Use the following version during the winter when Indiana is on Eastern Standard Time (EST)

CQ YL CQ YL

This is the Crossroads of America Amateur Radio Ladies Association Net and it is open to all women amateur radio operators and guests. The purpose of this net is to promote fellowship among women amateur radio operators and to disseminate information pertaining to the Crossroads of America Amateur Radio Ladies Association or CAARLA. The net meets at 2100 hours Indiana time or 0200 hours Coordinated Universal Time on Thursday evenings on the 146.685 repeater. I am this evening's net control station, <your call> and my name is <your name> and at this time I will turn it over to CAARLA's president <name>, <call>, for any announcements...

I will now take check-ins from YL stations with the suffix Alpha through Mike. I will take check-ins and then come back to you for the comment portion, again YL stations with the suffix Alpha through Mike, please call <your call>.

I will now take check-ins from YL stations with the suffix November through Zulu. Please call <your call>.

I will now take check-ins from guest stations. Please call <your call>.

Use the following version during the summer when Indiana is on Eastern Daylight Time (EDT)

CQ YL CQ YL

This is the Crossroads of America Amateur Radio Ladies Association Net and it is open to all women amateur radio operators and guests. The purpose of this net is to promote fellowship among women amateur radio operators and to disseminate information pertaining to the Crossroads of America Amateur Radio Ladies Association or CAARLA. The net meets at 2100 hours Indiana time or 0100 hours Coordinated Universal Time on Thursday evenings on the 146.685 repeater. I am this evening's net control station, <your call> and my name is <your name> and at this time I will turn it over to CAARLA's president <name>, <call>, for any announcements...

I will now take check-ins from YL stations with the suffix Alpha through Mike. I will take check-ins and then come back to you for the comment portion, again YL stations with the suffix Alpha through Mike, please call <your call>.

I will now take check-ins from YL stations with the suffix November through Zulu. Please call <your call>.

I will now take check-ins from guest stations. Please call <your call>.