I OPERATE KN0WCW?

KN0WCW is the USA FISTS Callsign. Members in good standing (meaning, paid up dues) can operate KN0WCW from their home station after getting PERMISSION. To get permission contact Karl Zuege, KB1DSB (kb1dsb@sover.net). A schedule of operators can be found on the FISTS Web page. Remember, when you're using KN0WCW, you're flying the flag for FISTS, so please operate responsibly.

HOW DO I VOLUNTEER FOR or GET A CODE BUDDY?

W3GR, The Historical Electronics Museum Amateur Radio Club members are the volunteers handling the Code Buddy Program. Contact them at Box 746 MS 4015, Baltimore, MD 21203 or Email W3GR@arrl.net. We need ELMERS and Buddies, please volunteer to be a Code Buddy!! You don't have to be a speed demon to be a Code Buddy, lots of people just want someone to practice with, just like YOU! Code Buddy applications are available on line or from W3GR.

HOW DO I GET MY PHOTO ON THE PHOTO PAGES?

Send a snapshot of yourself with your face about the size of a quarter to Ken W8ROG 44609 N. Bunker Hill Dr., Clinton Twp, MI 48038.

HOW DO I GET A COPY OF FISTS PRESENTATION to give at my local club meeting?

It's easy and fun! We send you everything you need for a snazzy 15-20 minute presentation. Contact Joe Spencer, KK5NA, 3618 Montridge Ct, Arlington TX 76016.

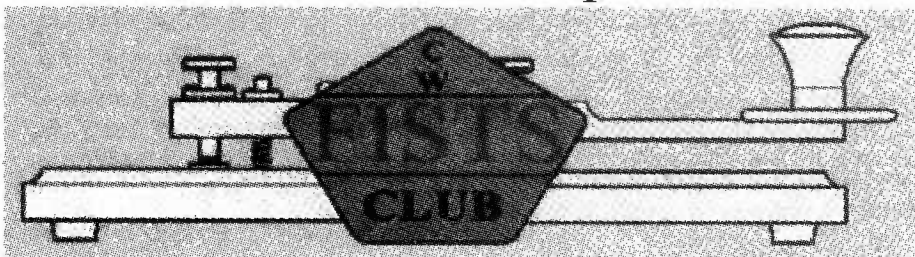
HOW DO I SUGGEST IDEAS FOR THE WEB PAGE?

Contact Bill KK4KF at kk4kf@cox.net

HOW DO I GET A COPY OF THE K7QO CODE COURSE?

FISTS makes this wonderful course available free of charge. To get a copy, when available, send an SASE big enough to hold a CD and with enough return postage to Nancy WZ8C PO Box 47, Hadley MI 48440.

International Morse Preservation Society
FISTS
East Asia Chapter

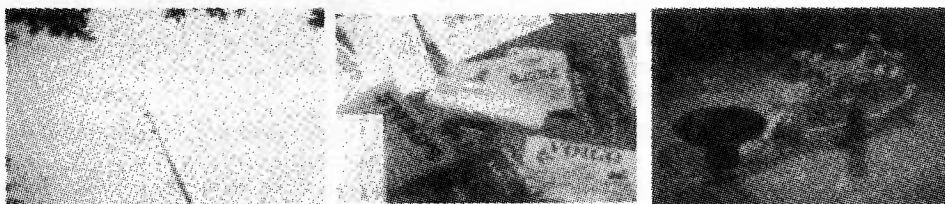


morsEAsia

June 2006



FISTS EA Newsletter # 10
Editor: JJ8KGZ / Leo H Tsukada E-mail: jj8kgz@fists-ea.org



<http://www.feacw.net/>
<http://www.fists-ea.org/>

From the Editor's Desk

Leo H Tsukada / JJ8KGZ

jj8kgz@fists-ea.org

Dear FISTS,

I would like to pray sincerely for the repose of G3ZQS / Geo's soul who has passed away on April 25 and we have no words to express our thanks to him because this development of FISTS would not have been possible without his effort.. When I joined FISTS, there was not any accounting system which we have these days, such as Paypal, so I had to send him some green stamps to enroll. He directly contacted me and sent me the certificate of the membership. I've never worked with him on the air but I am sure that we were united in our common interest of morse and wanted to preserve it and pass it down to the next generation. Thank you very much, Geo.

May his soul sleep in peace.

CU on the air. 73 de JJ8KGZ/Leo # 4843

In this issue, you can see some messages of FISTS EA members.

Exciting QRP QSOs

By UK/JI2MED, Manabu Shimoyashiro #15020

Dear all CW enthusiasts!

I'm sure some of FISTS member have a certain understanding for QRP activity. This time I'd like to share one of the most exciting 2-way QRP QSO in my ham life with one CW freak in Japan. He is Shin-san, JP6VCH. Very active on CW with low power, enjoying in portable style operation by bicycle. We had a wonderful chat on 16 April 2006 on 15m, then Shin-san sent me his message after the QSO. You may find what the radio makes us. Enjoy!

de UK/JI2MED, Manabu in Tashkent, Uzbekistan

(Quote)

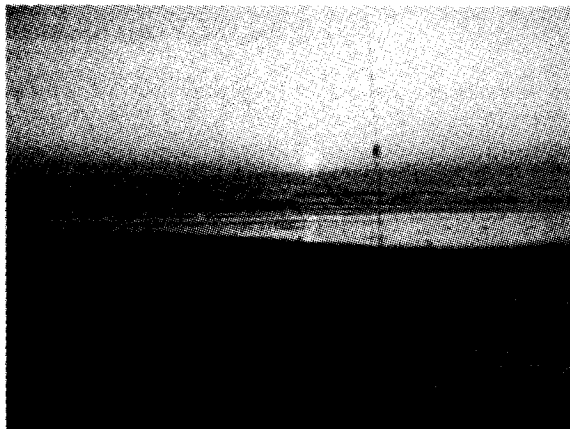
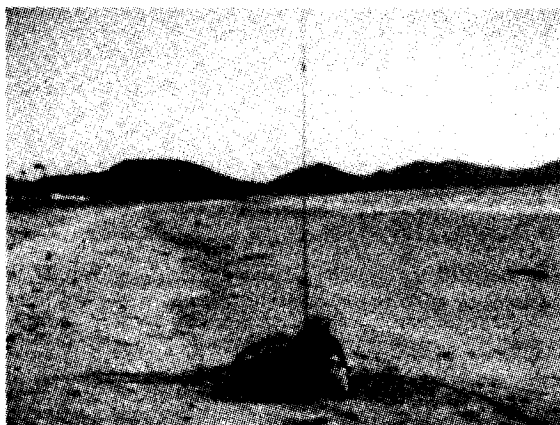
Manabu san.

Tks for the wonderful QSO on Sunday this week. Also tks for writing abt me on your Blog. I was informed of this Blog by my friends JL3AMK Harry, and JR9OPJ Kyo. Well, first, let me tell you why I was at the beach that day. These days, I have been doing experiments with my fishing rod antenna. I had found the performance on 7/10/14 bands was great, but was curious to know how it would work on the 15 m band. So, that day, late afternoon, I drove my bike to beach, abt 10 kilo meters from my home. I set up a 4.5-meter-long fishing rod, switched my K1 on, and turned the dial thru the band. I heard some YZ stations calling "CQ TEST", and thought the band was somewhat open between Eastern Europe and Japan. They were not very strong, but deep in mind, I had an anticipation that I might get a big one. Even though I get nothing, it' OK, I thought. No need for many QSOs. It only means I need to write many QSL cards, Hi Hi.



I would be happy if I could confirm one QSO. I flipped a can of beer out of the bag and started calling CQ. The setting sun was extremely beautiful. The deep blue of the sea was getting deeper, almost looking like the Royal Blue. It created a distinct contrast with the orange red of the setting sun. Light pink tinted white clouds floating above the horizon. The sky was still light blue. Changing colors... Nobody around me, as if I were alone on this tiny globe, floating and spinning in the space. When I was just about to take out a digital camera, I heard someone calling my callsign. His 579 to 599 with QSB, enough strong to copy. "Oh, it sounds like DX but must be one of the UA0 sations to say hello to me", I thought. However, I heard an unfamiliar callsign, followed by the "/QRP". What a surprise! Yes, it was you, Manabu san, calling me with K2 running 5 watts into your excellent 2ele Quad. Your words such as "amazing" assured me at once that we could chat CW in English. What a happiness we can enjoy DX QSO in QRP! The CONDX kept stable during the 14 minutes. I copied you 100 percent, obviously showing what I told you reached you 100 percent too. Although I didn't tell you that time, Manabu san, I was also enjoying beer, Hi Hi. It had become dark when we said GBs and finished the QSO. You know how happy I was riding back home. Well, thank you again, Manabu san, it was really one of the greatest QSOs in my 43 yrs ham life. I wish you GL, DX and happiness.

CUL VY SN. 72s de Shin: jp6vch/bicycle/qrp



Shin-san,

Very much appreciated for your message. Reading it, I realize the previous QSO was very precious one for two of us. Still cannot believe you worked with K1 running 3 watts only into fishing rod whip. Your description on the landscape by continuous wave coming through over 6,000km was totally enough to make me imagine how it was beautiful beach where you moved up by bicycle. And now it has fixed as a grand picture in mind completely.

I want to share this wonderful experience with another CW freak as much as possible. So I'd be very happy if you would allow me to introduce our QSO with your comments on the news bulletin of FISTS. Surely it gives many CW enthusiasts a great impression.

Also want to try to operate in mobile or pedestrian style like you, Shin-san, with my new gear KX1 which is very compact but reliable partner, I'm sure. It must be a lot of fun to operate in the field breathing fresh air and taking some beer! So thank you again for unforgettable QSO and looking forward to seeing you again soon.

72 de UK/JI2MED, Manabu

-...-

FISTS SPRING SPRINT

BY JK7UST, Sugi #7178

LOG

WB0PYF	599 MO RAY	K7FFF	599 CA DAN	K7NM	599 UT LEE
K8CI	• • • 599 OH DICK	W7RCK	599 OR ROCK		

I enjoyed talking with NA fists members. But I found it was a little difficult. I was not able to take the long time. Because Japan was midnight and I was so sleepy. K7FFF/Dan said that I was a 1st. DX station. And another station said I was a 1st. DX station, too. I think The Spring SPRINT should run from 1700 UTC to 2359 or 2459 UTC on Second Saturday in May. If the time of the SPRINT is long enough, other stations of Fists East Asia will be able to take part in it.

Let's enjoy SPRINT!

JK7UST/Sugi

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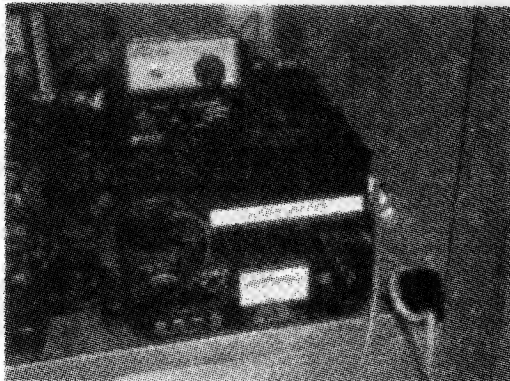
Cores for choking the notorious common-mode currents

By Kenji Rikitake, JJ1BDX (FISTS #8962)

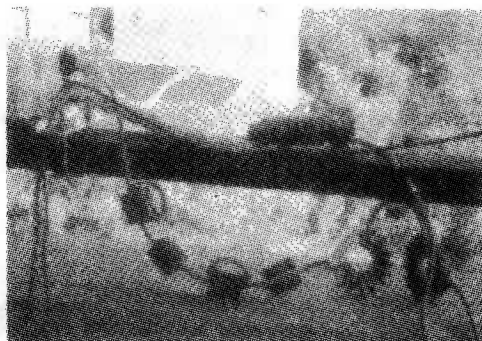
Recent study shows that the common-mode current is the primary source of evil such as RF interference problems or unwanted generation of RF noises.

My wife Kyoko always laughs when I tell her about how many "cores" I've been using and installing for my ham radio system. She calls me I'm a core-man. And I'm very much proud of it, because those ferrite cores not only protects me from RF burns but also ensures the stability of the whole transceiver system.

My apartment room and the antenna feed point has less than three- or four-meter distance. It is rather like a mobile shack than a house shack. So you've got to be very careful on not making the feed lines or control lines into unwanted pieces of literally parasitic antenna elements.



Picture 1: my system of ICOM IC-706mkIIG, Idiom Press SCAF-1 audio filter, and ALINCO DM-330MV power supply as of May 2006.



Picture 2: ICOM AH-4, with a control cable of 10 clamp cores shielded by white vinyl tape and wound on a thick triangular stick of 3 ferrite bars, and a 3D-2V (almost equivalent to RG-58/u) feeding coax with 4 clamp cores, 10 turns wound on an FT-240-43 toroidal core, and another 10 turns wound on an FT-240-61 toroidal core.

Picture 1 shows my system which I've been using since June 2002. While it's not specifically RF-grounded, all lines are RF-decoupled by at least one ferrite core.

Mitsuru Haraoka, JJ1VKL, has been written a lot of good articles in Japanese on his expertise to fight against RF interferences with ferrite cores. (Use Google with the keyword "JJ1VKL" to search for his Web page in Japanese.) He concludes that large pieces of toroidal cores are good for RF coax feed lines to shield the magnetic fields inside, and that ferrite bars and clamp cores are also very effective on non-RF connecting lines such as those for audio signals and control signals. Mitsuru also suggests to use a stick of combined ferrite bars for an open-wire feed, though you need to be very careful for the leakage flux because the ferrite bars are open-ended. In general, Amidon's #43 material is good for absorbing unwanted HF energy, while the #61 material is also good for HF/VHF bands.

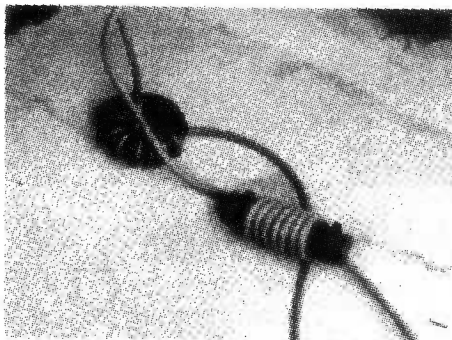
Recently I've changed my antenna system from the single-band vertical dipole to an arbitrary length of vertical radiation element and a bunch of counterpoise wires with an external antenna tuner at the feed point. I had to reinstall the whole cables with the cores again.

Picture 2 shows the ferrite cores I attached on the ICOM AH-4 external tuner, which can handle up to 100W and works quite effectively from the 80m to 6m bands. I once experienced some TVI on my PC coming through the VGA input to the monitor when I was operating on the 80m which could not be eliminated, so I decided to reinstall with as many cores I could to have enough common-mode inductance/impedance to block the feeding coaxial cable and the control cable of 4 wires from becoming an antenna itself.

The length of the cable between the outgoing point and the transceiver system is about 2 to 3 meters, so I have again installed the cores right after the RF output of the IC-706mkIIG and the control cable connector••for the AH-4, as shown in Picture 4. These cores will ensure that••common-mode current is minimized as near as possible from the transceiver••chassis.

Another rule of thumb is that *all* lines in and out of the each of the components of the transceiver system should be protected by a common-mode filter of sufficient inductance/impedance. So I put as many core as possible to the DC power line of IC-706mkIIG, AC power line of DM-330MV, keying line, audio connection between the IC-706mkIIG and SCAF-1, line from the control panel of the IC-706mkIIG, etc., etc.

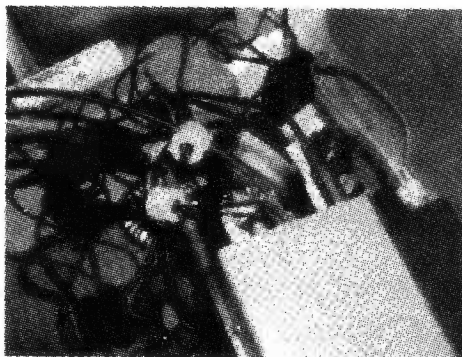
I should also confess that I have invested not a small amount of money for purchasing those ferrite cores; some of them are of second-hand purchase, especially for those clamp cores which are relatively expensive due to the reusable covers. Preparing and winding the cables to the cores are surely a hard task. Some of those had to be imported. I recommend CWS Bytemark for getting the good deals for the all sort ofcores.



Picture 3: ICOM AH-4's cables at the entry point of my room, with a 3D-2V coax of 10 turns wound on an FT-240-61, and a control cable of 7 turns wound on a triangular stick of 3 ferrite bars. The distance between the entry point and the AH-4 is about 4 to 5 meters, which consists of the height of the balcony wall and the ground. This length is quite adequate to resonate HF high band frequencies, so I have added another pieces of cores as shown in Picture 3 at the outdoor-side of the entry point.



Picture 4: The output feed line of ICOM IC-706mkIIIG is connected to a common-mode filter using an FT-240-43 with 10-turn wound of the 3D-2V feed line.



Picture 5: Almost all outputs and inputs of IC-706mkIIIG, SCAF-1, and DM-330MV are protected by a common-mode filter of clamp cores, toroidal cores, or ferrite bars.

CWS Bytemark's Web page:••<http://www.cwsbytemark.com/>••I've been doing quite well with this system at home, running 100W from••3.5 to 50MHz. Remember that you need *even more cores* if you want to run a system with kilowatt-class amplifiers. Your mileage may vary.

73
Kenji Rikitake, JJ1BDX, JO3FUO, es K1BDX

FISTS EA Most Active Ragchewer in 2006

Last Update: 2006 Jun 18

Rank	Call	Name	Point	Comment	Reporting date (Y/M/D)
1	JO3HPM	Nao	131	40 FEA NET. 49 FISTS QSO. My longest chat time is 150 min with JL8MIL(Jun).	2006/6/18
2	JJ8KGZ	Leo	103	Enjoyed some DX QSOs. But rarely meet FISTS NA members.	2006/4/13
3	UK/JI2MED	Manabu	57	One HB9 stn said in our QSO on 30 May 2006 on 30m that he had a little snow in his location with 3c only! Also said being high is not only the attitude but tax as well in HB9 land.	2006/6/6
4	JE1TRV	Atsu	43	Have fun !	2006/4/14
5	JG0MWU	Ken	32	May.06 YB6/G3VBS 15m ABT IT SEEMS BAND CLOSING ES NAGANO CITY May.07 JG3RKM 40m ABT HIS GUD KEYING WID OLD KEY HK-1Z May.13 JQ6JWL 15m ABT OUR 4BAND QSO ES WX VY COOL May.25 JO3HPM 40M ABT OUR CARS ES MY NEW JOB AND SO ON	2006/6/3
6	JK7UST	Sugi	13	3 FISTS Member	2006/2/4

FISTS EA Activities

Suggested Calling Frequencies

You can find FISTS members on/near following recommended calling frequencies.
QSO's should be QSY'd another frequency.

FISTS	160m	80m	40m	30m	20m	17m	15m	12m	10m	6m	2m
<u>East Asia</u>	-	-	-	10.118 10.138 (*1)	14.058	18.085	21.058	24.918	28.058 28.158 (*2)	-	-
HQ/Europe	-	3.558	7.028	-	14.058	-	21.058	-	28.058	-	-
North America	1.808	3.558 3.708	7.028 7.058 7.118	10.118	14.058	18.085	21.058 21.158	24.918	28.058 28.158	50.058	144.058
Down Under	1.808	3.528	7.028	10.118	14.058	18.085	21.058 21.158	24.918	28.058 28.158	-	-
QRP calling freqs (*3)	-	-	-	10.106 10.116	14.060	18.086 18.096	21.060 21.110	24.906 24.910	28.060 28.110	-	-

(*1) BV [Taiwan] stations are allowed to use 10.130 to 10.150.

(*2) BV [Taiwan] stations are allowed to use above 28.100.

(*3) International QRP calling frequencies are neighborhood.

FISTS EA NET Result

No.	Date (Y/M/D)	Time (UTC)	Freq. (MHz)	Controller	Participant
78-2	2006/6/18	0800-0830	14.0535	JO3HPM(Nao)	None
78-1	2006/6/17	2300-2415	7.0275	JO3HPM(Nao)	JG0SXC(Man)
77-2	2006/6/11	0800-0900	14.055	JO3HPM(Nao)	JG0SXC(Man), VR2DL(Tat)
77-1	2006/6/10	2300-2420	7.027	JO3HPM(Nao)	JK7UST(Sugi), JG0SXC(Man), JF3KNW(Nobu)
76-2	2006/6/4	0800-	14.057	JG0SCX(Man)	JE1TRV(Atsu), JF3KNW(Nobu)
76-1	2006/6/3	2300-2340	7.025	JJ8KGZ(Leo)	JK7UST(Sugi), JO3HPM(Nao), JE1TRV(Atsu), JG0SXC(Man)
75-2	2006/5/28	0800-0900	14.054	JO3HPM(Nao)	VR2DL(Tat), BX2AH(Chen)
75-1	2006/5/27	2300-2415	18.084	JE7YTQ(Sugi)	JE1TRV(Atsu), JG0SXC(Man), JO3HPM(Nao)
74-2	2006/5/21	0800-0900	14.054	JO3HPM(Nao)	JL8MIL(Jun), VR2AJ(Mak)
74-1	2006/5/20	2300-2340	7.026	JJ8KGZ(Leo)	JE1TRV(Atsu), JG0SXC(Man)
73-2	2006/5/14	0800-0900	14.0545	JO3HPM(Nao)	JL8MIL(Jun), BX2AH(Chen)
73-1	2006/5/13	2300-0015	7.026	JE7YTQ(sugi)	JE1TRV(Atsu), JJ8KGZ(Leo), JA8UUM(Masa), JO3HPM(Nao)
72-2	2006/5/07	0800-0850	14.0545	JO3HPM(Nao)	VR2GM(Liu)
72-1	2006/5/06	2300-0040	7.0265	JJ8KGZ(Leo)	JO3HPM(Nao), JG0SXC(Man), JK7UST(Sugi)
71-2	2006/4/30	0800-0900	14.054	JO3HPM(Nao)	VR2DL(Tat), BX2AH(Chen)
71-1	2006/4/29	2300-0010	7.0255	JE7YTQ(Sugi)	JJ8KGZ(Leo), JG0SXC(Man), JO3HPM(Nao)
70-2	2006/4/23	0845-0900	14.054	JO3HPM(Nao)	VK4TJ(John)
70-1	2006/4/22	2300-0030	7.0265	JJ8KGZ(Leo)	JE1TRV(Atsu), JO3HPM(Nao), JK7UST(Sugi), JG0SXC(Man), JR0QWW/0(Taro)
69-2	2006/4/16	0800-0840	14.0545	JO3HPM(Nao)	VR2DL(Tat), JK7UST(Sugi)

FISTS East Asia CW Net

We have informal CW sessions for ANYONE who wants to practice English QSO.

When	on Sundays @ East Asia
Part I	between 7.025MHz and 7.030MHz, sometimes between 18.080MHz and 18.085MHz, or around 10.138MHz starting 2300UTC on Saturdays (0700 Taiwan/Singapore Time, 0800 JST on Sundays)
Part II	between 14.050MHz and 14.055MHz sometimes between 18.080MHz and 18.085MHz, or around 10.138MHz starting 0800UTC on Sundays (1600 Taiwan/Singapore Time, 1700 JST on Sundays)
Speed	12WPM to 15WPM
Controlled by	Nao, JO3HPM, Sugi, JK7UST/JE7YTQ, and Chen, BX2AH
Managed by	Nao, JO3HPM
Any other announcements	might be posted to the FEA English BBS.

FISTS CW CLUB
PO Box 47, Hadley MI 48440

PLEASE NOTE YOUR RENEWAL DATE on the TOP
LINE of your MAILING information. (FISTS# year/
month/day)

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Upcoming activities

Mail in your Summer Sprint Logs

International G3ZQS Memorial Straight Key Contest (Sept 9-10)

Get Your Feet Wet Weekend (Thurs, Sept 14 - Sunday Sept 17)