

# *The KeyNote*

Newsletter of the FISTS CW Club -  
The International Morse Preservation Society  
Issue #1, 2014



Nancy, WZ8C (SK)  
2014 CQ Amateur Radio Hall of Fame Inductee



*When you've worked a FISTS, you've worked a friend.*

# INFORMATION PAGE

When you have a question about FISTS, go to the source for the correct answer. Posting a question on a chat room or email reflector may yield the answer, but your best bet is to ask a FISTS volunteer or look in the reference issue. Several volunteer contacts and/or email addresses have changed from the last reference issue of the Keynote. Please make note of the following listings.

When emailing a volunteer please put the word FISTS in the title of your email. This will help the volunteer recognize that your email is important and not spam.

## **Awards and certificates**

Dennis Franklin, K6DF, [awards@fistsna.org](mailto:awards@fistsna.org),  
4658 Capitan Dr. Fremont, CA 94536

## **QSL Bureau**

Stan Reas, K4UK, [k4uk@fistsna.org](mailto:k4uk@fistsna.org)  
1020 Long Island Dr. Moneta, VA 24121-1952

## **Club call, KN0WCW**

Karl Zuege, KB1DSB, [karl@fistsna.org](mailto:karl@fistsna.org)  
478 CR 53 Rogersville, AL 35652-3503

## **Membership roster, call changes, name changes**

Karl Zuege, KB1DSB, [karl@fistsna.org](mailto:karl@fistsna.org)  
478 CR 53 Rogersville, AL 35652-3503

## **Membership application or sample KeyNotes for friends**

Jim Ranieri, AA9LS, [aa9ls@turbotoads.com](mailto:aa9ls@turbotoads.com)  
33778 Rebecca Rd Jingston, IL 60145

## **Website changes, including getting your personal or club webpage linked**

Dennis Franklin, K6DF, [webmaster@fistsna.org](mailto:webmaster@fistsna.org)  
4658 Capitan Dr. Fremont, CA 94536

## **Club presentation packets**

Joe Spencer, KK5NA, [kk5na@kk5na.com](mailto:kk5na@kk5na.com)  
3618 Montridge, CT Arlington, TX 76016

## **Code Buddy volunteers and buddies**

Nick Yokanovich, K3NY, [k3ny@arrl.net](mailto:k3ny@arrl.net)  
108 Brent RD. Arnold, MD 21012

## **FISTS Sprints**

Ed Wlodarski N2ED, [n2ed@fistsna.org](mailto:n2ed@fistsna.org)  
3 Shore RD Andover, NJ 07821-2240

## **Get Your Feet Wet Activity Day/G3ZQS Memorial Straight Key Contest**

Curtis Gidding, KC9UNL,  
[feetwetlogs@fistsna.org](mailto:feetwetlogs@fistsna.org)  
109-B West Tomaras Ave Savoy, IL 61874

## **KeyNote newsletter**

Dan Romanchik, KB6NU, [keynote@fistsna.org](mailto:keynote@fistsna.org)  
1325 Orkney Dr. Ann Arbor, MI 48103

## **FISTS supplies, shirts, mugs, etc.**

Karl Zuege, KB1DSB, [karl@fistsna.org](mailto:karl@fistsna.org)  
478 CR 53 Rogersville, AL 35652-3503

For all other questions, including call sign, email, and mailing address changes and general membership questions contact Karl Zuege, KB1DSB, [karl@fistsna.org](mailto:karl@fistsna.org).

Please check your Keynote label for your renewal date. Dues for regular membership is \$15 a year, ages 65-79 is \$10.00, under 18 and over 80 is free. Payable to FISTS CW Club by mail to FISTS CW Club, c/o Karl Zuege, KB1DSB, 478 CR 53 Rogersville, AL 35652-3503, or via PayPal on our club website at <http://fistsna.org/howdoi.html>.

# The KeyNote

The Newsletter of the North American Chapter of FISTS  
Issue #1, 2014



Editor: Dan Romanchik, KB6NU  
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### Editor's Notepad

I'm very sorry that it has taken so long to get this first issue of *The KeyNote* to you. As you probably know by now, our founding president and editor, Nancy, WZ8C, is now an SK. It has taken us a while, but we've come to grips with this, and have been getting organized to keep FISTS running.

Karl, KB1DSB, has volunteered to take over as president, while I have volunteered to take over as *KeyNote* editor. Our other volunteers—Dennis, K6DF; Stan, K4UK; and FISTS' other great volunteers—have all agreed to continue on in their roles. The upshot is that FISTS will continue, and we hope that you'll continue to be a member and participate in our events.

Karl is a retired Navy Hospital Corpsman and self-employed contractor. He got into amateur radio in the early 1990s and got his General Class ticket just before the code test was eliminated. Now that he's retired, he says that he will have lots of time to get his ear and fist all tuned up. He's not a big contester, but he's planning on giving one of the FISTS Sprints a try. Other projects include rehabbing some vintage gear and getting them on the air.

Many of you may know me already. I blog extensively about amateur radio at KB6NU.Com, and I am the author of the No-Nonsense amateur radio license study guides. I've been licensed since I was sixteen years old, and have always enjoyed CW more than phone.

When I was a kid, I remember anxiously awaiting the arrival of my General ticket, so that I could fire up the Heathkit HW-101 that I'd built and get on SSB. After a few phone QSOs, though, I thought, "Is that all there is?" and quickly got back to pounding brass. I do get on phone from time to time, and even make a few digital mode contacts occasionally, but CW is where my heart lies.

I'm looking forward to being your KeyNote editor. Please feel free to contact me with ideas for the newsletter and send me articles that you've written. Even if you just have an idea, send me an e-mail. I can help you develop your idea and help you write the article.

73, Dan KB6NU

## In Memory of Nancy Kott, WZ8C, #379 (SK 3/2/14)

By Dennis Franklin, K6DF



Back in 1988 Nancy, as a Novice, made her first DX contact on CW. That first DX QSO was with Geo G3ZQS. They made a sked and during the following weeks they talked about various things including FISTS. Geo expressed a need for someone in the states to collect and re-mail the North American dues to him in one lump sum to save on UK bank fees. Nancy accepted the position and that was the beginning of the U.S. Chapter of FISTS.

If I remember correctly, it was in late December of 1996 when I received a QSL card and a letter of invitation to join the FISTS CW Club from a member of the club. Of course with all the family events happening during the holidays, I all but forgot about that invite. A few months later I ran across that same letter once again and in March of 1997 I joined FISTS. I received a nice membership certificate in the

mail, sent and signed by Nancy, WZ8C. The certificate was hung on the wall next to the other amateur radio certificates I had collected over the past 33 years.

I now look at the gold ink signature of Nancy's a little differently than I did when it was first received. A lot has happened to the FISTS CW Club over these past 20 years . . . and it was largely due to the constant drive and leadership of WZ8C, Nancy Kott.

About a year later I found out that Nancy was looking for someone who could print and mail out the new membership certificates. I contacted Nancy and offered to do that for her. Now I know from my military service that one does not "volunteer" for anything but I didn't think that would necessarily carry over into civilian life.

Well, I was wrong as she lowered the boom on

me with a list of just over 400 new members that needed membership certificates printed and mailed! You got me good that time, Nancy! I soon found out, though, that I enjoyed printing and mailing out the new member certificates and have continued to do so.

It was after I took the bait that Nancy reeled me in to handling the North American award certificates as well. Once again it was Nancy, assisted by Geo G3ZQS-SK, who asked me in the year 2000 if I would like to handle all FISTS awards for the organization.

Nancy was always thinking up a new award or a new activity to keep the membership active and interested in operating CW. I cannot count the many telephone calls we had chatting of ways to keep amateurs interested in Morse code and how to promote on-the-air activities for our FISTS members. She was very dedicated to the club and its members.

Many of you may have worked WZ8C over the years. Some may have even had the good fortune to work Nancy when she was operating as V31AN during the 2006 Belize DXpedition. She had a great time on the DXpedition and could not stop talking about it once she returned home. She was also part of the July 2007 DXpedition to Island of Tortola (VP2VEA), which operated from “Smugglers Cove.”

It was on Sunday Nov 15, 1998, that I had my very first QSO with Nancy while I was participating in the FISTS Century Net. The NCS was Brian, W8BL (SK), another close friend of Nancy’s and a very good CW operator, too. Of course, we had other QSOs over the years, and I must say that I never tired of copying her very smooth CW fist—it was always a pleasure to listen to.

I did not meet Nancy in person until May of 2003 while attending the DX Convention in Visalia, CA. It was great to finally meet her in

person after so many telephone calls.

Speaking of editors, Nancy was the tireless editor of our North American Keynote newsletter. She did just about everything she could to turn out a quality newsletter that would always be interesting for the membership. It had to be a labor of love because producing a newsletter is not an easy task. Nevertheless, she did it time and time again without complaint.

The newsletter was not the only item on her plate. She, along with her mother Irene, WO8E, also ran the FISTS store, taking, processing, and mailing out orders not only to FISTS members in the USA, but all over the world. And remember, this was in addition to processing all the membership applications that came in each day.

Nancy, I don’t know how you did all of this so well and still held jobs with the U.S. Census Bureau and the Center for Disease Control. I thought I was a busy person! The jobs you leave us with are going to need several people to fill. Thank you for all the work you did for so long for so many, I assure you it was most appreciated by the entire rank and file.

I will forever miss the friendly “Hello” when you answered phone calls. You always sounded cheerful and upbeat even to the last, and I will miss your infectious laugh when I announced “It’s your favorite manure salesman.”

But, we can rest assured that you are now busy organizing the many FISTS members whom have gone previously into the great beyond. I take comfort knowing you have been reunited with “Sally” your Giant Schnauzer as well as little “Leon”, I’m sure they love having you there to throw a ball or stick for them once again.

On 3/5/14, I sadly sent one last time on 14.058, “WZ8C de K6DF 88 SK.” God’s speed Nancy, you will be missed by many.

88’s,

Dennis K6DF

## Other Remembrances

### From Karl, KB1DSB:

The FISTS CW Club has lost a very special lady. Nancy, WZ8C, put her heart into starting our chapter, evolving and expanding it. It's fitting that as we remember her, we also include part of this KeyNote to a reference section. All those areas in this section were things brought up, discussed and brought to fruition by Nancy and volunteers sharing the love of CW as an operating mode. They took our chapter of FISTS beyond just being a club with members. The Awards Program, our own QSL Bureau, a Store of FISTS related items, the Code Buddy program, the FISTS USA club call – KN0WCW, our web site, Club presentation packets for use by ARC's,

our Sprints, Get Your Feet Wet activities, a FISTS booth at Dayton Hamvention. They all lend support to the members; encourage them along and promoting CW. Now we carry her legacy forward, never forgetting the effort and time taken to get us where we are today.

### From John K3WWP:

The CW world has lost one of its major proponents, Nancy, WZ8C. A book could be written about her dedication to keeping CW alive, as well as other aspects of her life. She was not only instrumental in starting FISTS, but she had a big role in helping to make the NAQCC what it is today. I will miss her very much. Although I regret we never met in person, we had extensive communications via e-mail and had 8 contacts on the ham bands. I feel I can say we became good friends as we both had similar ideas of the best ways to promote CW. RIP Nancy.

## FISTS on Social Media

Here are the key facts:

- Facebook:  
<https://www.facebook.com/pages/FISTS-CW-Club-The-International-Morse-Preservation-Society/343464550378?fref=ts>, and  
<https://www.facebook.com/groups/FistsNA>
- LinkedIn  
<http://www.linkedin.com/groups?gid=5117694&mostPopular=&trk=tyah&trkInfo=tarId%3A1403221325324%2Ctas%3Afists%2Cidx%3A3-2-8>
- Twitter: @fistsna
- E-mail reflectors:  
<http://mailman.qth.net/mailman/listinfo/fists>. This list is open to anyone, including non-members.  
<http://mailman.qth.net/mailman/listinfo/fists-updates>. This list is available only to active members. To subscribe, email [AC5SH@aol.com](mailto:AC5SH@aol.com).

- FISTS sked site:  
<http://www.obriensweb.com/sked/index.php?board=fists>

The easiest way to find official Fists NA outlets on social media as well as ones we endorse, is to visit our main website <http://fistsna.org/>. and click the Facebook button. A bit of digging around where that takes you will find everything else.

All this is fine folks but let's not forget: we are a RADIO club and our main place to connect is on air. These things are great as an aid to operating but by far the best way to build our skills and have fun is to turn that radio on and spin the dial. Hunt and POUNCE, or call CQ on a Fists frequency.

It's all about being on air. My favorite frequency is 7058 kHz and I hope to C U there soon.

73

Tim, AC5SH #5654 / Fists N A Social Media

# CQ CQ CQ de KB1DSB

The FISTS CW Club was founded in 1987 by Geo, G3ZQS (SK). He founded it with the following goals:

- to further the use of CW on the amateur bands,
- to encourage newcomers to the CW mode, and
- to engender friendship within the membership.

Since then, the club has added these:

- Courtesy at all times.
- Accuracy transcends speed.
- When you've worked a FIST, you've worked a friend.

Over the years, chapters have started here in North America covering North, Central and South America, the Caribbean islands and territories. FISTS Down Under formed covering Australia and New Zealand. FISTS East Asia formed covering Hong Kong, Japan, Korea, Singapore, Taiwan, and Uzbekistan.

Our chapter offers through the generosity of Chuck, K7QO his 2 CD Code course set, both on-line in our FISTS Store and to clubs (free except for postage) who may wish to offer them to hams interesting in learning CW. We offer to clubs a presentation about CW for use as a program for their meetings. We offer chapter sponsored on-air activities; our Sprints, the newly revamped "Get Your Feet Wet Days", our joint memorial coming this September with NAQCC to honor our chapter founder, Nancy, WZ8C. Other on-air activities are in the planning stages. We offer awards for those wishing to pursue those. And, we have our Code Buddy program.

Since the first of the year FISTS has gained

over 200 new members world-wide with over 100 of them in our chapter. You new members show that there is a real interest in Morse code, CW, as an operating mode on the amateur bands. To you, our new members, and in particular to those new to CW, I offer you one word, "PATIENCE". Morse code is a new language. It takes time to learn, both to copy and send. Be patient, it will come. Practice copying, practice sending and do get on the air. Relax and enjoy this wonderful and fun operating mode.

To those old hands (fists) among us, extend a welcome to our new CW ops. Engage them in QSO's, help them along. Remember, we were all once where they are. Guide them along in good technique and operating practices. They are the future of FISTS CW Club and the continuation of Morse code on the bands in years to come.

## KN0WCW: Our club callsign

Nancy felt that our chapter should have a club call following on our FISTS friends across the big pond to the east. However, as we were the NA Chapter the call would have to be restricted to use by US licensed members, only. She first obtained the KC8VIO call. Then she applied for a suitable vanity call which would reflect it being FISTS and also the statement that by a majority we were in favor of all US amateurs knowing CW for their respective license class. She obtained KN0WCW as our FISTS USA Club call. Since that time KN0WCW has appeared in thousands of logs throughout the world thanks to hundreds of US FISTS members who put the club call on the air.

Any active US licensed FISTS member can request to operate the KN0WCW call. We make it simple as possible. If you are interested, please contact Karl, KB1DSB, the KN0WCW Trustee and QSL MGR at (802) 558-2148 or [karl@fistsna.org](mailto:karl@fistsna.org).

73, Karl, KB1DSB

# FISTS AWARDS

By Dennis Franklin, K6DF

Over the span of this column, Nov 15, 2013 to Apr 20, 2014 there have been a number of changes. Since the first of the year Nancy WZ8C, our FISTS North America Chapter President, was in and out of the hospital several times and finally became a silent key in the first week of March 2014. This was a terrible shock to everyone. We all mourn the loss of Nancy and send our condolences to her family. She was a driving force for FISTS CW Club and leaves quite a vacancy for us to fill.

It has taken some time to reconfigure FISTS N.A. and get things in place to continue our service and support to the membership. I personally want to thank everyone for your support during the transitional period we initially went through. Above all, I want to thank you for your patience, it was most appreciated.

One thing that has changed is the domain name for our website. The Web address for the FISTS North America Chapter is now <http://www.fistsna.org>.

Please update your web browser's bookmarks for this new website URL address. If you do forget and go to the old website you will be automatically redirected to the new site. You can tell when you are on the new website because all the page backgrounds are white .

## Now, on to the awards

Looks like a lot of awards are going out mostly to the operators in the European Chapter. They seem to be very busy on the bands.

To send in your award logs, please use the e-mail address [awards@fistsna.org](mailto:awards@fistsna.org). Excel, Word, Open Office, and Text files are the only file types accepted. Please read the e-mail log rules on the FISTS web site (shown below) for details.

Send in complete logs for awards. That means all of the following information: call, date of QSO, band, FISTS number, and point/s claimed for each QSO. Incomplete logs will delay receiving your award.

Check the FISTS Web Page for additional information regarding current FISTS awards and how to apply for them:

<http://www.fistsna.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 your questions to me at [awards@fistsna.org](mailto:awards@fistsna.org).

I hope to work many of you over the summer months and with that I will close this column by wishing you and your family good health and good DX!

## FISTS AWARDS ISSUED

November 15, 2013 - April 20, 2014

### Century Award

G4YVM, G4KLE, G3YJQ, IZ4ZBN, HB9FBG, PA3GBK, KB3FTE

### Silver Award

G4LRG, GW0WEE, HB9FBG

### Gold Award

KC2LSD

### Platinum Award

G4MLW

### 1 X QRP

G0ILN

### 2 X QRP

G0OTT

### RCC Award

G3JRY

*continued on next page*



*FISTS Awards continued*

**Spectrum Award**

G4LHI, GW0WEE, G0OTT, G4KLE

**Millionaire Award**

GW0WEE, M5ABN, G4LRG, G4YVM,  
HB9FBG, G6GLP, G4KLE, G3YJQ, IZ4ZBN

**Perpetual Prefix Award**

W5GXV, HB9FBG, G3YJQ

**Perpetual Prefix Endorsements**

**50 PREFIX**

KA5VZG, K4UK, G3YJQ, HB9FBG

**100 PREFIX**

KA5VZG, G0OTT, HB9FBG, G3YJQ

**150 PREFIX**

KA5VZG, HB9FBG, G3YJQ

**2 Million Award**

HB9FBG

**3 Million Award**

G0OTT, PA7RA

**4 Million Award**

G4MLW

**5 Million Award**

KC2LSD

**7 Million Award**

G4LHI

**21 Million Award**

W5GXV

## Get Your Feet Wet Activity Day

By Karl, KB1DSB

One of the biggest challenges with learning to operate CW is overcoming the “fright” of making those first contacts and learning to be comfortable in operating the CW mode. From 1952-1995, the ARRL promoted a Novice Roundup which was designed to offer a CW Contest specifically for the Novice amateur. After the Novice class license was eliminated, the ARRL decided to end the Roundup.

The purpose of this FISTS activity is to provide new or less experienced amateurs the opportunity to make CW contacts and learn to enjoy the mode. Operating in contests, QSO parties, or DX pileups is not a very good place to try operating CW for the first time or as you learn to operate. This activity will provide a periodic opportunity to encourage new and inexperienced amateurs to get on the air and practice operating in CW. Hopefully many experienced CW operators will be willing to get on the air, slow down their CW, and help “Elmer” the newbies.

This weekend activity is designed to provide you with the opportunity to practice your CW operating and gain some valuable experience. **IT IS NOT A CONTEST.**

The activity will be held on the Third Sunday of every month beginning in September, 2014. Operating times will be 0000Z-23:59Z. Suggested Frequencies: 3.558, 7.110, 10.110, 14.110, and 21.110. Dates for 2014: Sept 21st, Oct 19th, Nov 16th, and Dec 21st.

Suggested items for exchange are: Name, QTH, FISTS#, RST. Remember these are the minimum items and you can exchange whatever you want because this is not a contest.

Just plan to get on the air and make a few contacts or make a whole log page of them. Exchange some information from the other station and see how well your station is performing. **THERE ARE NO LOG SUBMISSIONS REQUIRED.**

We would, however, like to get your comments on your operating experience during the event and send your comments to: Curtstamp@aol.com. You can comment on # of contacts, your station setup and make general comments. Also supply your call sign & Fist# Be sure to use the Subject line: GYFW Feedback. Your comments will be listed in the next issue of *The Keynote*.



# Honoring Nancy Month

FISTS and the NAQCC in a joint effort are going to honor Nancy by making September 2014 a special 'Honor Nancy Month' with two events. First on September 2, the six-month anniversary of her passing, there will be an extra special sprint dedicated to her. For the entire month, an NAQCC-style alphabet challenge will be devoted to her memory. The words in the challenge will all relate to Nancy, FISTS, and the NAQCC.

Here are the rules for the Sprint and Challenge.

## SPRINT

**DATE and TIME:** Tuesday evening September 2, 2014 (USA date) from 8:00 PM to 11:00 PM EASTERN DT which is Wednesday September 3, 2014 (UTC date) from 0000Z to 0300Z. The three hour time frame is a compromise between the usual 2 hours for NAQCC sprints and the 4 hours of FISTS sprints.

**OBJECT AND NOTES:** Make as many 2-way CW QSOs as you can. Call CQ FN.

**FREQUENCIES:** 3560, 7040, 14060, plus or minus to avoid congestion. Stations may be worked once on each band.

**POWER:** NAQCC members should use QRP, FISTS may choose their power level up to 100W maximum.

**EXCHANGE:** (The call of the station you are working) + NANCY + SPC (State, Province, or Country) + (B if you are both a FISTS and NAQCC member, F if only FISTS, N if only NAQCC)

EXAMPLE for K3WWP working X2XXX:  
K3WWP sends X2XXX NANCY PA B  
X2XXX sends K3WWP NANCY NY F

**SCORING:** Since this is not really a contest, there will be no formal scoring. There will

simply be a list of those who honored Nancy by participating and reporting their results.

**PRIZES:** Yet to be determined, but probably something awarded via a random drawing from participants in each of the three categories.

**REPORT:** Send to [NAQCC33@windstream.net](mailto:NAQCC33@windstream.net) with the subject "Nancy sprint" and in the body of the email include your callsign, your category, number of QSOs for each category, the number of SPCs (optional), and any soapbox comments you wish to make.

If you still use regular mail, send your reports to:

John Shannon K3WWP  
478 E. High St.  
Kittanning, PA 16201-1304

EXAMPLE for K3WWP -  
K3WWP

B

B-10

F-12

N-14

SPC-20

SOAPBOX: It was nice to be able to honor Nancy in this manner although I wish we could have done so before her passing.

**LOG DEADLINE:** October 2 at 2400Z. (30 days)

## CHALLENGE

**DATES:** September 1 0000Z through September 30 2400Z.

**FREQUENCIES:** Any CW frequencies on 160M through 10M including WARC bands.

**OBJECT:** Make the following words relating to Nancy, FISTS, and the NAQCC from letters and numbers in the calls of stations you work during the month. Contest/sprint QSOs may not be used.

A station can only be worked once for his letters and numbers. Each letter/number in a call can be used TWICE. That is K3WWP can be used for 2 Ks, 2 3s, 4 Ws, 2 Ps.

**WORD LIST:**

NANCY  
KOTT  
WZ8C  
379  
FISTS  
NAQCC  
MORSE  
PRESERVATION  
SOCIETY

Letter/number list for reference - 3 7 8 9 A C E F  
I K L M N O P Q R S T V W Y Z

**POWER:** NAQCC members use QRP. FISTS  
any power up to 100W

**REPORT:** E-mail [NAQCC33@windstream.net](mailto:NAQCC33@windstream.net)  
with the subject "Nancy Challenge" and in the  
body of the email tell us your call sign, state you  
made all the required words (or how many you  
did make if you didn't make them all), and any  
soapbox comments you choose to make.

If you still use regular mail, send your reports to:

John Shannon K3WWP  
478 E. High St.  
Kittanning, PA 16201-1304

EXAMPLE from K3WWP:

K3WWP

All words

SOAPBOX: Nice to again honor our departed  
good friend and CW enthusiast Nancy with this  
challenge.

**REPORT DEADLINE:** October 30 at 2400Z

## Nancy, WZ8C (SK) Inducted into CQ Amateur Radio Hall of Fame

At Dayton this year, Nancy was inducted into the  
CQ Amateur Hall of Fame. Her citation reads:

“Nancy Kott, WZ8C (SK), former editor of  
World Radio and World Radio Online and  
tireless promoter of Morse Code as U.S.  
coordinator of the FISTS CW Club.”

The CQ Amateur Radio Hall of Fame honors  
individuals, whether licensed or not, who have  
made significant contributions to amateur radio, as  
well as radio amateurs who have made significant  
contributions to amateur radio, to their  
professions, or to some other aspect of life on our  
planet. Several of this year's inductees are being  
honored posthumously.



# SPRINT

## INFORMATION

FISTS Sprints are a great way to meet other FISTS members, collect FISTS numbers, and have a lot of fun. I hope to work you in the next FISTS SPRINT.

### **OBJECTIVE:**

To exchange specified information with as many FISTS members 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. At least one of the two stations in each QSO must be a FISTS member.

### **DATE AND TIME:**

The Winter SPRINT will run from 1700 UTC to 2100 UTC on Second Saturday in February.

The Spring SPRINT will run from 1700 UTC to 2100 UTC on Second Saturday in May.

The Summer SPRINT will run from 2000 EDT to 2400 EDT on Second Friday in July.

The Fall SPRINT will run from 1700 UTC to 2100 UTC on Second Saturday in October.

### **BANDS:**

Operation is limited to the following amateur bands: 3.5, 7, 14, 21, and 28 MHz amateur bands. Look for other participants around the FISTS frequencies: 3558, 7058, 14058, 21058, and 28058 kHz.

Work stations only once per band.

### **ENTRY CLASSES:**

There are three entry classes: Club, QRO, and QRP.

QRO: Over 5 watts -100 watts output power. 100 watts is the maximum output power allowed.

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 non-FISTS member: 2 points.

Final score is total QSO points times multipliers.

### **CERTIFICATES:**

Certificates will be awarded to the first, second, and third place finishers in each Entry Class.

### **LOG SUBMISSIONS:**

All log entries must be received 30 days after the Sprint to be considered valid. Logs not sent to the proper address will not be considered for entry. The logs will be spot checked for accuracy and correct scoring procedures.

All logs **MUST** contain the following information to be considered for entry:

Your name and call sign. Club name if entry is for a club. Your FISTS number if a member. Entry class. Your claimed score. List of claimed multipliers.

The entry form is the best way to record this information.

### **ELECTRONIC LOGS:**

We accept electronic logs in standard Cabrillo format or ASCII text files. If you're not sure about your format, please contact me before the contest entry deadline.

E-logs are sent to [n2ed@fists.org](mailto:n2ed@fists.org) ONLY.

### **PAPER LOGS:**

Send log and forms to:

FISTS Sprint Log, c/o Ed Wlodarski N2ED, 3 Shore Rd., Andover, NJ 07821-2240

# FISTS SPRINT ENTRY FORM

Entry Class: QRO \_\_\_\_\_ QRP \_\_\_\_\_ CLUB \_\_\_\_\_

SCORING: \_\_\_\_ QSO points X \_\_\_\_\_ multipliers = \_\_\_\_\_ final score

Club Name \_\_\_\_\_ Club Fists Number \_\_\_\_\_

Name \_\_\_\_\_ Call \_\_\_\_\_ FISTS # \_\_\_\_\_

Address (Street, City, State, Zip Code) \_\_\_\_\_

Email Address (optional) \_\_\_\_\_

| <b>MULTIPLIER CHECK-OFF LIST</b> |    |    |    |    |    |    |    |    |    |    |       |
|----------------------------------|----|----|----|----|----|----|----|----|----|----|-------|
| 1                                | 2  | 3  | 4  | 5  | 6  | 7  | 8  | 9  | 0  | VE | DX    |
| CT                               | NY | DE | AL | AR | CA | AZ | MI | IL | CO | NB | NF/LB |
| MA                               | NJ | MD | FL | LA |    | ID | OH | IN | IA | NS | NT    |
| ME                               |    | PA | GA | MS |    | MT | WV | WI | KS | PE | YK    |
| NH                               |    |    | KY | NM |    | NV |    |    | MN | QC | BC    |
| RI                               |    |    | NC | OK |    | OR |    |    | MO | ON |       |
| VT                               |    |    | SC | TX |    | UT |    |    | NE | MB |       |
|                                  |    |    | TN |    |    | WA |    |    | ND | SK |       |
|                                  |    |    | VA |    |    | WY |    |    | SD | AB |       |

Please enclose paper logs ONLY, photos, comments, ideas, etc., with your entry and mail promptly to:

**FISTS Sprint Logs**

Ed Wlodarski N2ED  
 3 Shore Rd.  
 Andover, NJ 07821-2240

I HAVE OBSERVED ALL FISTS SPRINT COMPETITION RULES AS WELL AS ALL REGULATIONS FOR AMATEUR RADIO IN MY COUNTRY. MY REPORT IS CORRECT AND TRUE TO THE BEST OF MY KNOWLEDGE. I AGREE TO BE BOUND BY THE DECISIONS OF THE FISTS AWARDS COMMITTEE.

Date \_\_\_\_\_ Signature \_\_\_\_\_ Call \_\_\_\_\_

Comments:

## FISTS Spring Sprint 2014 Results

I continue to be interested in hearing any and all comments that might increase the participation in the Sprints. You can e-mail your comments to me at [n2ed@fists.org](mailto:n2ed@fists.org).

73, Ed N2ED

FISTS Sprint Manager

### QRO Category

| Call   | Name   | State | FISTS # | Member<br>QSOs | Non-mbr<br>QSOs | QSO<br>Points | Mults | Score |
|--------|--------|-------|---------|----------------|-----------------|---------------|-------|-------|
| N2ED   | Ed     | NJ    | 2454    | 57             | 15              | 315           | 36    | 11340 |
| W9LHG  | John   | WI    | 9565    | 21             | 1               | 107           | 13    | 1391  |
| KG2LO  | Roland | NJ    | 2960    | 18             | 0               | 90            | 11    | 990   |
| W2HTI  | Ed     | NC    | 9186    | 12             | 1               | 62            | 11    | 682   |
| KB9LME | David  | TN    | 13933   | 14             | 0               | 70            | 9     | 630   |
| W8KYD  | Ron    | OH    | 10121   | 11             | 0               | 55            | 8     | 440   |
| OH2BN  | Jarmo  | DX    | 16593   | 1              | 0               | 5             | 1     | 5     |
| K4BAI  | John   | GA    | 2158    | 1              | 0               | 5             | 1     | 5     |
| W5DVM  | Bill   | TX    | 12127   | 1              | 0               | 5             | 1     | 5     |

### Club Category

|       |      |    |      |    |   |    |    |      |
|-------|------|----|------|----|---|----|----|------|
| W4FFF | Rick | NC | 9700 | 18 | 3 | 96 | 14 | 1344 |
|-------|------|----|------|----|---|----|----|------|

### QRP Category

|       |       |    |       |    |   |    |    |      |
|-------|-------|----|-------|----|---|----|----|------|
| K5YQF | Cecil | TX | 8077  | 16 | 4 | 88 | 14 | 1232 |
| AA7CU | Al    | AZ | 14241 | 2  | 1 | 12 | 3  | 36   |

## SOAPBOX

**KB9LME** - Haven't done a FISTS sprint in a long time. Will watch for the next one.

**W9LHG** - An hour into the test, the power went off. At our lake place, we are out in a National Forest, so power interruptions are not unusual. However, today was a bright sunny day with no wind. Nevertheless, a tree went down somewhere over a power line. Two hours later, the power returned. I'm sure that Nancy and Murphy were sitting side by side, and having a good laugh.

**K5YQF** - I had same number of QSOs as last

time though conditions seemed worse here.

Thanks to all and especially the four non-FISTS who called. Hope they join!

**N2ED** - Slow Sprint, conditions not too good but the DX Fists kept me into it. Signed "NANCY" and "379", worked a few others signing the same.

**W5VDM** - 7, 21 and 28MH were dead here, N2ED was the only station I could hear.

**W8KYD** - Was hopeful for a larger turnout for Nancy. Poor band condx did not help this Memorial Event either but I am looking forward to the Summer Sprint! 73, Ron.

# WELCOME NEW FISTS NA MEMBERS

| <b>Call</b> | <b>FISTS #</b> | <b>First Name</b> | <b>State</b> | <b>Call</b> | <b>FISTS #</b> | <b>First Name</b> | <b>State</b> |
|-------------|----------------|-------------------|--------------|-------------|----------------|-------------------|--------------|
| N4TGZ       | 16445          | BRUCE             | VA           | KD4EE       | 16491          | Scott             | KY           |
| KD8VVM      | 16446          | FRANK             | OH           | KD8HSV      | 16492          | BOB               | OH           |
| K4LCD       | 16444          | JUAN              | FL           | AB7YO       | 16486          | MATT              | AK           |
| VE3DCX      | 16447          | JAMES             | ON           | KK4UGD      | 16493          | MICHAEL           | FL           |
| KB0CAQ      | 16448          | DON               | IA           | W3BNO       | 16494          | JOHN              | AL           |
| KC1AJZ      | 16449          | VERN              | NH           | K5WDB       | 16495          | BILL              | TX           |
| W5SWL       | 16450          | DAVE              | AR           | AC9HZ       | 16496          | TONY              | IL           |
| KV4RH       | 16451          | BEN               | SC           | K6DDX       | 16497          | BOB               | CA           |
| W1JPA       | 16452          | JOHN              | MA           | AB0UN       | 16498          | THOMAS            | OH           |
| AF5JL       | 16453          | VIC               | LA           | KA7SOL      | 16499          | IAN               | WA           |
| KK4AOY      | 16454          | PATRICK           | FL           | KK4VZA      | 16700          | STEVE             | AL           |
| N1KL        | 16455          | KEVIN             | MA           | KC5ENZ      | 16701          | JIM               | TX           |
| W7VZ        | 16456          | KENT              | UT           | WA6DIJ      | 16702          | JAMES             | CA           |
| KA0OBI      | 16457          | STEVE             | MN           | KB5FLA      | 16703          | RICHARD           | AR           |
| WA9ADT      | 16458          | RON               | IL           | N6STA       | 16704          | MICHAEL           | CA           |
| K4PHS       | 16459          | PETE              | NC           | WI5H        | 16705          | MIKE              | TX           |
| KA1BTK      | 16460          | GARDI             | MA           | KG7JGG      | 16706          | ROBERT            | WA           |
| KF4OCX      | 16461          | CARL              | TN           | NO0B        | 16707          | Jim               | IA           |
| WB9LUR      | 16462          | RANDY             | FL           | WF7D        | 16708          | Terry             | AZ           |
| NL7X        | 16463          | DUANE             | AK           | NQ6Y        | 16709          | James             | CA           |
| W0TQ        | 16464          | Louis             | MO           | KE7RTV      | 16710          | Steve             | NV           |
| VA7RFP      | 16465          | DUANE             | BC           | KD5DFW      | 16711          | Ken               | TX           |
| K2MF        | 16466          | BARRY             | FL           | KB1VIN      | 16713          | Robert            | MA           |
| KK4CTN      | 16468          | TONY              | SC           | WX2I        | 16714          | Bob               | NJ           |
| KB1HYR      | 16469          | BRETT             | NH           | KE5AKG      | 16715          | Bernhard          | TX           |
| KJ6TLB      | 16470          | RANDY             | CA           | N1LS        | 16716          | Nils              | AZ           |
| NC4AG       | 16471          | Andrew            | NC           | W0FG        | 16717          | Rick              | IA           |
| N4RCE       | 16467          | ANDREW            | VA           | N2CYY       | 16718          | Lou               | NJ           |
| K3AAR       | 16472          | AL                | VA           | KA1BWG      | 16719          | Paul              | ME           |
| KA4BQQ      | 16473          | LLOYD             | KY           | KD2AEF      | 16720          | Joe               | NY           |
| K7PAX       | 16474          | Paula             | WA           | KC2EKX      | 16721          | Peter             | NJ           |
| K1TA        | 16475          | Tom               | CT           | N4AWP       | 16722          | Art               | NC           |
| WB9G        | 16476          | Chris             | NY           | WD0G        | 16723          | Bob               | MN           |
| K8CLV       | 16477          | Ronald            | OH           | KK4MRN      | 16724          | Daniel            | VA           |
| AE7UT       | 16478          | Stan              | UT           | KE5KOV      | 16725          | Jay               | TX           |
| K5KFK       | 16479          | Jerry             | TX           | N4JGD       | 16726          | David             | NC           |
| K6UYL       | 16480          | Ed                | CA           | KK4UNZ      | 16727          | Tucker            | NC           |
| KE5WZK      | 16481          | Robert            | LA           | W8AP        | 16728          | Jim               | OK           |
| K4LJG       | 16482          | Michael           | GA           | KK4ZBA      | 16729          | Harry             | TN           |
| KC5E        | 16483          | Glenn             | AZ           | W0TJT       | 16739          | Tim               | IA           |
| N1ZAX       | 16484          | Gary              | ME           | N8DGD       | 16738          | Tom               | MI           |
| N5FSN       | 16485          | Larry             | WA           | VE3UZ       | 16737          | Dave              | ON           |
| NO1R        | 16487          | Steve             | NC           | WA8LHB      | 16736          | Tim               | OH           |
| KQ8G        | 16488          | Carl              | MI           |             |                |                   |              |
| K6OQS       | 16489          | Homer             | CA           |             |                |                   |              |

|       |       |       |    |
|-------|-------|-------|----|
| N0GC  | 16735 | Jerry | ND |
| N3WB  | 16734 | Woody | MD |
| K8CMO | 16733 | Dave  | OH |

| Call   | FISTS # | First Name                         | State |
|--------|---------|------------------------------------|-------|
| KA8ZGE | 16732   | David                              | OH    |
| W3RKT  | 16731   | Rich                               | PA    |
| WA3RVD | 16730   | Mel                                | PA    |
| N8RFT  | 16740   | Jim                                | OH    |
| KE8NN  | 16741   | Paul                               | OH    |
| WV8P   | 16742   | Dave                               | OH    |
| WA2EZ  | 16743   | Don                                | NY    |
| AG5S   | 16744   | Alden                              | NM    |
| N1NUA  | 16745   | Joan                               | ME    |
| NK4I   | 16746   | Tighe                              | SC    |
| W9OD   | 16747   | Craig                              | WI    |
| W8TOW  | 16748   | Steve                              | MI    |
| AC0SR  | 16749   | Patrick                            | MO    |
| K2MVR  | 16750   | Jose (Joe)                         | NY    |
| AF5BV  | 16751   | Paul                               | TX    |
| W7HBP  | 16752   | Rick                               | WA    |
| W8PT   | 16753   | Chuck                              | OH    |
| K6SJH  | 16754   | Samuel                             | CA    |
| N4MJG  | 16755   | Marion<br>(Jackie)                 | TN    |
| KM4BPE | 16756   | Brian                              | FL    |
| N4MHO  | 16757   | Mike                               | AL    |
| XE2MXZ | 16758   | Juan (John)                        | TX    |
| KC5ONZ | 16759   | Butch                              | TX    |
| KC2WRG | 16760   | John                               | NY    |
| N9OVI  | 16761   | Chuck                              | WA    |
| WA0CW  | 16762   | Scott                              | IA    |
| W4FLN  | 16763   | Frank                              | FL    |
| W7UUU  | 16764   | Dave                               | WA    |
| KK4LCR | 16765   | James                              | FL    |
| K5EJF  | 16766   | Ray                                | TX    |
| K2CDX  | 16767   | Mike                               | NY    |
| KB1WJK | 16768   | Bill                               | NH    |
| KM4CGV | 16769   | Patrick                            | VA    |
| AD2WB  | 16770   | Timothy                            | KS    |
| KT2JR  | 16771   | Julia                              | NC    |
| K4MWE  | 16772   | Larry                              | NC    |
| WP3ZP  | 16773   | John                               | PR    |
| KF0UV  | 16774   | Marshall                           | CO    |
| W9IAL  | 16775   | Jud                                | WI    |
| K4BLB  | 16776   | Barry                              | TN    |
| AA9BL  | 16777   | The Long<br>Family<br>Contest Grp. | IN    |
| N0HOT  | 16778   | Scott                              | MN    |
| N8MUT  | 16779   | Guy                                | MI    |

## My 30 Meter Challenges

**Steve Rogers, W7VI, FISTS #5492**

I am at my new QTH, a small community called Chattaroy, Washington. We are located about 25 miles northeast of Spokane, Washington on highway U. S. 2. My wife and I moved from Reno, Nevada after she retired from the Regional Transportation Commission, and I have been retired from the Westinghouse Nuclear Power Division since 1995.

Moving from Reno to Chattaroy meant I had to take down all my antennas. I am still re-installing them at home in Chattaroy. At age 77, things are not being accomplished as fast as I want, but progress is steady and slow. Right now, I have a 30 meter mono-band vertical and an OCF dipole up with the apex up at 80 feet in a large pine tree.

One day I was setting up my transceivers and designing my radio room in the basement for some DXing in the near future. With two great radios, I had the idea to try to contact 100 countries on 30 meters with a straight key. I started that very evening! I have dedicated one radio to operating the 30 meter band and installed my Vibroplex straight key. This radio is a Ten-Tec Jupiter running 100 watts or less. My other radio is a Ten-Tec Orion II which I use for rag chewing and some contesting.

At first, contacts on 30 meters were great. From my new location I was picking up European countries with no problem, receiving reports of 599 plus. This went on for about a year. I have most of Europe and the U. K., including some small countries such as the Isle of Man and others in the north Atlantic. I try to get on the air at least for two hours every other night and try to make at least four to five contacts. The remaining time is clearing brush and small trees for my planned antenna locations.

So far my progress has been quite good. I found out that 30 meters is usually workable in all band



conditions good or bad so this is a great plus. As of this writing I have achieved around 80 contacts and 50 confirmed so not bad for a year of part- time work.

I have noticed that I am having problems with making contacts to the south, southwest, west and northwest of my location. At this time of year in northeast Washington with intermittent snowstorms the solution will have to wait till the snow has melted. I think I might have to relocate my vertical to another location, so back to the drawing board.

For the amateur who likes CW and belongs to FISTS, this band is a lot of fun. As I said before the conditions of 30 meters are usually workable. With a vertical and the low angle of radiation DXing is not difficult. You just have to work at it little by little and you will achieve your goals. So next time you are on the air try 30 meters, enjoy some great DX, and meet great friends from other countries. Whether you're looking for contacts or just rag chewing, you will have fun.

## **The TEN-TEC Rebel (Model 506)**

**By T.J. "SKIP" Arey, N2EI, FISTS #6214**

Our particular love of the CW Mode is all too often misconstrued as being anachronistic. Let me begin by talking about another hobby of mine. I am a serious bicyclist. My bikes are all made of the latest aero-space materials, mostly carbon fiber and aluminum, even some titanium. They benefit from wind tunnel testing and the most advanced computer aided design and machining. That said, I ride these bikes using Brooks leather saddles. Made in England, the design has not changed significantly since its development around 1862. I am perfectly comfortable (no pun intended) using this antique technology with the most modern bicycles I can afford.

I get a similar feeling when I hook up one of

my old "New York Number" Vibroplex Bugs to TEN-TEC's latest entry into our world of CW Operation. The TEN-TEC REBEL (Model 506) is a fully functional low power Amateur Radio transceiver with a difference. It makes use of the most current microcontroller hardware and software to bring 21st Century operations to our favorite, time honored, mode of operation.

Generating 5 watts in the 20 and 40 meter CW (Morse Code) ham bands, as shipped, any CW Op can get on the air immediately by simply connecting an antenna, key and 10-15 VDC power. As a stand-alone, low power (QRP) transceiver, this unit is already a useful tool. But this is only the beginning of the story! It is built around the Arduino compatible ChipKIT Uno 32 processor.

Using the open-source Arduino programming environment, the user can adjust and modify the existing functions of this unit or go further to add features beyond its basic design. Internally, the transceiver contains direct pin-outs to all connections on the processor board. The potential to design and develop "shields" to enhance and improve the radio's performance is limited only by the imagination of the user. Active on-line groups supporting the Arduino, the ChipKit Uno 32 as well as the Rebel itself are already building a base of user ideas and experiments to take this rig far beyond its basic platform. Many of these resources can be found at: <http://www.tentec.com/rebel-model-506-open-source-qrp-cw-transceiver/>. CW aficionados old and new will find this \$199 unit an excellent way to get on the air. Hams who want to begin to experiment with microcontroller based hardware and software now have a great place to start.



## FISTS STORE

Due to USPS rate increase in January 2014 and regulation changes we are forced to raise the cost of some items offered in our store. The club is endeavoring to keep costs as low as possible.

Please if ordering by mail, call Karl, KB1DSB (802)-558-2148 before ordering to insure items you wish to order are in stock. PayPal orders will find availability on our web site.

Mailed orders make check payable to "FISTS CW Club", mail your check along with your order to:  
FISTS CW Club, c/o Karl Zuege KB1DSB, 478 CR 53, Rogersville AL 35652-3503

All prices listed include shipping in US only.  
Canada, Mexico and DX contact Karl for additional shipping costs.

To celebrate FISTS 25th anniversary year, limited-edition shirts and mugs will be available  
**WHILE SUPPLY LASTS.**

The shirts are heather gray, a bit darker gray than the typical "athletic gray" color, sort of a light charcoal. T-Shirt and Polo Shirts are Gildan Brand Ultra Cotton, 50% Cotton / 50% Polyester Preshrunk.



Short sleeve T-shirts with the anniversary logo screened in color on the front.

Sizes: S,M,L,XL, 2XL

Cost: \$10.00 each

SKU: NA025T



Short sleeve polo shirts with the anniversary logo in color on the top left side (no pocket).

Sizes: S,M and 2XL only

Cost \$18.00 each

SKU: NA025P

# FISTS STORE

## FISTS Mugs



Coffee mugs are 11 oz, microwave and dishwasher safe, white with the full color anniversary logo on one side and "FISTS CW Club When You've Worked a FISTS, You've Worked a Friend <http://www.fists.org>" on the other side.

Cost: \$10.00 each SKU: NA025M

## Gray KNOW CODE Sweatshirts!

(No Photo Available)

Sweatshirts are gray in color with Blue lettering, in same front and back design at above T-shirts.

Size: L, XL, 2XL, 3XL

Cost: \$12.00

SKU: NA004S

## Light Blue Polo Shirt with the FISTS CW Club Key Logo!

They are Jerzees Brand, 50% Cotton / 50% Polyester. FISTS Logo embroidered over left breast, no pocket.

Sizes: M, L, XL, 2XL, 3XL

Cost: \$15.50 each

SKU: NA001P

## KNOW CODE T-Shirt

We have a limited quantity of these T-Shirts. They are Fruit of the Loom Best Brand, 50% Cotton / 50% Polyester blend. T-shirts in Blue and Black.

Blue T-shirt is printed in silver on front and light blue on back.

Size: Large only

Cost: \$6.00 each

SKU: NA002T

Black T-shirt is printed in silver front and back.

Same design as the blue t-shirt above. Size: M, L, XL, 2XL

Cost: \$6.00 each

SKU: NA003T

### FRONT:



### BACK:



# FISTS STORE

## PINS!



"FISTS CW CLUB" pentagon logo pin  
Blue enamel cloisonne/gold metal,  
with tie- tack type pin back  
Cost: \$1.50  
SKU: NA005



"I ♥ CW" "FISTS CW CLUB"  
White enamel cloisonne pin  
3/4" diameter circle tie-tack type pin on back  
Cost: \$1.50  
SKU: NA006

## STICKERS



Metallic gold logo FISTS CW Club sticker  
200/package  
Cost: \$3.50  
SKU: NA007

I Love CW Stickers, 3/4" round sticker  
200/package  
Cost: \$3.50  
SKU: NA008

## REVERSE VINYL WINDOW CLINGS

These window clings can be used on an inside glass surface and can be moved and used again.



FISTS CW Club Key Logo reverse vinyl  
window cling. 7 1/2 inches by 3 3/4 inches  
Cost: \$1.00 each  
SKU: NA009



I Love CW, FISTS CW Club reverse vinyl  
window cling 3" in diameter.  
Cost: \$1.00 each  
SKU: NA010

## FISTS STORE



### FISTS 12oz Travel Mug!

This 12oz Travel Mug says "I Love CW FISTS CW Club". The perfect mug for portable CW operating. Take one with you when operating CW on Field Day!

Cost: \$5.50 each  
SKU: NA013



### FISTS CW Club Key Logo Patch!

An embroidered cloth patch of our FISTS CW Club Key Logo. Can be ironed or sewn on. Cost:

\$1.00 each  
SKU: NA011



### The K7QO Code Course and K7QO Upgrade Project!

Thanks to K7QO's generosity, FISTS has the distribution rights to the famous K7QO Code Course (Farnsworth method) on CD in mp3 format. When you complete the program by practicing two or three times a day for 10 minutes each session, you will soon be on the air at a comfortable conversational speed.

The Code Course CD starts out assuming the person is a total beginner and sends repetitive letters, numbers and words.

The Upgrade Training CD is the General Exam questions and answers sent in Morse code. Since the K7QO Upgrade Training Project CD starts at a speed of about 10 wpm and is plain text, it is not for beginners. However, it is excellent practice for those who know the code and want to upgrade their skills. It is also a good refresher course in electronics for those who have been licensed a while. You may be surprised at how much of the General class information you have forgotten!

Both disks are mp3 files, and will not play in a regular CD player. You need a CD-sized mp3 player (available in stores for under \$20) or a computer. They will play in most newer car CD players. The course is sold as a two-CD Set.

1 set: \$3.50, 2 sets: \$4.50, 3 sets \$5.50

SKU: NA012

## How to join or renew your membership in FISTS NA

If you live in North, South or Central America, you may join the North American Chapter of FISTS. Membership is open to all people interested in Morse code, irrespective of their speed and ability. You can download a North American membership application from <http://fistsna.org/pdfdocs/nafists.pdf> or use the application form on the inside back cover of your KeyNote. You can have an application mailed to you, send an e-mail to Jim Ranieri, AA9LS, [aa9ls@turbotoads.com](mailto:aa9ls@turbotoads.com) and he will email an application to you, or mail a SASE to him at 33778 Rebecca Rd, Kingston IL 60145 and Jim will send you an application via return postal mail.

The membership fee to join or renew is:

- \$15 per year for regular membership
- \$10 per year for college students. College students we do ask you include the name of the college or university you are attending.

You may join or renew for up to 5 years at one time if you so desire. Each year is the same fee (1 year = \$15, 2 years = \$30, etc.). Family members of a current dues paying FISTS member may join and receive a membership number. Only one Keynote newsletter will be mailed per household. FISTS numbers are not reassigned, so if you had a number in the past and renew your membership, you will retain the same membership number.

If you are 65 to 80 years old we are offering you regular membership for \$10 per year, and you may renew for more than one year at \$10 per year. We do request that you supply your date of birth on your application, your check or money order if renewing by mail or in the comments section if paying by PayPal. We have set up a

special PayPal button just for this group.

If you are age 80 and older, or under age 18, or have a family membership your membership and renewals are free. If you qualify for a free renewal, please drop Karl KB1DSB a note by email or by postal mail around the time of your "renewal" each year. Let us know you are still interested in CW and FISTS so we can update your membership and keep you on the Active Members List.

To join or renew send a check or money order with your membership fee along with your membership application to Karl Zuege KB1DSB, 478 CR 53, Rogersville, AL 35652-3503. Please make checks payable to "FISTS CW Club". Include your call sign and FISTS # for current members on the memo line.

If you wish to pay your membership fee using PayPal, you can send your join or renewal amount by going to <http://fistsna.org/howdoi.html>. Use the proper PayPal box (JOIN or RENEW) to select the number of years you wish to join or renew as a Regular, 65 to 80 year old member or Student member. Enter your CALL and NAME to JOIN or enter your CALL, NAME, and FISTS Number if RENEWING in the space provided. For the 65-80 age group also include your date of birth, please. Be sure to include your home mailing address if it is different from the one you use for PayPal. Then click "Pay Now".

**See you on the air!**

**Remember to use the FISTS frequencies:**

**1.808 MHz 3.558 MHz 7.028/7.058 MHz  
10.118 MHz 14.058 MHz 18.085 MHz  
21.058 MHz 24.908 MHz 28.058 MHz  
50.058 MHz 144.058 MHz**

# FISTS CW CLUB Membership Application

For North, Central, and South America including all territories and islands.



**Callsign** \_\_\_\_\_ **Name on the Air** \_\_\_\_\_

**Mailing Name and Address:**

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The following info provides a synopsis of members' working conditions:

**Rig(s)** \_\_\_\_\_

**Antennas** \_\_\_\_\_

**Other club affiliations (ARRL, RSGB, etc)** \_\_\_\_\_

**Other interests** \_\_\_\_\_

**Birthdate** \_\_\_\_\_ **Phone** \_\_\_\_\_

**Email address (optional)** \_\_\_\_\_

Please enclose annual dues below in U.S. funds (pays for newsletters and awards).

- Under age 18 or 80 & over – FREE\*
- College student or age 65 to 79 - \$10.00\*
- Regular Membership - \$15

\* Birthdate Required

**Signature** \_\_\_\_\_ **Date** \_\_\_\_\_

Please make checks payable to “FISTS CW Club” and send to:  
Karl Zuege KB1DSB, 478 CR 53, Rogersville AL 35652-3503 USA

FISTS CW Club  
c/o Karl Zuege, KB1DSB  
478 CR 53  
Rogersville, AL 35652-3503  
[www.fistsna.org](http://www.fistsna.org)  
[karl@fistsna.org](mailto:karl@fistsna.org)

NON PROFIT ORGANIZATION

US POSTAGE PAID

PULASKI WEB

PERMIT #212

PULASKI, TN 38478

***PLEASE LOOK AT YOUR RENEWAL DATE ON  
THE MAILING LABEL***

*Send in your stories and photos for the KeyNote!*



*When you've worked a FISTS, you've worked a friend.*