When I spoke at Warren Co. this past Monday, I was asked about NBEMS nets for newbies to practice on. I am forwarding this info to you to pass along to your group:
The Yahoo Groups which have a lot of current info are:

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paNBEMS

Dear Dan and Don,

ny-nbems

**NBEMSham** 

In the posts from these groups you will see they will post a practice net on such and such date/time.

I have also found the following info by searching a bit:

Wednesday evening SATERN NBEMS nets:

8pm ET, 14.065 USB, 1500 Hz Waterfall Center, Olivia 16/500

9pm ET, 7065 USB, 1500 Hz Waterfall Center, Olivia 16/500

10pm ET, 3.5835 USB, 1000 Hz Waterfall Center, Olivia 16/500

- paNBEMS 80m weekly HF Net starts at 9:30 AM Eastern Time every Sunday morning with Net Control call on 3.583 MHz USB using 8/500 Olivia, 1500 Hz center waterfall frequency. After any traffic is passed on the net, we may proceed by sending an MT63 1k long (1000 Hz, 64 bit long interleave) bulletin broadcast messages, then experiment with different modes or NBEMS alpha products.

- <b>paNBEMS</b> 40m weekly HF net starts at 11am ET on 7.0725 USB, Olivia 8/500, 1500 Hz center waterfall. A retransmission of our weekly bulletin from the 80m net is followed by a FLAMP file transmission. Net Control Station volunteers are encouraged to pick up NCS duties following the FLAMP transmission.
Backup band/frequencies for paNBEMS are on 30m at 10.135 USB, 1500 Hz center waterfall and 60m (channel 2) 5.3465 USB, with the alternative of 60m (channel 4) 5.3715 USB, both at the required 1500 Hz center freq, and Olivia 8/500 for the initial call.
We recommend the use of RSID (both TxID and RXID).
When I spoke at TARA on Tuesday evening I was also asked about doing a workshop at a followup meeting. Everyone would bring in a laptop and a hand held (or other 144/440 radio) and we would work together getting everyone up to speed. I would be willing to help if you guys decided on doing this too.
Lastly, I am thinking about the possibility of starting a NBEMS net in either the Northern District or the entire Eastern Section perhaps once a month or every other month. I will look for support on this at the spring ENY Section meeting (date to be determined). I will keep you in the loop as this progresses.
73 de
John Fritze Jr
K2QY