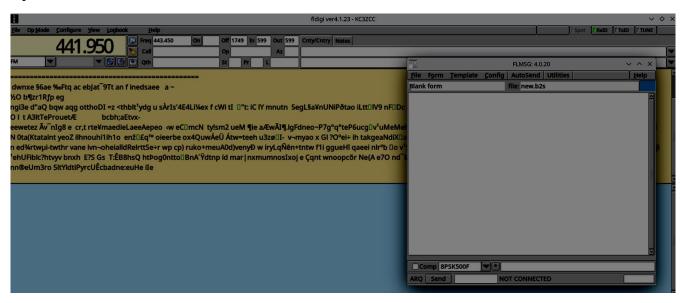
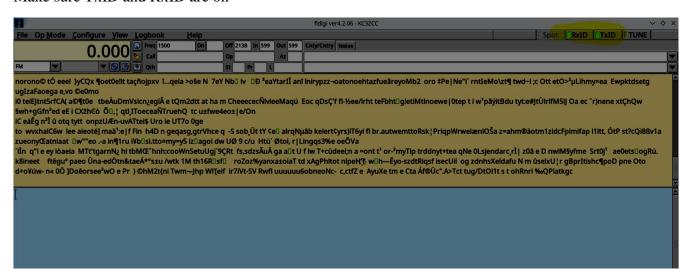
FLMSG ARQ CHECK IN

Tune transceiver to 145.690

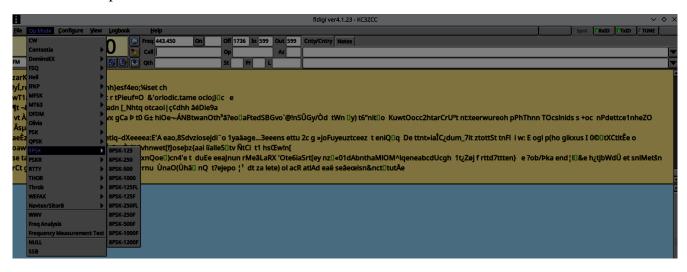
Open FLDIGI and FLMSG

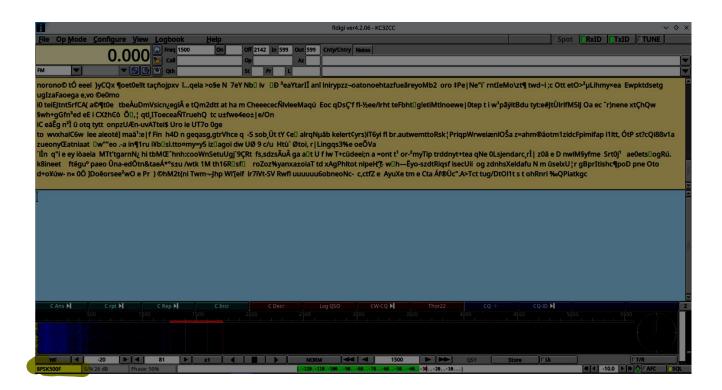


Make sure TxID and RxID are on

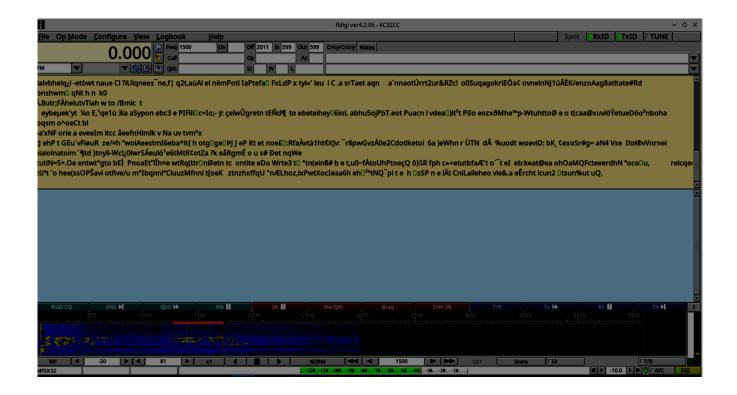


Recommend OpMode is 8PSK500F in FLDIGI.

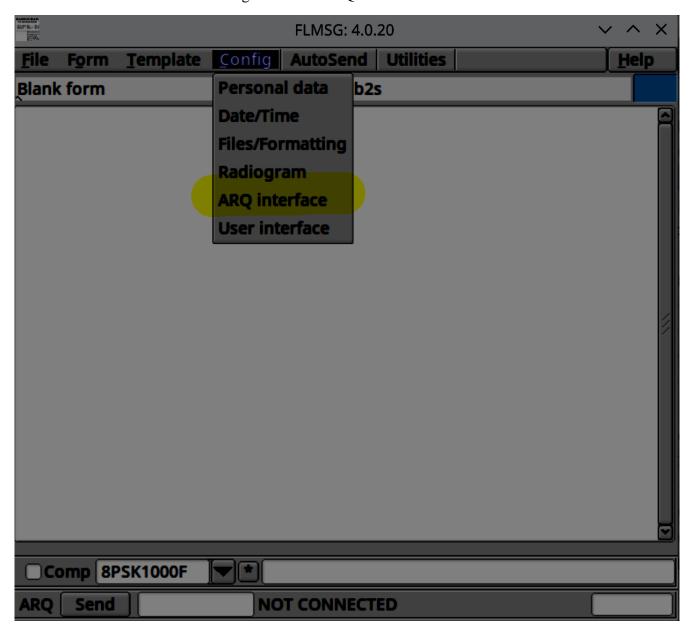




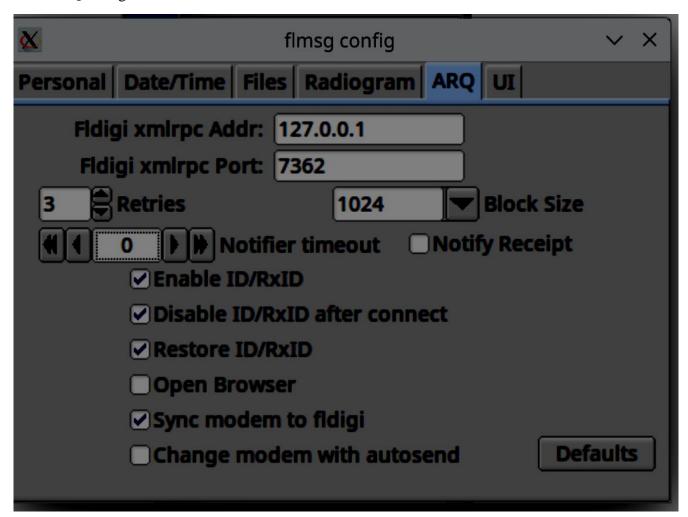
In the bottom right corner of FLDIGI make sure the SQL light is green and the slider set to $\frac{1}{4}$ to $\frac{1}{3}$ of the way up.



Switch to FLMSG and set the configuration for ARQ

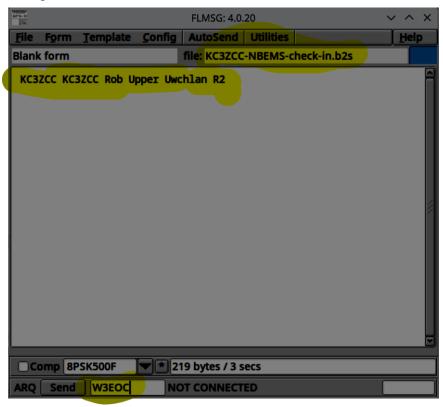


Your ARQ configuration should match the screenshot below.



Open a blank form

Type in your check in message including the call sign, location and region type W3EOC in the field located on the bottom left of the window next to the SEND button and save the file. I named mine [callsign]-NBEMS-check-in.



Click Send button at the bottom left of the window.

