The KeyNote

Morse Code and Neuroplasticity
Editorial, Bryan Bergeron

Recent findings indicate that under certain conditions, we have neuroplasticity, the power to grow new neurons. For decades, medical scientists told us that we are born with the maximum number of brain cells we'll ever have. With age, brain trauma, certain drugs, and disuse ("use it or lose it"), we lose brain cells. This loss of neurons becomes a problem as we age, especially if it is associated with dementia.

So, how do we kick the brain cell making mechanism or neuroplasticity into full swing? It turns out that doing daily crossword puzzles, playing chess, Roku, and other interactive, mentally challenging tasks may be good at maintaining the number of brain cells. And that's a good thing. But to actually grow new brain cells, we need to give the brain a jolt and drastically change our daily behavior. For example, if you regularly play the guitar, that's a good thing. But to kick your brain into making new cells, put that guitar down and pick up a flute or drum kit. If you're right handed, start eating with your left hand. Stop taking the same route from home to work. Change it up.

It's the same with regular practice with Morse Code. Sure, a long CW QSO a day may keep the dementia at bay, but to reverse things, you've got to change. Use your non-dominant hand to work that straight key. And if you're a long-time straight key user, then pull out that iambic keyer for a few months before revisiting that straight key. Feeling comfortable at 25WPM? Then intentionally slow it down to 10WPM. Of course, ifyou can, pump it up to 35WPM, even if you miss much of the QSO. Your brain will thank you.

The biggest jolt to the brain, of course, is to go from a no-code SSB existence to the straight key or iambic keyer. So, spread the word to your non-code friends. If you use it (the code), you have a much greater chance of living a long, *healthy* life.

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"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 Key-Note.* 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
4658 Capitan Dr., Fremont, CA 94536-5448

Club Call, KNØWCW
"Vacant"
If interested email to:
Joe Falcone, N8TI, fistsstore@fistsna.org

Membership Questions; Renewals; Call Changes; Name, Mailing, and Email Address Changes
Dennis Franklin, K6DF, membership@fistsna.org
4658 Capitan Dr., Fremont, CA 94536-5448

FISTS Store Manager
Joe Falcone, N8TI, fistsstore@fistsna.org
9880 Musch Road, Brighton, MI 48116

Activities Manager
"Vacant"
If interested email to:
Joe Falcone, N8TI, fistsstore@fistsna.org

Website Changes (including getting your personal or club web page linked)
Dennis Franklin, K6DF, webmaster@fistsna.org
4658 Capitan Dr., Fremont, CA 94536-5448

Code Buddy Volunteers and Buddies
http://www.fistsna.org/codebuddy.html

FISTS Sprints
Ashley Lambe, KX4ASH
E-logs to sprintlogs@ fistsna.org
Mail Logs to: FISTS Sprint Logs
4305 Roundwood Ct.
Indian Trail, NC 28079

Get Your Feet Wet Activity Day/G3ZQS Memorial Straight Key Contest
"Vacant"
If interested email to:
Joe Falcone, N8TI, fistsstore@fistsna.org

The KeyNote Newsletter
Bryan Bergeron, NU1N, keynote@fistsna.org

We need articles and reviews for
***The KeyNote*!**

NOTE: Image files need to be high resolution JPGs (at least 1000 pixels wide).

Send your Word or text files to
keynote@fistsna.org

Americas Chapter, President's Message

By Joe Falcone, N8TI

What does it mean to be a CW Operator?

The other day, someone wrote to me and said that he wanted to join FISTS, but did not know if he qualified because he was going to use an electronic keyer. He thought that in order to be a FISTS member, one should use some sort of manual keying instrument, such as a straight key or a bug.

I told him, of course, that the only qualification needed to be a FISTS member was an interest in Morse Code. Regardless of whatever method you use to transmit Morse Code, be it a straight key, electronic keyer or a keyboard, it is fine with us. That goes for receiving Morse Code, too. If you want to use just your ears or if you need or want to use some form of decoder, that is fine too.

I believe that one of the advantages to using Morse Code nowadays is that it gives you an opportunity to concentrate on doing something with your mind and your hands so you don't have to be distracted by a lot of the unpleasant things that are going on in the world today. That is a bonus on top of the standard reasons for using Morse Code, such as lower bandwidth, lower power requirements and more dependable communications.

Using Morse Code simply takes you away from the very loud and persistent outside world. You can put on your earphones and without bothering anyone in your household and contact and talk to someone hundreds or thousands of miles away. Your mind has to work translating the Code into your own spoken language and then your mind also has to imagine the person on the other end of the contact.

Who doesn't think of white sand and palm trees when you hear the call sign "ZF" from the Cayman Islands? Or, feel a little colder when you hear Iceland's "TF" call? My own call, N8TI, is a homage to Costa Rica, "TI," where I went on my one and only DXpedition 25 years ago. Palm trees, ocean waves, jungles and wonderful coffee all come to mind whenever I hear a "TI" call.

It does not matter how the Code is transmitted or received or whether you are running 1500 watts or only 2 or 3. The whole point is that Morse Code is Amateur Radio. It allows us to use our learned skill of understanding Morse Code as well as our imaginations regarding where our signals are being captured in order to have fun with our hobby. I also believe that Morse Code is useful as a mode of communication and every once in a while will serve to save someone when these disasters that happen more and more come around. That makes knowing Morse Code and preserving it more than just a hobby.

Therefore, your job as a FISTS member is to use the Morse Code as much as you can and promote it whenever possible, because people who do not take advantage of our favorite mode of communication are missing out on something great.

73, de Joe N8TI

Reprinted from Issue #2, 2020

President's Message (continued)

FISTS AWARDS
By Dennis, K6DF

Congratulations to all who earned operating awards from May 28, 2022 to Aug. 19, 2022.

Award certificates are available, from the Members Area of the Americas Chapter website, for members to download to their own computer for printing. A list of awards issued to your call/member-number is available in the Members Area. FISTS members may log into the Members Area from the following web page:

https://fistsna.org/memlogon.php

New Members can earn a free FISTS Club Key Patch for making their first 10-minute CW QSO with any FISTS member on any band, so get on the air and make your first 10-minute QSO with a FISTS member to earn your free KEY Patch!

New Member Patches Earned:

KI6GQX Bill—QSO with W6MDA
KO4WFP—QSO with W4CMG
K6DDJ Dean—QSO with NF&N

We have a list of new members shown elsewhere in this issue of *The Keynote*. Please listen for them on the bands and help them to earn their FISTS Key Patch!

Award certificates are available free to all club members, in PDF format, so dust off those keys and get on the air and start making contacts. Try using the free "Log Converter" program to track your club awards, and it's also a good general logging program as well. The author of Log Converter, Graham G3ZOD, is constantly providing updates and improvements to the program. This program was last updated on June 12, 2021 to version 4.1.0. This FREE software will track your FISTS awards automatically and allow you to send in your award logs to the FISTS Awards Manager at the click of a button! The best thing about it is…it's FREE! Log Converter is available for download on the Americas Chapter web site. Look for the download link on the main web page just below the "Welcome New Members" list.

Be sure to check the Americas Chapter web pages for updated awards information and how to apply for them: www.fistsna.org/awards.html.

If you have any award questions or suggestions, send e-mail to me at: awards@fistsna.org.

Wishing that you and yours stay safe and healthy.

73, Dennis K6DF …_. _____ (30)

FISTS AWARDS ISSUED: May 28, 2022–Aug. 19, 2022

Basic Century: WB8YXF, G4CLB, DL3GJ, KTØG, K2CWM, SV1DPJ

Silver Century: AB4PP, WB8YXF, KTØG, SV1DPJ

Gold Century: AB4PP

Millionaire Award: AB4PP, WB8YXF, G4CLB, KTØG, K2CWM

2 Million Award: AB4PP, WB8YXF, KTØG, IUØITX, EA4HKF

3 Million Award: AB4PP, WB8YXF, KTØG

4 Million Award: AB4PP, WB8YXF, W7ZDX, EA6BB, KTØG,

5 Million Award: AB4PP, WB8YXF, W7ZDX

6 Million Award: AB4PP, W7ZDX

7 Million Award: GØILN, AB4PP, GØPNM

FISTS Awards (continued)

9 & 10 Million Award: AB4PP

12 Million Award: IKØIXI

16 Million Award: NP3K

Spectrum 40M: WB8YXF, KTØG

Spectrum 20M: WB8YXF

Spectrum 15M: IKØIXI

Perpetual Prefix: KTØG, EA4HKF

Prefix 50: KTØG, EA4HKF

Prefix 100: GØILN, KTØG, EA4HKF

Prefix 150: EA4HKF

What's Your Story?

Do you have a story to tell? Members would love to hear how you got interested in ham radio. Did someone mentor you as a child? Did you learn it in the service? What is an interesting experience you had using Morse Code? What is your favorite key/rig? Do you have an interesting QSO you'd like to tell members about? Or photos to share?

Send your stories/photos to keynote@fistsna.org.

Get More Involved in FISTS-NA!

1. Enter one of the quarterly Sprints. If you are a new ham, it is a great way to practice your Morse Code. You can get on the air, meet other club members, and have some fun!
2. Submit an article, or articles, for the newsletter. We welcome all articles, photos, and experience levels. You don't have to be the great American novelist! Articles are lightly edited for typos and grammar.
3. Earn a free FISTS Club Key Patch when you make your first 10-minute CW QSO with any FISTS member on any band.
4. Volunteer! We are currently in need of an Activities Manager.
5. Submit suggestions about how FISTS-NA can be more relevant in 2021 and beyond.

WELCOME NEW FISTS AMERICAS CHAPTER MEMBERS

Call	FISTS#	First Name	S/P/C	Call	FISTS#	First Name	S/P/C
WD4GWK	21629	Ronald	FL	WK4LR	21669	Rodney	FL
KO4WFP	21630	Teri	GA	KD2YMM	21670	Kasey	NY
NØJZQ	21631	Scott	FL	KX4ASH	21671	Ashley	NC
K8VSR	21632	Rex	MI	NAØCW	21672	Austin	KS
KC8LSD	21633	Russell	OH	K1WOR	21673	Richard	MA
VA3KRJ	21634	Robert	ON	KN6IZE	21674	Michael	CA
K9MKX	21635	Tom	FL	W5URX	21675	Scott	OK
KC3NDU	21636	Keith	PA	W3VTU	21676	Adam	MD
KI5VPL	21637	Douglas	TX	W3NRH	21677	Andrew	PA
KD9MYJ	21638	Michael	IN	KM6AJQ	21678	Paul	CA
K6MDG	21639	Derek	CA	KI7BKL	21679	Paul	WA
KC7UXM	21640	Craig	TX	WI4L	21680	David	GA
W4AGH	21641	Alan	NC	KI5QFC	21681	James	TX
K7BXI	21642	Ken	OR	KF5OYI	21682	Steve	TX
WX5SR	21643	Jonathan	OK	KEØZUW	21683	John	KS
K1ARW	21644	Alan	MA	N3BQ	21684	Jack	PA
KB3EOF	21645	Murphy	MD	KO4NTA	21685	Glenn	FL
KB8DIU	21646	Jeff	OH	KA7FNQ	21686	Stuart	AZ
VA7YBW	21647	Peter	BC	W3FMG	21687	Hank	MD
KM4AOR	21648	Jim	FL	N3WAS	21688	Timothy	DE
KO4RSJ	21649	Mike	VA	W2SKI	21689	Richard	VA
LU3EAR	21650	Roberto	DX	KF7EJ	21690	William	OR
AG5ZN	21651	William	TX	KE8VHY	21691	Steve	OH
K9XB	21652	Robert	WI	W2HY	21692	Hy	NY
KE8GAH	21653	Jonathan	OH	KN4GB	21693	Melvyn	SC
N7AND	21654	Kevin	WA	KD5LPB	21694	Robert	CO
KQ4BFW	21655	Clifford	VA	K7UV	21695	Ron	UT
N3EJG	21656	James	PA	W3RQ	21696	Robert	MD
K9TR	21657	Mark	IL	WB2QQJ	21697	Jay	NJ
WA5IMF	21658	Dave	LA	W4XAP	21698	George	VA
N5ASH	21659	Timothy	TN	KB6Q	21699	Jason	CA
W3ZAP	21660	David	WI	K5EAR	21750	Larry	TX
WB4HAM	21661	Ron	NC	KO4YVZ	21751	Santiago	VA
KO4WJU	21662	Wes	VA	WSWL82	21752	David	CO
WSWL23	21663	Veronica	TX	KEØLQH	21753	Dan	MN
WØMCB	21664	Michael	CO	VA7AON	21754	Jim	BC
KK4R	21665	Robert	VA	KØFSD	21755	Brian	SD
KD9VIP	21666	Jim	IN	K2KFE	21756	Don	KY
W1ETC	21667	Dave	ME	KC4OR	21757	Danny	AL
AAØLF	21668	Thomas	IA				

New Members (continued)

Call	FISTS#	First Name	S/P/C
W4QK	21758	John	GA
W2KU	21759	Vince	NJ
K5XT	21760	Andy	AR
N5TML	21761	Timothy	TX
N2QCP	21762	Vincent	NY
K9CTS	21763	Greg	WI
KC3AM	21764	Dave	DE
N4JAW	21765	Jim	KY
K6DDJ	21766	Dean	CA
KW4NJA	21767	Scott	GA
AC3D	21768	Scott	TN
VY2DP	21769	David	PE
KV4VE	21770	David	KY
NJ2DX	21771	Tom	NJ
WB5LNI	21772	Wyatt	TX
KM4TIX	21773	Dana	FL
N6VCW	21774	John	CA
K7NXL	21775	Dan	WA
N8BZS	21776	William	OH
W4QDV	21777	Dave	GA
N4BQ	21778	Bobby	GA
WD5BPX	21779	Bobby	TX
W0BG	21780	Mark	CO
N5LB	21781	Lionel	MN

Silent Keys

We have learned that the following keys have gone silent. Our condolences to their families and friends.

Call	FISTS#	First Name	S/P/C
WW5XX	3220	Jim	TX
K2UY	3980	Ken	NY
K8MIA	4659	James	WV
KC0EHR	5714	David	SD
K9GHD	8285	Sam	IL
NN6T	12101	Glen	AZ

New FISTS Sprint Manager
by Ashley, KX4ASH

Hello fellow FISTS members. My name is Ashley Lambe KX4ASH, and I am excited to be the new FISTS Sprint Manager! I have been a ham since April 2018—originally assigned the call KN4LXB. I currently hold a Technician license (studying for General) and I love CW, especially the added challenge of QRP! I am a fairly new member of FISTS, but have been well-acquainted with the club for many years thanks to my husband Brian, KE4QZB #1934. He has been an avid CW operator since age 14 and has taught me a lot throughout our years together! We live just outside of Charlotte, NC with our two wonderful children, three cats, and two dogs.

As you know, we have restarted the FISTS Sprints after a brief hiatus. Please help spread the word that the FISTS Sprints are back! Despite band conditions, the Summer sprint was off to a great start! Thank you to everyone who participated! Now, how can we increase participation?

While on the air, mention the FISTS CW Club and share your number during your QSOs, so listening ears may be inspired to do the same, and this will also encourage new hams to jump on the bandwagon and join us! How often have you shared your FISTS number, and the station replies, "Wow, don't hear FISTS much anymore!" or "FISTS? What is that?" The more of us out there sharing our numbers, the more we will spark activity and build back the FISTS presence on the bands!

Remember during sprints: all QSOs during that time period count, whether with a member or non-member of FISTS. You are welcome to call/answer "CQ" instead of "CQ FS" (or try a mix of both) during the sprint! We have heard

New FISTS Sprint Manager (continued)

commentary from hams expressing they did not know what "CQ FS" meant, so they would ignore the calls, or maybe they knew it was for FISTS, but they did not answer since they were not a member, assuming the calling station would only want another member to answer. You do get more points for QSOs with other members (5 pts vs. 2 pts with non-members), but a QSO with someone in each "new" U.S. State, Canadian province, or DXCC entity increases the multiplier by 1, which is where you really rack up the points! So just get those QSOs in!

When multiple contests are going on— if you meet the criteria, feel free to call/answer in that contest as well! As long as you exchange RST, Name, QTH, and your FISTS number, it is a valid QSO to count toward the FISTS sprint. If you are a member of SKCC, you are welcome to call/answer a "CQ SKCC" and exchange both membership numbers! Just remember in doing so, you must abide by the rules of that contest as well! (Example: SKCC contest rules require both parties to be SKCC members; both parties must be using approved keying devices: SK, bug, cootie; no paddles or computer keyboards, etc.)

The key to our sprints is getting on the air and operating in CW mode, in whatever style you prefer! Whether that is a quick "hit-and-run" QSO exchange to build points for awards, or if you prefer a bit of a rag-chew, there are no rules around duration or speed of the QSO. It is all about having fun and keeping Morse Code alive on the bands!

What would make it more desirable to participate in sprints or other FISTS activities? We are open to feedback, ideas, and suggestions! Questions? Please feel free to send me an email or write a letter via U.S. postal service.

73, Ashley KX4ASH

Sprint Manager
FISTS #21671
Email: KX4ASH@FISTSNA.ORG

FISTS Summer Saturday 2022 Sprint Results—Aug. 13, 2022

QRO Category

Call	Name	State	FISTS#	QSOs	Mem	Non-Mem	Points	Mults	Score
K5YQF	Cecil	TX	8077	14	11	3	61	9	549
KA8HFN	Larry	OH	11631	7	5	2	29	7	203
K6DF	Dennis	CA	3076	7	4	3	26	6	156
K6DDJ	Dean	CA	21766	6	6	0	30	3	90
KE4QZB	Brian	NC	1934	4	3	1	17	4	68
W4CMG	Cathy	TN	19192	2	2	0	10	2	20

QRP Category

Call	Name	State	FISTS#	QSOs	Mem	Non-Mem	Points	Mults	Score
NN9K	Peter	IL	2047	5	4	1	22	5	110

Club Category
No logs received

Soapbox

Call	Comments
K5YQF	*Great to have the sprints going again. Thank you Ashley for picking up the responsibility. Pretty good activity considering—11 of my 14 QSOs were members. Hope that bodes well for the future. Let's take back...058—hi hi.*
K6DF	*Great fun, bands were up and down a lot. Nice to work some FISTS members once again. Thx to all stations for participating. 73 to all, Dennis K6DF*
K6DDJ	*Only a few solid contacts. Was called by some but were too weak to complete the contacts. Maybe they were QRP. Would like to suggest QRO not be limited to 100w. Might improve numbers.*
KE4QZB	*Had a blast during the Summer FISTS Sprint! Took some persistence, but it was worth it! Enjoyed a couple rag-chews in the process! Was running an old Hallicrafters SX140 receiver paired with a Hallicrafters HT40 transmitter, crystal-controlled (7.058)! Surprising what old novice gear is capable of! If you have a love of old novice-vintage gear, check out the "Novice Rig Nights" every Monday, where you can hear the whoops, yoops, and chirps of yesteryear! (Please see Novice Rig Roundup group for more info!) Good luck all and 73!*

FISTS Summer Sunday 2022 Sprint Results—Aug. 21, 2022

QRO Category

Call	Name	State	FISTS#	QSOs	Mem	Non-Mem	Points	Mults	Score
K5YQF	Cecil	TX	8077	18	14	4	78	11	858
KA8HFN	Larry	OH	11631	10	8	2	44	6	264
WB9HFK	Mark	IL	7606	4	3	1	17	4	68
K6DF	Dennis	CA	3076	4	4	0	20	3	60
W4DQV	Dave	GA	21777	3	3	0	10	3	45
W4CMG	Cathy	TN	19192	2	2	0	10	2	20
VA3KRJ	Robert	ON	21634	1	1	0	5	1	5
KC5JEV	Eric	UT	1441	1	1	0	5	1	5

QRP Category

Call	Name	State	FISTS#	QSOs	Mem	Non-Mem	Points	Mults	Score
KB3CVO	Tom	PA	8110	2	2	0	10	2	20

Club Category
No logs received

Soapbox

Call	Comments
K5YQF	*Great time here today. And I was able to talk to three guys about FISTS during the process. One of them, WB7BNE, Mark, ran me down after the Sprint and told me he had joined. So never miss a marketing opportunity!*
K6DF	*Great fun, bands were very poor. 73 to all, Dennis K6DF.*
W4QDV	*This was my first FISTS Sprint and the bands weren't the best but I made 3 QSOs. Great to meet Cecil, Tom and Rick. See you next time and thanks for the contacts! Dave.*
VA3KRJ	*First FISTS Sprint.*
KB3CVO	*I am glad the sprints are back.*
KC5JEV	*Difficult band conditions, but was good to try. Could not complete contact due to fading. Thank you for restarting the sprints.*

SPRINT INFORMATION

Sprints will be held eight times throughout the year on the second Saturday and third Sunday in each of the following months: Feb., May, Aug, and Nov.

OBJECTIVE:

To exchange specified information with as many FISTS members as possible using Morse Code only, and within the time frame stipulated. Sprints are a great opportunity for our newer members to get on the air, meet other club members, and have some fun! We encourage more experienced operators to please QRS to match the other operator's speed.

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.

DATES AND TIMES:

FALL SATURDAY SPRINT: from 1600 UTC to 1800 UTC on SECOND Saturday in November.
FALL SUNDAY SPRINT: from 2100 UTC to 2300 UTC on third Sunday in November.

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. You may NOT work the same station more than once.

ENTRY CLASSES:

There are three entry classes: QRO, QRP, and Club.
1. **QRO**: Over 5 watts to legal limit.
2. **QRP**: 5 watts output power or less.
3. **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 allowed.

EXCHANGE:

The following information must be exchanged by both stations and shown in your log for each QSO to count as a valid QSO:

FISTS members: RST, S/P/C, first name, FISTS number. *Non-FISTS members:* RST, S/P/C, first name. (Enter "0" Zero if your logging program requires a power entry for non-members.) S/P/C = U.S. State/ Canadian Province/DXCC Country

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 (50) and Canadian province (13) counts as 1 multiplier. Count each only once, no matter how many times worked. Each DXCC country counts as 1 multiplier. Count each only once, no matter how many times worked. Canada and the USA do not count as DX multipliers.

SCORING:

Each QSO with a FISTS member: 5 QSO points. Each QSO with a non-FISTS member: 2 QSO points. Final score is total QSO points times the number of multipliers worked.

CERTIFICATES:

Certificates will be awarded to the first, second, and third place finishers in each Sprint for each Entry Class. End-of-Year Certificates will be awarded ONLY to FISTS members with the highest cumulative point totals in the QRO, QRP and Club categories for all Sprints at the end of the year. Certificate will be sent to the winners via email in PDF format.

New Sprint Information (continued)

LOG SUBMISSIONS:

All log entries must be received within 7 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 for entry:

1. Your name, call sign, mailing address, and FISTS Number if a member.
2. Club name and call sign if entry is for a club station.
3. Sprint worked—Date of the Sprint worked.
4. Entry class—QRO, QRP, or Club.
5. Number of FISTS members worked.
6. Number of non-FISTS worked.
7. FISTS number for FISTS QSOs.
8. List of multipliers.
9. Your claimed score.

An entry form is available here and on the FISTS website at:
fistsna.org/pdfdocs/sprint_entry_form_rev2.pdf

ELECTRONIC LOGS:

We will accept electronic logs in standard Cabrillo or ASCII Text File format. If you're not sure about your format, please contact the Sprint Manager before the contest entry deadline. E-logs are sent to: sprintlogs@ fistsna.org ONLY.

PAPER LOGS:

Send log and entry form to: FISTS Sprint Log, 4305 Indian Trail Ct., NC 28079.

JAN. 1, 2021 CHANGES TO AMERICAS CHAPTER MEMBERSHIPS

All Americas Chapter memberships will be dues-free.

- Expired memberships were changed to Life memberships on Jan 1, 2021.

- Current paid memberships that expired were changed to Life memberships on their expiration date.

- All New Memberships received since April 2, 2020 are entered as Life memberships.

Details about printed/mailed newsletter subscriptions appeared in Issue #4, 2020 of the *KeyNote,* which is available on the FISTS website at:
www.fistsna.org/publickeynotes.html

FISTS SPRINT ENTRY FORM

Check Sprint Entered: Saturday _____ Sunday _____ Sprint Date _____

Entry Class: QRO_____   QRP_____   FISTS Club _____

Name _____Call _____ FISTS # _____ Non Member_____

Address _____

City_____State_____ Zip_____

If Club, Club Name, Call _____FISTS Nr._____

E-mail Address (optional) _____

SCORING: Number of FISTS member QSOs: _____ × 5 = Total [A] _____
                      Number of Non-FISTS QSOs: _____ × 2 = Total [B] _____
                      Number of multipliers worked: = Total [C] _____

Add [A] to [B] and multiply by [C] to get your TOTAL CLAIMED SCORE =   _____

--**CIRCLE WORKED MULTIPLIERS**--

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	
						AK					

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

FISTS Sprint Logs
4305 Roundwood Ct.
Indian Trail, NC 28079

Statement: "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 sign _____

SOAPBOX COMMENTS: