Good evening. This is [your name / your call sign], your net-control for this evening's East Thurston County ARES net. This net meets each Saturday evening at 19:00 hours local time with a simplex-mode check-in on this frequency followed by a move to the K7YLM repeater on 440.200 MHz with a 5 Meg positive offset and a PL tone of 100 Hz where we finish our net.

This net will yield the frequency at any time for emergency or priority traffic

[You may want to ask for emergency/priority traffic, and check for relays at this point.]

The purpose of this net is to confirm that our radios are functioning properly and to practice participation in a directed net using both a simplex frequency and a repeater. Stations participating in this net are encouraged to operate their stations using emergency power.

We'll start with a roll-call of active members, followed by a call for missed members and visitor check-ins. After our simplex check-ins we'll move to the K7YLM repeater to handle announcements and traffic of interest to the net members and visitors. Please remain on frequency until the net is closed so that you don't miss the announcements or any traffic directed at your station.

During the simplex portion of the net, if you hear a weak station that is not being heard and acknowledged by net control, please transmit the word "relay" at the earliest opportunity and wait for net control to acknowledge you and allow you to relay the weak station's traffic.

When checking in, please say your call sign using ITU phonetics. The roll-call of active members follows, and is sorted by call sign suffix.

[roll-call check-in of ARES members using separate check-in sheet]

This concludes our active member roll-call check-in. This is [your call sign], net-control for the East Thurston County ARES net. We will now take missed member and visitor check-ins to the net. Please give your call sign, and name SLOWLY so net control can get you checked in.

[handle missed ARES member & visitor check-ins]

This concludes our simplex check-in portion of the net. We'll now QSY to the K7YLM repeater to continue our net.

This frequency is now available for normal traffic.
This is [your call sign] clear and QSY to the repeater.

[This portion held on the K7YLM repeater]

Good evening, this is [your name / your call sign], your net-control for this evening's East Thurston County ARES net. This net starts with a simplex check-in each Saturday evening at 19:00 hours local time on 146.550 MHz. After the simplex portion of the net, we come here to the K7YLM repeater to handle traffic and announcements for the net.

[do a quick re-check of members that checked in on simplex, and then pick up anyone who didn't make the simplex check-in]

Before we open the net for general ARES-related announcements and traffic, here are our standing announcements:

1. Members are encoraged to check-in to the weekly District 3 net held each **Sunday** evening at 19:15 hours local on the Capitol Peak repeater 145.470 MHz with a negative 600 KHz offset and a PL tone of 100.0 Hz. District 3 also holds a Zoom meeting each 2nd Thursday of the month. Information can be found on the TCARES website.

2. Members are also invited to sign is as VISITORS on the District 5 net each **Tuesday** evening at 19:00 hours local on 145.370 MHz with a negative 600 KHz offset and a PL tone of 136.5 Hz.

3. Members are reminded to check their Winlink e-mail account regularly to keep their accounts active. Feel free to send test e-mails to "EASTTHURSTON@winlink.org".

Net control has [the following traffic/no traffic] for the group:

[deliver EC annoucements/traffic for the net]

If any station has an announcement or other traffic that relates to ARES and this East Thurston County ARES net, please come now with your call sign and wait until you are recognized by net control. Do we have any stations with announcements or traffic for the net?

[handle announcements/traffic for the net]

This concludes this session of the weekly East Thurston County ARES net. We thank each of you for your check-in and participation in this net. Net control would also like to thank the repeater owner(s) and operator(s) for the use of this repeater. This is [your call sign], net-control closing the net at [current 24-hour local time] and returning the repeater back to normal operation. 73 to all!

This is [your call sign] clear and QRT