Procedure to send Net check-in to Winlink to WX4PCA

Open your favorit email client.
Address the email to WX4PCA@winlink.com
Subject: //WL2K Check in from (your callsign)
Body text (example): Check in from (your callsign), Paulding County ARES
Net, No Traffic.

Other email clients because a ham needs email when the Internet is down: RMS Express (http://www.winlink.org/)