You may want to print this out for reference

Most commonly used frequencies and sub-bands

FM: 52.525, 146.55, 223.5, 446.0, 927.5, 1294.5

Suggested Alt-FM to work folks w/narrow SSB/CW antennas: 50.250, 144.250, 222.2, 432.2, 902.2, 903.2, 1296.2

SSB/CW: 50.125-50.225, 144.170-144.230, 222.1 +/-, 432.1 +/-

FT8: 50.313

Activity Hour: If you can't stay active otherwise, then "Activate on the 8's". 8PM Saturday, 8AM Sunday, 8PM Sunday

NOTES:

6 meters should be a productive band, especially on FT8.

Please...BISKT (Butt In Seat, Keep Transmitting). Call CQ often. It's how we find each other, fastest.

Be alert as Rovers may be around at any time. Many will abide by the following:

Rovers will be in Manlius, NY (FN22/23) on Saturday at 2PM. They will be on hilltops afterward, looking for fixed stations, likely on the FM frequencies above but some will have SSB, too.

Rovers will be in Leroy, NY (FN02/03/12/13) on Sunday at 1PM. They will be on hilltops afterward, looking for fixed stations, likely on the FM frequencies above but some will have SSB, too.

Additionally...Rovers may be around "at will" stay alert even beyond these times.

Ev, W2EV