

The KeyNote



Newsletter of the Americas Chapter, FISTS CW Club—The International Morse Preservation Society
Issue 4, 2024

Born of Regret

Bryan Bergeron

It's the holidays. Time to put away the paddles and straight keys and put work on hold to connect with family and close friends. No one wants to regret not spending enough time with those we love because of time spent at the remote or home office.

As a young man, Samuel Morse, a painter, left home for work in another city. He had no way of knowing that his wife died during his travels. With hand- and horse-delivery the norm, there was no way for him to know her condition until after he had arrived at work. For decades, he regretted his

decision to take work away from home where he was unable to protect his wife. The result of this unrelenting regret was a communications infrastructure built around Morse Code.

A technology borne out of regret made its way to every military and commercial shipping organization in the world. And then there's Ham radio, where proficiency in Morse code enables operators all over the globe to communicate with each other using minimum power and receiver capabilities.

So, enjoy the season with your family and friends. No regrets.

73, Bryan, NU1N



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.

Table of Contents

Born of Regret.....	1
Information Page.....	2
Americas Chapter, President's Message.....	3
FISTS Awards.....	4
Welcome New FISTS Members.....	5
Silent Keys.....	5
QRO Category.....	6
SOAPBOX ... Call.....	6
Sprint Information.....	8
FISTS Sprint Entry Form.....	9

"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
4658 Capitan Dr., Fremont, CA 94536-5448

Club Call, KN0WCW

“Vacant”

If interested email to:

Joe Falcone, N8TI, store@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, store@fistsna.org
9880 Musch Road, Brighton, MI 48116

Activities Manager

“Vacant”

If interested email to:

Joe Falcone, N8TI, store@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.php>

FISTS Sprints

Ashley Lambe, KX4ASH

E-logs to sprintlogs@fistsna.org

Mail Logs to: FISTS Sprint Logs

4305 Roundwood Ct.

Indian Trail, NC 28079

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**

The KeyNote

The Newsletter of the Americas Chapter of FISTS

Issue 4, 2024

Copyright © 2024, FISTS CW Club



Send articles to:

keynote@fistsna.org

Production: Sandra Lindemann

President's message

By Joe Falcone, N8TI

Winter is here, along with the year-end vacation days! This time of year is, in my opinion, the best time to be on the radio. The reason is that the bands are normally quiet in the winter. Right now, as I write this, I checked the noise level on the bands. The noise level was reported to be an S-1 to S-2. All the band conditions were reported as "good." Could you ask for more?

Yesterday, around 6:00 p.m., Eastern Time, I decided to get on the radio and hunt POTA stations (on CW, of course). On 18 MHz, there was a station from Oregon. He was not coming in strong, but very readable. He signed off with "72," meaning that he was running QRP, 5 watts or less. Now, I have a wire antenna, a 130 foot long wire, up about 20 feet or so, into a 49:1 unun. This antenna is actually a non-resonant antenna because it needs my LDG antenna tuner to tune up on any band. But, it does tune up on every band except 160.

The point being that my antenna is probably not the most efficient antenna in the world and certainly one of the less expensive antennas in the world. The unun is homebrew and RG8X is the coax used from the unun into

the house—a run of about 20 feet. Yet, the fellow from Oregon was coming into my QTH in Michigan totally readable. Actually, he was under the noise floor, but with CW, that is not a problem, especially in winter.

Probably many of us think of the holidays with fond memories when it comes to Ham Radio. This is the time of year when many of us received our first radios, either as gifts or subsidized by money received as gifts. Even nowadays, the Ham Radio stores will have Holiday sales that tend to break down the reluctance to spend money on another key or radio. The end of the year time off, gives us time to play with these new "toys."

Going back to my main point, the winter season is a nice quiet time to get on the radio. People seem in a better mood and are relaxed and often are trying out new equipment. Straight Key Night is really a lot of fun, too. You can try out that old or new key and maybe even dust off one of the older radios you have that doesn't do so well in the harsh noisy bands of the summer.

I wish all of you a wonderful Holiday Season!

73, de Joe, N8TI

FISTS AWARDS

By Dennis K6DF

Congratulations to all who earned operating awards from Aug 15, 2024 to Nov 15, 2024.

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:

K5AYO Craig—QSO with KA8HFN
KF0DST Adan—QSO with K6DF
K1PN Rex—QSO with KB2WGQ

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 get out your favorite key and get on the air. You can also use the free “Log Converter” program to track your club awards, 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 October 17, 2024 to version 4.7.4. If you are**

using a version older than this please update your program as older versions will not work properly due to recent server updates. 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:

<https://www.fistsna.org/awards.html>

If you have any award questions or suggestions, send e-mail to me at:

awards@fistsna.org

Happy Holidays to you and your family, I wish you good DX during 2025.

73, Dennis K6DF ..._. _____ (30)

FISTS AWARDS ISSUED: Aug 15, 2024–Nov 15, 2024

Millionaire Award: DL5XL

2 Million Award: DL5XL

3 Million Award: DL5XL, CO6DE

4 Million Award: DL5XL, G4DNP, G0FOZ

5 Million Award: MW0BGL

8 & 9 Million Award: EA4HKF

10 Million Award: PA7RA, W8SCS, EA4HKF

11, 12, 13, & 14 Million Award: PA7RA

17, 18, & 19 Million Award: VA4ADM

24 Million Award: NP3K

WAS Award: VA4ADM

WELCOME NEW FISTS AMERICAS CHAPTER MEMBERS

Call	FISTS#	First Name	S/P/C	Call	FISTS#	First Name	S/P/C
WB8TDG	22641	Rex	OH	KC3SSC	22776	John	MD
NO2D	22642	Peter	CO	KJ5HYP	22777	Shawn	TX
W4LRB	22643	Ben	MA	WV4AM	22778	Jacob	NC
KA3IHC	22644	Peter	NY	WT5O	22779	James	CA
KO4HUI	22645	Rob	NC	K7QI	22780	James	MS
KJ5DVL	22646	Ronald	TX	K1PN	22781	Rex	ME
K4OLS	22647	Oscar	VA	KG7KYW	22782	Amy	UT
VE4STG	22648	Phil	MB	KN4BTE	22783	Richard	FL
AA4GC	22649	Gerald	TN	K7KSH	22784	Kevin	NM
KQ4BZY	22750	John	VA	N7PN	22785	Fred	AZ
VA3LDM	22751	Larry	ON	KE4EW	22786	David	ID
KA6ZTU	22752	Federico	MO	KO6CTZ	22787	Jason	CA
K7DH	22753	Paul	DE	VE2DIG	22788	Jean-Claude	QB
KY4UD	22754	Jacob	AL	WB9CYY	22789	Don	WI
K4EXA	22755	Andrew	AL	W1DSP	22790	Rick	CT
KE8QFO	22756	Dave	OH	AE0WW	22791	Loren	MN
KA9GPM	22757	Terry	IN	NB6D	22792	Byron	MD
W1DWJ	22758	Joseph	NH	WB2MFU	22793	James	TX
KA0BOB	22759	Joe	KY	KD5ZZU	22794	Mallory	TX
AJ4VD	22760	Scott	FL	N7YCC	22795	Tommy	OR
N6TTR	22761	Don	CA	NF6P	22796	Dave	FL
W1DLA	22762	Doug	SC	K4FZO	22797	Raymond	GA
KN9V	22763	Ed	IN	W0ATI	22798	Derek	CO
K4HCP	22764	Henry	GA	KC0LOC	22799	Grant	FL
N5LIG	22765	Dale	TX				
KT3X	22766	Brian	TX				
VA3RRH	22767	Robert	ON				
KC9UJG	22768	Trent	IL				
KO6DUT	22769	Debra	CA				
AI5BE	22770	Timothy	MS				
KG7M	22771	Michael	OR				
VA2WLM	22772	Willem	QB				
KB5TBP	22773	Thomas	AR				
KB5SXI	22774	Mary	AR				
K6RBI	22775	Robert	CA				

Silent Key List			
Call	FISTS#	First Name	S/P/C
AE4W	2068	Gunnar	NM
W6BK	4789	David	CA
N4LP	4793	Emory	FL
KB9HVV	4931	Don	IN
N7GTW	11430	Vern	WA

QRO Category

Fall Saturday Sprint Results for November 9, 2024.

Call	Name	State	FISTS#	Mem	Non-Mem	Points	Mults	Bonus	Score
IU3BRO	Tilio	DX	22451	14	31	132	35	250	4870
K0JV	Jerry	SD	17508	13	4	73	13	0	949
WB9HFK	Mark	IL	7606	10	4	58	12	0	696
N5TML	Tim	TX	21761	7	8	51	11	0	561
K6DF	Dennis	CA	3076	2	2	14	4	0	56
N6IV	Mark	CA	4056	2	0	10	2	0	20
KE4QZB	Brian	NC	1934	0	1	2	1	0	2

Club Category—no logs received

QRP Category

Call	Name	State	FISTS#	Mem	Non-Mem	Points	Mults	Bonus	Score
KC5JEV	Eric	UT	1441	1	0	5	1	0	5

SOAPBOX... Call

Thank You and please keep the Sprints going. KC5JEV

Rig I was running was a Ten Tec Scout @ 50 watts and an inverted vee at 30 feet. Good band conditions on ten meters, hopefully they will continue! I will be listening for FISTS members, especially our members from across the pond!! 73 to all!! Brian KE4QZB

Rig Flex6400 100w Ant Vert Gap Titan. IU3BRO

Good to see a few more stations on the air today. Hate to see the Sprints go! K0JV

QRO Category

Fall Sunday Sprint Results for November 17, 2024.

Call	Name	State	FISTS #	Mem	Non-Mem	Points	Mults	Bonus	Score
WB0CJB	Paul	TN	12460	23	7	129	16	250	2314
AC0CW	James	GA	11891	18	8	106	15	250	1840
K6DF	Dennis	CA	3076	5	3	31	5	0	155
KE4QZB	Brian	NC	1934	2	5	20	7	0	140
K7TRT	Dave	MT	20232	3	0	15	3	0	45
N5TML	Tim	TX	21761	1	1	7	2	0	14

Club Category

Call	Name	State	FISTS #	Mem	Non-Mem	Points	Mults	Bonus	Score
KM0RSE	Dennis	CA	18000	1	0	5	1	0	5

SOAPBOX (Call/Comments)

This is the first FISTS Sprint I've worked and actually the first contest. Thanks to everyone, and hope we can keep doing it next year, it was a lot of fun. Vy 73! James AC0CW

Bands not all that great, but I worked a few members I've never worked before. Worked James AC0CW, while at the ranch, for a first ever QSO just after midnight on 40 mtrs. Thanks for a fun day and 73 to all participants. Dennis K6DF

Had a really fun time in this Sprint! Ended up working 4 countries on 10 meters, one of which was a new one for me, Israel! Conditions have been awesome on 10 meters, hope the Sprints can keep going, especially with the Sun Cycle almost at a near peak next year! Thanks to the other operators for pulling out my 50 watts and wire in the trees! 73 and Good DX! HNY/Happy Holidays! Brian KE4QZB

Worked 40m at 4.8 watts on noisy band. Unfortunately made no contacts over the contest period. Score of zero, but I participated and hope enough interest to keep the sprints going. Eric KC5JEV

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. Sprints will now run over a 24-hour period.

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:

SATURDAY SPRINT: from 0000 UTC to 2359 UTC on second Saturday in Feb., May, Aug., and Nov.

SUNDAY SPRINT: from 0000 UTC to 2359 UTC on third Sunday in Feb., May, Aug., and Nov.

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

BONUS POINTS:

If the submitted Sprint log has a total of 25 or more listed QSO's, a bonus of 250 points will be added to the final calculated score.

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, then Bonus points are added.

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:

https://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 Roundwood Ct.
Indian Trail, NC 28079

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 2024 and beyond.

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: