The KeyNote



Newsletter of the Americas Chapter, FISTS CW Club—The International Morse Preservation Society Issue #2, 2015

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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 e-mail 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 e-mail addresses have changed from the last reference issue of *The KeyNote*. Please make note of the following listings.

When e-mailing a volunteer please put the word FISTS in the title of your e-mail. This will help the volunteer recognize that your e-mail is important and not spam.

Awards and Certificates

Dennis Franklin, K6DF, <u>awards@fistsna.org</u> 4658 Capitan Dr., Fremont, CA 94536

QSL Bureau

Stan Reas, K4UK, <u>k4uk@fistsna.org</u> 1020 Long Island Dr., Moneta, VA 24121-1952

Club call, KNOWCW

Karl Zuege, KB1DSB, <u>karl@fistsna.org</u> 478 CR 53. Rogersville, AL 35652-3503

Membership Questions; Renewals; Call Changes; Name, Mailing, and E-mail Address Changes

Karl Zuege, KB1DSB, karl@fistsna.org 478 CR 53. Rogersville, AL 35652-3503

Membership Application or Sample KeyNotes for Friends

Jim Ramoero, AA9LS, <u>aa9ls@turbotoads.com</u> 33778 Rebecca Rd., Jingston, IL 60145

Website Changes (including getting your personal or club web page linked)

Dennis Franklin, K6DF, webmaster@fistsna.org 4658 Capitan Dr., Fremont, CA 94536

Club Presentation Packets

Joe Spencer, KK5NA, <u>kk5na@kk5na.com</u> 3618 Montridge Ct., Arlington, TX 76016

Code Buddy Volunteers and Buddies

Nick Yokanovich, K3NY, k3ny@aarl.net 108 Brent Rd., Arnold, MD 21012

FISTS Sprints

Ed Wlodarski, N2ED, <u>n2ed@fistsna.org</u> 3 Shore Rd., Andover, NJ 07821-2240

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

Karl Zuk, N2KZ, <u>feetwetlogs@fistsna.org</u>, <u>g3zqslogs@fistsna.org</u>
15 Flintlock Ridge Rd., Katonah, NY 10536

The KeyNote Newsletter

Dan Romanchik, KB6NU, keynote@fistsna.org 1325 Orkney Dr., Ann Arbor, MI 48103

FISTS Store, Supplies, Shirts, Mugs, Etc.

Karl Zuege, KB1DSB, <u>karl@fistsna.org</u> 478 CR 53, Rogersville, AL 35652-3503

Please check your *KeyNote* label for your renewal date. Dues are:

- Regular membership—\$15 a year with printed newsletter, \$10 with PDF version
- Ages 65–79 and college students—\$10 a year
- Under 18 and over 80—free

Checks should be payable to FISTS CW Club. 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 www.fistsna.org/howdoi.html.

The KeyNote

The Newsletter of the Americas Chapter of FISTS Issue #2, 2015

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Design: Mary Cronin

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Editor's Notepad

CW: Alive and Well at Dayton, 2015

If you're one of those people whose blood pressure goes up whenever you think about the elimination of the Morse Code test, I have three words for you: Forget about it! CW is alive and well, and judging by the number of exhibitors at the Dayton Hamvention this year, it will be around for a long time to come.

There was a bunch of vendors selling keys, both inside and out this year. Begali (<u>i2rtf.com</u>) had his usual huge booth, and practically every time I passed by, there were hams waiting in line to try his keys. Other vendors included Vibroplex (<u>vibroplex.com</u>), Kent Morse Keys (<u>www.kent-engineers.com</u>), American Morse (<u>americanmorse.com</u>), N3ZN Keys (<u>n3znkeys.com</u>), and March Magnetic Paddles (<u>sites.google.com/site/marchmagneticpaddles/</u>). I rather doubt that so many vendors would show up if CW was a dying part of our hobby.

In addition to the key companies, the CW clubs were also well represented. In addition to FISTS, of course, the CW Ops, the Straight Key Century Club (SKCC), and the Morse Telegraph club had booths at this year's Hamvention.

The FISTS booth was just mobbed. I was supposed to help man the booth, but never really got the chance. Karl, KB1DSB (FISTS NA president), and Dennis, K6DF (in charge of awards), both came to Dayton this year. Also helping out in the booth were Larry KA8HFN, Henry WD8Q, Dirk KG8JK, Jamie WW3S, and Tim AB4B. As you can see, they never really needed my help.

I did manage to get my QLF certificate, though. Larry, KA8HFN, was the head examiner for the QLF award. Thankfully, he wasn't as strict as the old FCC examiners, and a lot of happy hams got their QLF certificates at the FISTS booth.

One thing that was missing was a CW forum, but I hope to remedy that next year. I have contacted the Hamvention forum chairs about including a CW forum at next year's event. They replied that they thought this would be a great addition to the forum lineup, and while they didn't promise anything, I'm confident that we'll have a forum for CW ops next year. Look for news about that in a later *KeyNote*.

If you've never attended a Dayton Hamvention, you really should consider doing so. There's really nothing else like it. And, you'll see for yourself that CW is still alive and well.

73, Dan KB6NU, FISTS #9342

WELCOME NEW FISTS AMERICAS CHAPTER MEMBERS

Call	FISTS#	First Name	S/P/C	Call	FISTS#	First Name	S/P/C
VE6YA	17148	Saun	AB	KK4FEM	17188	Matthew	FL
WB7WFL	17149	Tim	WA	WA5SAT	17189	Steven	TX
K0CSL	17150	Craig	IA	KL7KNP	17190	Rich	CA
W3GY	17151	Jack	PA	KD5SLS	17191	Joseph	NE
K4WRZ	17152	Glenn	NC	KW1L	17192	Paul	MI
N4OK	17153	Robert	GA	KL1NI	17193	Robert	AK
W4JOV	17154	Raymond	AL	KI7MH	17194	Murray	WA
KM4FPQ	17155	Robert	GA	W4GZX	17195	Cleveland ARC	TN
N7AL	17156	Albert	ID	WD2AGQ	17196	Keith	NY
K5OSA	17157	Michael "Doc"	OK	W7MMT	17197	Louis	OR
W9SRP	17158	Scott	IN	KF9SW	17198	Victor	IN
NOSJ	17159	Jim	ND	NC6D	17199	David	CA
AE7VU	17160	Bill	WA	KC1ARO	17200	Richard	RI
KF5QLM	17161	Brandon	TX	W4FEK	17201	Ron	CA
KD8ZIM	17162	Robert	WV	K4CEM	17202	Charles	NC
W7IRJ	17163	Doug	OR	VE4WZ	17203	Mike	MB
W8JPF	17164	Joe	ОН	AK4JL	17204	Ron	SC
W5ODD	17165	Jim	TX	K7XH	17205	Michael	WA
KG8FE	17166	Eric	ОН	K3WJV	17206	William	PA
K1YM	17167	John	MA	KO9Z	17207	Kurt	IL
KB0EOR	17168	Frank	IA	W6FCS	17208	John	CA
KM4AVF	17169	Marshall	KY	NE8S	17209	Gar	KS
WB4SNU	17170	Larry	NC	AA7FV	17210	Darrel	AZ
KD0FKI	17171	Luis	CO	AF5RA	17211	Robert	TX
KB8XG	17172	David	MI	WX1M	17212	Steve	RI
WD8FM	17173	Frank	MI	KE3MI	17213	Sherwood	PA
W9TTH	17174	Dale	IL	WB8RXN	17214	Howard	MI
WB6TYP	17175	Santiago	AZ	N2FVA	17215	Ray	PA
WA6BSW	17176	Jerry	CA	KD0HJG	17216	Scott	MN
KK6AMY	17177	John	CA	W9SDX	17217	Greg	FL
KG6FRX	17178	Guy	CA	WB6AAJ	17218	Kelly	CA
WD4LNW	17179	Doug	NC	K2WW	17219	Dean	NY
K6KRV	17180	Dennis	CA	PY2KLA	17220	Klaus	Brazil
KK6MF	17181	Larry	CA	VA3ENF	17221	Enrico	ON
KB3VFB	17182	Terry	PA	NI5G	17222	Lou	NM
WB4SON	17183	Bob	RI	KF7EB	17223	Wally	WY
KC0PMH	17184	Wayne	KS	K2OHM	17224	Stan	NJ
KE7NUQ	17185	Richard	WA	WB9OTX	17225	Jack	IN
NM1W	17186	Jim	NH				
N5MJ	17187	Mike	NM			(Continued ne	xt page)

New Members (continued)

Call	FISTS#	First Name	S/P/C	Call	FISTS#	First Name	S/P/C
N8NSA	17226	Philip	MI	KE3KQ	17265	Ben	PA
W6NS	17227	Tim	NV	N7BUI	17266	George	OR
KC2IGE	17228	Matthew	NY	W2CYK	17267	Bob	NY
KJ4UC	17229	Don	GA	W2EEO	17268	Jesse	NY
KC2SCI	17230	George	NY	W9FZ	17269	Bruce	MN
N3BVL	17231	Thomas	PA	KA9VVQ	17270	Janice	MN
KM5XK	17232	Don	NM	N0CN	17271	Rick	IA
KM4AMA	17233	Warren	NC	KI8FV	17272	Steve	ОН
AK4HA	17234	Glenn	KY	N4FP	17273	Wayne	FL
KB5ZIW	17235	David	TX	WB2VYK	17274	Marty	FL
W4AUE	17236	Larry	AL	K5MGJ	17275	Mark	TX
N4TAN	17237	Bob	NC	W8SDG	17276	Marc	MI
K1DSW	17238	John	MA	K8MIW	17277	Mel	MI
WV0Q	17239	James	CO	N8FE	17278	Marsha	MI
W4TYD	17240	Ту	FL	W3YX	17279	Scott	PA
KB4VRF	17241	Thomas	TN	W9CVG	17280	Jeff	IN
KE4D	17242	John	TX	W9NET	17281	John	PA
KC3DHT	17243	Wayne	PA	KC8RLP	17282	Jon	ОН
WB9KYN	17244	Reggie	TN	PENDING	17283	Harris	NY
KG7TJU	17245	Bill	NV	KG4KRB	17284	Ron	VA
K2II	17246	Larry	FL	W4NTA	17285	Jim	GA
N6IET	17247	Rick	CA	WA4VJK	17286	Richard	KY
AH6AX	17248	Larry	MD	NX3X	17287	Larry	PA
NO0L	17249	Eric	WI	KI8FW	17288	Brian	ОН
K9DAC	17250	Tom	OH	W4MEA	17289	Max	TN
AB8NO	17251	Brad	MI	AC8KB	17290	Angela	ОН
WX8U	17252	Jeff	OH	KC8TAA	17291	Mary	ОН
WA3QLY	17253	Tom	MD	KC4QWM	17292	Bill	AL
K7CGA	17254	Bob	ID	KW4DL	17293	Mike	KY
KC0CIN	17255	Gordie	IA	WA3ED	17294	Edward	MD
VE3WMT	17256	Wenda	ON	W5TMP	17295	Terry	LA
K1WS	17257	Ken	NJ				
W2VM	17258	Craig	NY				
WA8VQO	17259	Bud	OH				
K2HAT	17260	Lee	NY				
WO2T	17261	Al	NJ				
KD8VZD	17262	Jeff	ОН		1	_	
KB8STV	17263	Charlie	ОН		FIS	STS	
K5XQ	17264	Bud	AL		CL	UB	

QRZ FISTS DE KARL, KB1DSB

Hello again, FISTS! First off, I want to thank all those members who have renewed their memberships and to welcome new FISTS members to our chapter. You members are what make the chapter and the entire FISTS CW Club. We volunteers are here to support you the members. Sadly, this will be the last issue some FISTS receive. We will only allow a member to be 6 months behind before they are removed from the mailing list. This is only fair to the dues paying members.

If you are unsure of when your membership expires, the mailing label on your *KeyNote* now shows your call sign, your FISTS number, and your expiration date. You can also find your expiration date by going to http://fistsna.org/expdate.php. Just enter your call sign or FISTS number and the website will tell you your expiration date. This is especially helpful for those of you who subscribe to the PDF version of *The KeyNote*. Expiration dates are updated immediately when a member joins or renews.

Chapter News

We have officially named our Chapter the "Americas Chapter." We cover North, Central and South Americas and the islands of the Caribbean. So, it is only correct that we have a chapter name which is all encompassing.

More than 390 members have opted to receive *The KeyNote* as a PDF file rather than get a printed version. We consider this to be a great success. If you are interested in this option, please contact me, and I will e-mail you the PDF version of Issue #1, 2015. This will be the typical size of our issues. It is a try-before-you-switch offer. Sadly, those with dial up internet service most likely will not be able to download the issue

from our web site, but you can give it a try with the sample file.

Looking a little ahead to 2017, FISTS will celebrate its 30th anniversary and our chapter will celebrate our 20th. If you have an idea as to how we can celebrate these events, please contact us. One idea already suggested is to activate KN0WCW in every state during the year and issue a "Worked KN0WCW in All States" award.

Talking about KN0WCW, the USA FISTS club call sign, consider operating using KN0W-CW if your club has a FISTS number. Operating KN0WCW can be fun, and these contacts give points to those seeking FISTS awards. If there is enough interest, we could even have special Clubs On the Air events days.

Website Updates

If you have not been to our web site in a while, I suggest that you take some time and look through it. Dennis, K6DF, our webmaster, has spent a great deal of time working on it. We have updated areas and offer new areas and items for you, including features suggested by you, the members.

One of the most useful features of the website is the "Events Calendar." The calendar includes on-air events, such as the FISTS Sprints, FISTS Tuesdays, and the Get Your Feet Wet Activity Day events. In addition, the calendar will show when KN0WCW, our USA FISTS Club call sign, will be on the air. If your FISTS-affiliated club will be on the air as KN0WCW, or is holding another event of interest to FISTS members, e-mail me or Dennis, K6DF, webmaster@fistna.org, so that we can post it on the calendar.

K7Q0 Code Course Still Available.

The K7QO Code Course CD Sets we are offering to clubs to give out when they have presentations

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Rites and Rituals

By Gerald, G3MCK #230

[Editor's Note: I've received several requests for articles from *The Key Notes* published by other FISTS chapters. Your wish is my command. This article first appeared in the February 2015 issue of the *European Key Note...*Dan, KB6NU]

Bill G4WJM in his recent article made some excellent points regarding the benefit of giving honest RST reports. We have all wondered at the person who has just given you 599 then asks for a repeat of QTH and name, also the person to whom one has given 339 who thinks that it is appropriate to rag chew. These people seem to think that the report is a meaningless rite or ritual and fail to see that it is an essential part of the QSO in that it provides guidance as to how to conduct the QSO.

There are other issues which the less competent seem to think are merely rituals. Let's us look at 'QRL?', which should be sent after carefully listening to see that the frequency is not in use but before sending CQ. Some amateurs seem to think that it is a magic incantation which will automatically produce a clear frequency. You can hear them sending 'QRL? CQ CQ'; that is they do not allow any time for someone to reply and tell them that the frequency is in use. I believe that a five second pause followed by a very short CQ should give ample time to elicit a response. The response only needs to be 'YES'; anything longer means that someone is losing copy. It is not helpful to send 'NO'. The sender may think that the frequency is clear and that he is being helpful but he cannot speak for other stations for whom this may not be the case.

Associated with QRL is the question of accurate netting [or "zero beating," as we would say here in the States...Ed.]. You may believe that the frequency is clear when you send 'QRL?', but are

QRL?

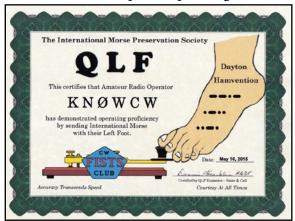
you sure that you are listening on the frequency on which you will be transmitting? How can this be? Let us be honest; we have all done it at times: sending with RIT on or split engaged. These are just blunders that happen in a fit of absent-mindedness, but the more important issue is the one of people who seem to be unable to net, that is to ensure that they are transmitting on the frequency to which they are listening. This may be due to a fault in the rig or incorrect use of the rig. I doubt if anybody nets exactly all the time (and in fact a slight mis-netting can be helpful, for example if two stations reply to a CQ it can be very difficult to distinguish one from the other if they are both the same strength, sending at the same speed and correctly netted). However, if one has netted 25 Hz LF and the other 25 Hz HF then there would be a 50 Hz difference in their signals and copy of both would not be too hard. I would suggest that netting to within 100 Hz is usually acceptable and is a reasonable aim. In the same light I would suggest that netting more than 250 Hz off is not acceptable. A typical receiver will have a 500 Hz CW filter, meaning that netting 250 Hz off will reduce the strength of your signal by 6 dB. That is the gain that you get when using an amplifier, i.e. going from 100 W to 400 W, or going from a dipole to a three element Yagi at the same height. At a mere 500 Hz off tune you will be over 30 dB down and that is why the 1 W QRP man who has netted spot on has got the QSO instead of you with your 100 W. Net well, save money and make QSOs.

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FISTS AWARDS

By Dennis Franklin, K6DF, FISTS #3076

Another Dayton Hamvention has come and gone. At this Hamvention, we awarded for the first time a special QLF operating certificate at the FISTS CW Club booth. The certificate was for all those who chose to try sending International Morse with their left foot. I hope everyone had a good time with this special operating event.



FISTS Awards issued from January 28, 2015 to April 23, 2015 are listed below. As one can see, there is a good mix of call signs listed. Congratulations to all who earned FISTS Awards over the past few months.

In addition to the many FISTS CW Club operating awards, you may also find additional awards available through some of the FISTS Chapters. Links to other FISTS Chapter websites are available at http://fists.org/.

Applying For a FISTS Award

To apply for a FISTS award, send your logs to 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 Nr., Point/s claimed for each QSO. Incomplete logs will delay receiving your award.

Check the FISTS website (http://www.fist-sna.org/awards.html) for additional information regarding current FISTS awards and how to apply for them. 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.

73, Dennis K6DF

FISTS AWARDS ISSUED: Jan 28, 2014 – Apr 22, 2015

CENTURY AWARDOK2VWB, F6EAZ, OH2BN, G0AYD, W5QLF

SILVER AWARD KG4IKQ, 2E0DPH

GOLD AWARD WA6OEF, HB9FBG

PLATINUM AWARD KG4IKQ, W3QT,

1 X QRP AWARD KG4IKQ

RCC AWARD PA7RA

SPECTRUM AWARD, 40 Mtr. 2E0DPH

MILLIONAIRE AWARD KA2REY, G3XVL

2 MILLION AWARD G0PNM, KA5VZ

3 MILLION AWARD KE5HL, HB9FBG

4 MILLION AWARD KE5HL

QRP The Hard Way

Scott B. Laughlin, N7NET, FISTS #8879

I tuned my radio to 14.060 MHZ then held my breath while listening in the headphones. Instead of copying Leo, KB7LOC, I heard what sounded like the War of the Worlds sound stage. But what should I expect on this frequency in the middle of the night? My being here was no chance event, but rather the result of carefully laid plans that might never produce a single positive result.

In April 1999 Barb, KC7BSY and I began our adventure in earnest after purchasing a used fifth-wheel trailer. We traveled from Oregon to Arizona's Sonoran Desert and rented a comfortable spot to pause. Many folks arriving at such desert locations search for stout walking sticks, large water bottles, and perhaps wide brimmed hats. For us radio people, however, digging-in means setting up radio stations. Located more than a mile from the nearest power grid meant we had to generate our own power.

With limited funds, our final choice consisted of a single 75-watt solar panel and two 6-volt, deep-cycle flooded batteries wired to provide a 12-volt power source. Only then was it time to consider a radio.

My old Swan 400, still in Oregon, had served me well during the '91 Gulf War but it was a power hog. The new radio would have to be solid-state. After a day searching the Internet at the Ajo City Library, I chose an MFJ-9420 transceiver with a CW board. A G5RV antenna from AES in Las Vegas completed the system.

MFJ reviews claimed there is no hotter receiver available. The speech processor on SSB is no slouch either. During the hours of midday sun, the output to the coax measured just shy of nine-watts. It was enough signal to make sideband contacts all across North America, including Hawaii and Alaska. After sunset, the power

output dropped to just five watts, close enough to qualify for QRP.

Then, as though Leo held his ear to ground, Barb copied a message from the National Traffic System. "It's from Leo, KB7LOC. He wants to do some CW QRP," she said.

Leo and I both attended tech school at Keesler AFB, Mississippi during 1956–1957. We didn't meet again until 1991 during the Gulf War while we both served in Oregon Army MARS. The reunion was mind boggling.

QRP? Not a problem, I thought. His QTH, Seal Rock, Oregon, some seventeen hundred miles to the north northwest will be a walk in the park for this little hummer.

"So, how are we going to do this QRP?" I asked him over the payphone.

"I want to try out my newly acquired, gently used HW-8. I teach guitar and Wednesday evening is my only free time. How's your schedule?" he asked.

He pauses upon learning the only rig I owned was a 20-meter mono-bander. "Well, it doesn't sound hopeful, but let's give it a shot. I'll call you every Wednesday starting at seven, my time. I'll continue sending for one minute. If you don't respond, I'll continue every quarter hour on 14.060 plus or minus QRM. If we haven't connected by 8:00 pm, I'll secure my station until the following Wednesday."

So it began.

It was QRP the hard way, his one watt and my five watts passing in the night. After several Wednesdays, the escapade seemed hopeless, but we labored on.

(Continued, next page)

QRP the Hard Way (continued)

One night I heard his suffix, a squeaking LOC. His frequency was a little high, making his signal sound like an Irish penny whistle. I caught my breath and listened with all the strength I could muster. His call finally found its way through the dark, and I sent him a report of 229. He replied with a 339, and then he was gone, vanishing into the night like a wisp of cigar smoke.

Highlights of our second contact have escaped me. His QSL card is my only proof it ever occurred.

Our third contact, the band was filled wall-to-wall with atmospheric noises. I'm reminded of a scene in the movie Apocalypse Now. Leo reports my signal as a perfect 599. His is signal, however, is heterodyning with another station that's dead on. The echoes and ringing are reminiscent of a carrier fresh in from the Polar Region. I send him a 229, and I think that is generous.

We made a total of three contacts that winter of 2000. We should have tried harder, but neither of us foresaw the future.

In September 2007 Leo became a Silent Key, taking with him all our chances of another marathon.

His will left the HW-8 to me. It needs work. The band switches probably need cleaning. When I'm finished using it I'll be casting about for someone with good ears who is interested in doing QRP the hard way.



The HW-8

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

Also, remember to check the old 40m Novice sub-band from 7.100–7.125 MHz. This has become the place for slower-speed ops to go to hone their CW skills.

Upcoming SLOW SPEED and UNLIMITED SPRINTS Schedule

Summer SLOW SPEED PRINT—runs from 0000 UTC to 0400 UTC on First Saturday in July. Summer UNLIMITED SPRINT—runs from 0000 UTC to 0400 UTC on Second Saturday in July.

Fall SLOW SPEED SPRINT—runs from 1700 to 2100 UTC on First Saturday in October. Fall UNLIMITED SPRINT—runs from 1700 UTC to 2100 UTC on Second Saturday in October.

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.

The Sideswiper: The Forgotten Key

David J. Ring, Jr., N1EA, FISTS #9227

I HATED the sound of a sideswiper at first, but after my ear became accustomed to it, I began to understand it, like when you understand the verbal melodies of New Orleans, Boston, or New York. The sound is like a foreign language, but isn't. Soon, when in the hands of an expert, the sound of a sideswiper was a beautiful song that I longed to hear.

Old timers know what a sideswiper is, but younger members of FISTS might not. The sideswiper, or cootie key, is a key that operates somewhat like a bug or an electronic keyer, but has no vibrator and has no electronics, it just operates by pushing it to the left and to the right in a never ending left-right-left-right pattern! Unlike bugs and electronic keyers, both dits and dahs are made by both thumb and finger.

Sending with a sideswiper is similar to sending with a semi-automatic key, or bug. Your arm rests on the desk or table, and you rotate your arm back and forth with your wrist and fingers as relaxed as possible. Don't use your fingers to move the key's lever. Let the long muscles in your arm do all the work.

To make a dot, you just tap either side of the paddle(s) lightly. To make two dots, you tap first the left side and then the right side. To make an "S" you tap left-right-left, or you may make it by tapping right-left-right, and so on. For a "K" you can make a dash with the finger, a dot with the thumb, and the second dash with the finger; or again, you can reverse it and make a dash with the thumb, dot with the finger and dash with the thumb.

If you think it is easy, try it. Even excellent operators find it hard to make the dits and dahs consistently in a 1:3 ratio. If you're like me, you'll

got the sides mixed up at first, but keep on practicing, you'll get it finally.



Figure 1. Bunnell DSK

Different Types of Sideswipers

The first side swiper key was known as the Double Speed Key made by Jesse Bunnell of New York. Figure 1 shows my Bunnell DSK on a base made by the late FISTS member, Tim Soxman, W3ZVT.

You don't need a Bunnell DSK, to send using the sideswiping method. The easiest way is to take a single lever paddle, short the dit and the dah contacts together, and connect this to the tip of a phone jack. When connected this way, moving the paddle to either side will key the transmitter. Figure 2 shows how I did this with my VibroKeyer single-lever paddle.

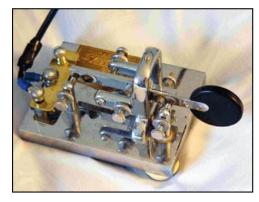


Figure 2. VibroKeyer single-lever paddle

(Continued, next page)

Another way to make a sideswiper is with a hacksaw blade, as shown in Figure 3. Hacksaw blades are commonly used because they are both flexible and good conductors. Below is a sideswiper made with a hacksaw blade. Yours doesn't have to be quite so fancy. Just make sure to put a piece of electrical tape on the end for something to hold on to, and scrape the paint off the hacksaw blade so it makes good electrical contact with whatever you use for terminals.



Figure 3. Sideswiper with hacksaw blade

Bob Shrader, W6BNB (SK), or "RS" as he was known in commercial radiotelegraphy circles, used two hand keys bolted together, base-to-base, and fixed so the bases are at 90° from a wooden—or better yet, a heavy metal—base. He used angle brackets to support the keys.

Another simple cootie key can be made by tying the vibrating end of a bug to the damper with a rubber band so that the vibrator can no longer vibrate but can still move slightly. Readjust the dot post contact adjustment screw so that it makes contact with the U-shaped dot contact spring on the vibrator lever when the thumb finger piece is pressed. Now when you press the finger piece on either side you will key the transmitter like a straight key. Adjust the key so

that the contacts close solidly. This is an excellent key, as the dot spring gives it a very nice feel.

Cooties on The Air

There aren't many sideswipers on the air. Hack, K4KP, was a master at this key, and made copies of them in his machine shop and gave them to people who would use them. K4KP was like Johnny Appleseed making cootie keys so the skill would not die.

Ralph, KM4BI (SK), still uses one of Hack's keys. After he retired from the Tennessee State Police, he was frequently on the air using his sideswiper. He had a great sideswiper fist.

Hank, W1HRQ, who ran the Transcontinental Net of the Society of Wireless Pioneers from his home in Maine connected a 1 μ F capacitor across the key line to give his signal a bell-like sound. He liked to operate around 14,113 kHz and had a big signal. Whenever you heard that bell-shaped keying, you knew it was him.

I had been sending Morse for over 40 years before I finally tackled this type of key. I practiced the alphabet over and over again, the numbers and punctuation over and over again until I could send at about 20 wpm. A good cootie operator sends 25 to 30 wpm easily and 35 to 40 wpm with a bit of effort. It is much easier sending at those speeds with a sideswiper than it is using a straight key.

You can hear sideswipers once in a while on 40 and 20 meters, and I would urge you to give them a try. A group of us have established several informal radio nets to promote the use of the sideswiper. All sideswiper users are warmly invited to take part in our nets. You can find out more about these nets by going to http://www.sideswipernet.org. There, you'll also find videos and audio posted. I also have a video

(Continued, next page)

QRZ FISTS De Karl (continued from page 6)

on Morse code and CW operating has been very successful. If your club would like the sets, please contact me, we will send them to you, all we ask is the club help defray the postage. These are copyrighted and our FISTS chapter has the sole distribution rights to them. And, a reminder to all, these are in MP3 format. They will play on the Windows Media Player on your PC (or iTunes on a Mac), but will not play in all CD players or vehicle CD players unless they accept MP3 formatted material. Thanks to Chuck, K7QO for creating them and allowing us to distribute them.

Finally, be sure to send in your logs for the Sprints and the Get Your Feet Wet Activity Day. Be sure to give us feedback by including your comments in the soap box section.

Until next issue, I wish you lots of time to get on the air, great band conditions and fantastic QSO's

73 de Karl, KB1DSB



Karl Zuege, KB1DSB

Rites and Rituals (continued from page 7)

Poor netting may also cause unnecessary QRM. Consider two stations who are in QSO with one on 3558 kHz and the other on 3559 kHz. Transmission is occurring on 3558. I listen on 3559 kHz; the band is busy so I have my 500 Hz filter in and therefore the signal on 3558 kHz is inaudible. I call 'QRL?', wait, and there is no response. I start a QSO with a well-netted station and at this time the station on 3558 kHz puts it over to his pal who will be transmitting on 3559 kHz. QRM all round and bad feelings.

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Sideswiper (continued from page 12)

on how to use a sideswiper at https://www.youtube.com/watch?v=r0EDFjCEoDI

At other times, sideswiper aficionados can be found on the recommended calling frequencies: 3566, 7033, 10121.5, 14055, 21055, 18088, and 28055 kHz.

C U ON THE AIR!

We need articles and reviews for The KeyNote!

Send your Word or text files to Dan, KB6NU at keynote@fistsna.org

YouTube to the Rescue!

Justin Smith, KOJZS, FISTS # 16811

The radio bug bit me, and I became a ham, in 2013. I joined FISTS in 2014, after discovering that Morse code is the language of radio. I immediately felt overwhelmed, since I didn't actually know much Morse Code, let alone how to use it on the air. I certainly had a lot to learn!

YouTube to the rescue! YouTube has been invaluable to me in the past, particularly as a way to learn how to fix things around my home. It was only natural, then, to look for videos to help me learn CW.

What I found was amazing. There are videos on everything from Morse Code music, jewelry, clothing, apps for the smart phone and tablet, computer programs, decoders, different types of keys, CW clubs, sending CW at blazing fast speeds, historical films, armed forces training, recordings of QSOs, contests, animals pecking one a window or table, and school projects. There are way too many cool Morse Code videos to list, but here are some that I hope you enjoy as much as I have:

Morse Code—Principles and Basic Techniques (US Army Signal)—https://www.youtube.com/watch?v=st01L7uIa1w

Morse code communication in action—The Morsecodians Fraternity, Classic Machinery https://www.youtube.com/watch?v=iaHPULfy1B4

How to operate a straight key—https://www.youtube.com/watch?v=ncOcgarGJHI

Morse Code Music...The Rhythm of the Code-Alpha—https://www.youtube.com/watch?v=2_qQ Z92onhU

Denton Jr. Blinking Morse Code 'T-O-R-T-U-R-E' https://www.youtube.com/watch?v=BgelmcOdS38



Cmdr. Jeremiah Denton Jr., courtesy YouTube

Morse Code An Overview Part 1 by K5LN https://www.youtube.com/watch?v=GuxMdpEQpSw

Basic QSO Demo—https://www.youtube.com/watch?v=532QVqimVmM

HRN 192: The CW Geek on HamRadioNow https://www.youtube.com/watch?v=vAU52hCX8X8

Morse Code Listening Practice—https://www.youtube.com/watch?v=TgJ-xFvU2CU

Might CW Have Saved My Life?—https://www.you tube.com/watch?v=NAGlhZ7hpjY

CW 5 ways by K2UPS—https://www.youtube.com/watch?v=G19KADPsCkE

High speed morse telegraphy using a straight key—https://www.youtube.com/watch?v=YPsgEdmlUf0

The Breakfast Show Telegraph vs Texting https://www.youtube.com/watch?v=OSqRSNQwDwg

50 WPM Morse Code (CW) with a Begali Sculpture—https://www.youtube.com/watch?v=q_ZEwZ-zuqW0

Morse Code class from 1941— https://www.youtube.com/watch?v=q8Pq6cosm2A

(Continued, next page)

YouTube (continued)

Morse Code Radio Operator Training "Technique of Hand Sending" 1944 US Navy 10 min—https://www.youtube.com/watch?v=iC5RQNSSZH0

Morse code conversation—https://www.youtube.com/watch?v=i8Ed0TSp0gs

KTXL Fox 40 new Interviews the W6SFM Samuel F Morse Amateur Radio Club—https://www.youtube.com/watch?v=kXEhqzcfChY

VK CW Beginners- Learning Morse Code in 2013-A Beginner's Perspective—https://www.youtube.com/watch?v=2wmJTgVQb50

Morsey Morse Code Typing Game—https://www.youtube.com/watch?v=NuTWz7BenQU&index=53

Demystifying the learning of Morse Code— https://www.youtube.com/watch?v=W6dGWGGVqb8

Race between left foot Morse code and cellphone texting!—https://www.youtube.com/watch?v=22e9c7s4Pvc

OH6DC's YouTube Channel—https://www.youtube.com/user/oh6dc

And here are two of my own videos I'd like to share:

How to Send Morse Code on a Baofeng HT 2m/70cm — https://www.youtube.com/watch?v=Zqekrx14jqU

Tactile Morse Code, by Robert Bodnaryk—https://www.youtube.com/watch?v=sWL_BZnBjHQ

While these videos are a great resource, the best practice is making on-air QSOs with real people, make mistakes, correct mistakes, and practice on-air some more, and repeat that cycle ad infinitum. So, in addition to watching these videos, I encourage readers to make more CW QSOs. See you on the air!

73, Justin, K0JZS

FISTS Photos

Rick, W0FG, writes, "Here's a picture of the license plate I had on my old Jeep. I was a Morse specialist with the US Naval Security Group 1968-1972."



Ken, AE8I, FISTS #1913, writes, "I saw the license plate photos in the last Keynote. I don't know if you want any more plate pics, but if so, I've attached one of my CW related plates. It's on my 1996 Dodge truck. My primary vehicle, a SUV, has call sign plates."



Do you have any CW-related photos that you'd like to share? If so, e-mail a high-resolution image (at least 1024 pixels wide) to keynote@fistsna. org and put "FISTS FOTOS" in the subject line. Be sure to include a little information about the photo, including when and where it was taken, and a little bit about what's in the photo.

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 UTC 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:

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

Non-FISTS members: RST, U.S. state/Canadian province/ DXCC country, first name, output power.

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 only once, 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 within 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@fistsna.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:	Q9	SO point	s X	multipliers = final score				final score			multipliers = final score			ers = final score			
CLUB Name	2							FI	STS Clul	o #							
Name					(Call sign			FIST	`S#							
Address (Str																	
E-mail Add	ess (optic	onal)															
MULTIPLII	ER CHECK	-OFF LIST	Γ														
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	ОН	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 enclo	se paper l	logs ONI	LY, photo	os, comm	nents, id	eas, etc.,	with you	ır entry	and mai	l prom _l	otly to:						
FISTS Sprint Lo Ed Wlodars 3 Shore Rd., Andover, N	ki N2ED	240															
	RADIO I	N MY C	OUNTF	RY. MY R	EPORT	IS CORI	RECT A	ND TRU	JE TO TI	HE BES	EGULATIONS FOI T OF MY KNOWL EE.						
Date		Sig	gnature						Ca	all sign							
Comments:																	

LETTERS TO THE EDITOR

Dan,

CW is alive and there is still interest! As a member of several local amateur radio clubs, we have done demonstrations of ham radio, and I have set up a CW key and oscillator as part of the demo. Kids and adults alike are amazed this is International Morse Code and thus universal, truly an "international language." I am a QRPer as well and the same kids and adults are amazed of the distances I have made in the US and Canada QRP and with 100 or less watts with foreign countries I have contacted with simple wire antennas. Also, I tell them, as an Army MARS licensed operator, CW is still used as a means of communication. I have had to use CW in several MARS exercises and nets when my SSB and digital signals could not be heard—for MARS this is a perfectly acceptable SOP. Digital has come a long ways such as you mentioned with PSK31 but CW is robust and gets through with just the human ear. Been there. Done that. TNX.

73, Dave KB2KBY, FISTS #4948

Dan,

I could not agree more with your editorial in the last KeyNote. CW is fun! Another very important reason I enjoy CW is because of all of the really nice people I have met on the air.

73, Tom, KC9RXI, FISTS #14980

Dan:

Let me tell you a story! I was in the Navy in 1958 and a radioman in 1959. I received my first ham license in 1964. I have 7 radios and only one mike. I only do CW. I have used my mike only 5 times in all those years. I am old and slow and make a lot of mistakes anymore.

I supported emcomm with funds each year and associated with it was a net called JNN on 7204 each day at 1200 local(SSB). I monitored it years ago during the sunspot min.. I noticed that no one could hear!!!! A lot of relaying went on. I contacted the manager and asked him if I could check in using CW. I was told that many could not copy CW anymore but if I insisted I could. I could tell that he was not pleased about it so I never did and I rarely ever monitored it again.

A few weeks ago I put my radio on 7204 again and guess what? Some one tried to check in using CW at about 13 wpm. I was intrigued. NCS said that it was too fast for him and asked if anyone else got the call sign. Four came back and gave what they heard and only one of them was correct. After NCS chastised the CW person and told him that he should follow net procedures, he asked for the call sign again. Of course the CW person did not like the abuse and never came back with his call.

I thought what if it was an emergency or maybe his vehicle broke down and he was trying to get some assistance. After all CW is authorized in the band plan for all of the band. He was not interfering at all.

I thought that it was a chance for the NCS to do a bit of training or maybe some good will.

73, Gary, K7ZNP, FISTS #9783

FISTS STORE

Please, if ordering by mail, call Karl, KB1DSB (802) 558-2148 before ordering to ensure items you wish to order are in stock, unless you are paying by PayPal. If you pay with PayPal, the system will know if the items are in stock.

For 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, Robersville, AL 35652-3503.

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

Shirts

The Original Digital Mode T-Shirt

Light sand color made by Gildan*. 100% Heavyweight cotton, preshrunk, without pocket.



Front



Back

SKU# NA014T Cost is \$9 each, including postage Sizes: M, L, XL, 2XL, 3XL

White T-Shirt with Color FISTS Key Logo



Gildan[®] brand, 50/50 preshrunk, white color, no pocket. Color FISTS logo on front only.

SKU# NA015T Cost is \$11 each including postage Sizes: M, L, XL, 2XL, 3XL

Light Blue Polo Shirt—FISTS CW Club Key Logo

Jerzees[®] brand, 50% cotton/50% polyester. FISTS logo embroidered over left breast, no pocket.



SKU# NA001P Cost: \$15.50 each, including postage Sizes: M, L, XL, 2XL, 3XL

FISTS STORE

Stickers



SKU# NA007 200/package Cost: \$3.50

Metallic gold logo FISTS CW Club sticker (above- left)

I CW Stickers/ 1" round sticker (above-right)

SKU# NA008 250/roll Cost: \$9.00

Reverse Vinyl Window Clings



FISTS CW Club Key Logo reverse vinyl window cling. $7 \frac{1}{2}$ " x 3 $\frac{3}{4}$ "

SKU# NA009 Cost: \$1.00 each

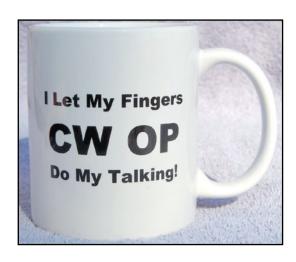
I CW, FISTS CW Club reverse vinyl window cling. 3" diameter



SKU# NA010 Cost: \$1.00 each

Mugs

I Let My Fingers Do My Talking Coffee Mug (NEW!)



11 oz white coffee mug is dishwasher safe and has "CW OP" with "I Let My Fingers Do My Talking" on one side and "The International Morse Preservation Society" with the FISTS CW Club Key logo on the other.

SKU# NA016CM Cost: \$14.00

FISTS Travel Mug



This 12oz Travel Mug says "I CW FISTS CW Club."

This mug is perfect for portable CW operating.

SKU# NA013 Cost: \$5.50

FISTS Store

FISTS CW Club Key Logo Patch

Embroidered cloth patch. Can be ironed or sewn on.



SKU# NA011 \$1.00 each

Pins

FISTS CW CLUB Logo Pin



SKU#NA005 Cost: \$1.50

Pentagon, blue enamel, cloisonne/gold metal, with tie-tack-type pin on back.

"I 🧡 CW, FISTS CW Club" Pin



SKU# NA006 Cost: \$1.50

White 3/4" enamel cloisonne pin with tie-tack-type pin on back.

Miscellaneous Items

The K7Q0 Code Course and K7Q0 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!

Please make sure your CD player or computer can play MP3 files!

SKU# NA012. One 2-CD set \$3.50, 2 sets \$4.50, 3 sets \$5.50



TO JOIN OR RENEW YOUR FISTS MEMBERSHIP

If you live in North, South or Central America, you may join the Americas 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 *The KeyNote*. You can also have an application e-mailed to you by sending your name and address to Jim Ranieri, AA9LS, aa9ls@turbotoads.com, or mail a SASE to Jim 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 \$15.00 per year for regular membership or \$10.00 per year for college students. This includes having *The KeyNote* mailed to you. You may join or renew for up to 5 years at one time. Family members of a current dues paying FISTS member may join and receive a membership number without paying additional dues, but only one issue of *The Keynote* will be mailed to a household.

The membership fee to join or renew as a regular member and receive *The KeyNote* electronically (PDF file) is \$10.00 per year. Again, you may join or renew for up to 5 years.

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 79 years old, regular membership is \$10 per year, and you may renew for more than one year at \$10 per year. Please note your date of birth on your application/renewal that you include with your check or money order if renewing by mail, or in the comments section if paying by PayPal (see right).

If you are age 80 and older, or under age 18, or have a family membership, membership is 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 info 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 number (if you are currently a member) on the memo line.

If you wish to pay your membership fee using PayPal, go 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 65-79 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."

For non-US applicants and renewals, please make sure checks, money orders and PayPal funds are in USD (US Dollars).



FISTS CW CLUB Membership Application/Renewal



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

Call sign	FISTS #	Name on the Air	
Mailing Name and Address:			
The following info provides a	synopsis of members' workin	g conditions:	
Other club affiliations (ARLL	, RSGB, etc.)		
E-mail address (if available)			
Please check the appropriate and awards).	box and enclose annual subsc	ription in U.S. funds (pays for <i>The Key</i>	Note newsletters
Under age 18 or 80 & ove	er—FREE*	College student or age 65 to 79	9—\$10.00*
Regular Membership wit	h mailed <i>The Keynote</i> —\$15	Regular membership with PD of <i>The KeyNote</i> —\$10.00**	F file download
Signature		Date	
	o "FISTS CW CLUB" and sen R 53, Rogersville AL 35652-35		

Americas Chapter, FISTS CW Club c/o Karl Zuege, KB1DSB 478 CR 53 Rogersville, AL 35652-3503 www.fistsna.org karl@fistsna.org

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PLEASE LOOK AT YOUR RENEWAL DATE ON THE MAILING LABEL

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



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