

# ARES Standard Guide & Check-in Sheet

updated: 31-May-10

1. "QST QST QST This is \_\_\_\_\_, Net Control for the Whatcom County Amateur Emergency Services Net.  
My name is \_\_\_\_\_. This is a directed net."
2. "The purpose of the Emergency Services Net is to provide a communication link between ARES members, the officers, and our counterparts."
3. "This net is intended to provide ALL Amateur Radio Operators with information about training in ARES, Emergency Services, net control, and traffic handling." *(break to reset the repeater)*
4. "This net meets every Sunday at 19:00 local time." Our primary net frequency is 146.740 on the Mt Constitution repeater." "The alternate frequency is 147.160 on the King Mt repeater and 146.500" simplex."
5. "Please DO NOT act as a relay station unless Net Control asks you to do so." "Any traffic or comments for the net should concern Emergency Service related items or emergencies ONLY."
6. "Please do not break this net for any other reason. This is a directed net." "Does any station have emergency related traffic?" *(If nothing then continue)*
7. "I will now take check-ins from officers, beginning with Matt, KC7UHN; Doyle, KC7GX."

Officers		
KC7UHN	MATT	EC/RO
KC7GX	DOYLE	AEC/ARO

*(break to reset the repeater)*

8. "I will now take check-ins from members in Quadrant A."

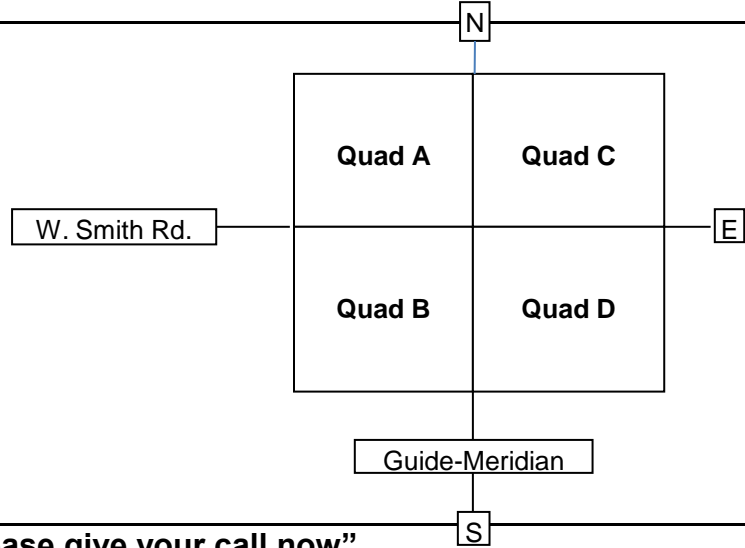
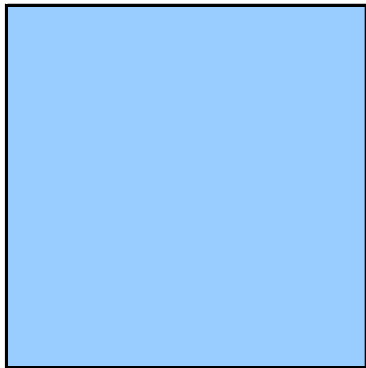
QUADRANT A	
KF7AET	Tom
KF7AFE	Joyce
KF7AFF	Kelly
KF7AFL	Tina
N7CWU	Mike
W0DFG	Carla
KD7HSN	Roger
K7MWP	MARGRET
KC7OAS	TERRY
N7OC	STAN

WA7OGC	Chuck
KE7OKW	Ann
N7RR	Bruce
W7RSE	SHAWN
KE7RXE	Becky
KC7TZL	BRIAN
KE7YOA	Eric

(break to reset the repeater)

9. "I will now take check-ins from members in Quadrant B."

QUADRANT B	
KE7CPK	RICHARD
KE7IJN	Dawnette
KB7LRZ	KENTUCKY
KE7PNF	Mark
WA7RUB	KARL
KE7YOB	Douglass



10. "Those stations with bulletins or information for the net, please give your call now".

(Log stations here or on separate sheet and call stations in order listed)


11. **“This is, \_\_\_\_\_, Net Control for the Whatcom County Amateur Emergency Services Net.” “I will now take check-ins from Vancouver Island. Please give me your call now.”**

*(ask for their call first and then get their name if not listed.)*

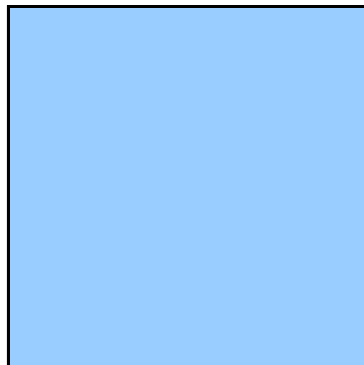
<b>Vancouver Island</b>	
VE7ACL	Allen
VE7BAR	John
VE7BZ	Paul
VE7CPO	Bob
VE7DAJ	David
VE7DRJ	Dave
VE7HNL	Tim
VE7JKD	Carl
VA7RLA	Larry
VE7SAG	Stan



12. **“I will now take check-ins from Vancouver and the Lower Mainland. Please give me your call.”**

*(ask for their call first and then get their name if not listed.)*

<b>B.C. Lower Mainland</b>	
VE7AT	Mike
VE7BR	Bernie
VA7DRW	Drew
VE7NOX	Neil
VA7OC	Onno
VE7SWR	Wayne
VA7WD	Walter



13. **"I will now take check-ins from Island, San Juan, Skagit, & Snohomish Counties.. Please give me your call now."**

*(ask for their call first and then get their name if not listed.)*

Island County	
K7ACT	John
KE7BNQ	Paul
KE7BNR	Mike
WA7OYI	Dick
N7RAL	Rich

San Juan County	
N6AU	Dan
KG6GEU	Brian
KE7KRR	Ted
WA6MPG	Wayne
KL7QK	Ned
K2SPR	Peter
WA7ZTT	Jerry

Skagit County	
W7ABF	Duane
W7CQI	Don
K7JJM	Jeff
KD7PTN	Lonnie
KE7SPZ	Gary
WB7WOW	Bob

Snohomish County	
KE7BAR	John
WG7G	Mike
N7SS	Scott

*(break to reset the repeater)*

14. **"This is \_\_\_\_\_, Net Control for the Whatcom County Amateur Emergency Services Net." "I will now take checkins from members in Quadrant C."**

QUADRANT C	
K1BJ	BRIAN
KE7CPP	TALUS
KF7GWQ	Diane
W7JLE	JANET
KE7NEI	NICK
KE7NEJ	TOM
KE7NEZ	RICK

W7RE	RON
KD7SBB	DAVID
KC7USM	Jodee
KE7YNR	Diane
KD7YSP	LARRY
KD7ZTZ	KERRY
KC7UHN	MATT

15. "I will now take check-ins from members in Quadrant D".

QUADRANT D	
W7AIN	DON
N7BA	Bill
KC7BMX	GERRY
KE7CPO	GRETCHEN
N1DLC	DON
N7EQ	ERIC
KE7EWP	JOEL
KE7GAB	JIM
N2GMC	GERRY
KD7HOK	Joe
K7HWA	HARRY
KC7IJH	Roy
W7JIM	JERRY
KE7JOV	Jony
K7LDL	BILL
KB7PKL	JOHN

KD7PSC	Eddy
K7QAJ	JOHN
W7RBY	Ruby
W7SMN	BILL
KD7ZTS	Michael
KD7ZUJ	Ina
KC7GX	DOYLE

(break to reset the repeater)

16. "If there are any late check-ins, please give your 'Call' now." (take by Quadrants)

17. "If there are any visitors, please give your 'Call' & 'Name' now."

(get the visitors name & approx. location)

**VISITORS**

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18. "Thanks to all for checking in tonight." Please join us again next Sunday night." "I am closing the net at 19:\_\_\_\_ and returning the repeater to normal operation." "This is \_\_\_\_\_, good evening."