



Nets

We have two weekly nets on VE7RXZ (147.220 MHz, +0.600 MHz, T100.0 Hz) and optionally on 40m (7.120 kHz) and 20m (14.135 kHz) after the 2m portion.

- Wednesday Mornings at 09:30 local time
- Thursday Evening at 19:30 local time

We welcome hams from any location to check in with us.

Our net manager is Robert (VE7RBE). And our net controllers are: Marc (VE7TBP), Steve (VA7SMI), Gord (VE7JGZ), Neil (VE7TBN), and Elliott (VA7ETC).

Here's is our [script](#)



To print the list, [export to PDF](#) first, and then print page 2.

Net List

Name	Time	Day							Frequency
Morning Friendly net	08:00	M	T	W	Th	F			3765 kHz LSB
The CVARS 8:15 Net	08:15	M	T	W	Th	F	Sa	Su	Island Trunk System
The Rainbow Country Net	08:45	M	T	W	Th	F	Sa	Su	VE7RPT (146.940 MHz –)
The New Horizon Net	08:45	M	T	W	Th	F	Sa	Su	VE7RYF (146.980 MHz – T103.5 MHz)
The Mira Breakfast Bunch¹⁾	08:45	M	T	W	Th	F			VE7RBB (147.180 MHz + T100.0)
Mira Sunday Net	09:00							Su	
NARA Coffee Klatch	09:00						Sa		VE7ISC (146.640 MHz – T141.3)
The Wrong Button Club	09:00	M	T	W	Th	F	Sa	Su	3744 kHz LSB
Mira AREDN Net	09:30							Su	VE7RBB (147.180 MHz + T100.0)
Weekly Sunshine Coast ECT Net	09:30			W					VE7RXZ (147.220 MHz + T100.0)
The Trans Canada Net	10:00 PST 11:00 PDT							Su	14.140 MHz USB
The NARA 220 Net	10:30						Sa		VA7DXH (224.040 MHz – T141.3)
The Vancouver Island 6m nets	10:45						Sa		144.210 Mhz USB ²⁾
	11:00						Sa		50.150 MHz USB
The Noon Time Net	11:00	M	T	W	Th	F	Sa	Su	7283.5 kHz LSB
The Aurora Net	15:00 PST 16:00 PDT	M	T	W	Th	F	Sa	Su	7100 kHz LSB
The NARA Sunday HF Net	16:30 PST 17:30 PDT							Su	3744 kHz LSB
The Manitoba Public Service Net	17:00	M	T	W	Th	F	Sa	Su	3747 kHz LSB
The Sask. Public Service Net	17:00 PST 18:00 PDT	M	T	W	Th	F	Sa	Su	3735 kHz LSB
The Alberta Public Service Net	17:30 PST 18:30 PDT	M	T	W	Th	F	Sa	Su	3700 kHz LSB
The BC Public Service Net	17:30 PST 18:30 PDT	M	T	W	Th	F	Sa	Su	3729 kHz LSB
The BC/Yukon Traffic Net	18:30 PST 19:30 PDT	M	T	W	Th	F	Sa	Su	3716 kHz LSB
The Salt Spring Island ARS Net	19:00			W					VE7RSI (147.320 MHz + T88.5) ³⁾
The Salt Spring Island YL's Net	19:00		T						VE7RSI (147.320 MHz + T88.5)
The WARA YL Net	19:00				Th				VE7VIC (146.840 MHz – T100.0)
The West Coast AREDN VOIP Net	19:00							Su ⁴⁾	Ext. 2400
The CVARS Monday Net	19:30	M							VE7RVC (145.470 MHz + T127.3)
SCARCS Thursday Evening Net	19:30				Th				VE7RXZ (147.220 MHz + T100.0)
The Arrowsmith Sunday Net	19:30							Su	VE7KU (147.240 MHz + T141.3)
The NARA Monday Night Net	20:00	M							Island Trunk System⁵⁾
B.C. Northern Net	20:00			W				Su	3775 kHz LSB
Powell River Sunday Net	20:00							Su	VE7PRR (147.200 MHz + T141.3)
The 2020 Net	20:20		T						VE7RCV (146.780 MHz – T141.3)
The Sunday Night Wild Card Net	21:00							Su	VE7RVA (146.610 MHz – T110.9) and linked to IRLP node 1055
Western Country Cousins Net	21:00	M	T	W	Th	F	Sa	Su	3970 kHz LSB

[Pacific North West VHF Society Nets](#)

Island Trunk System



City	Callsign	Frequency	Offset	Tone
Sayward	VE7RNC	146.700	–	141.3
→ Port McNeill	VE7RNI	146.940	–	
→ Woss Lake	VE7RWV	146.880	–	
→ Campbell River	VE7RVR	146.820	–	
→ Mt. Washington	VE7NIR	443.700	+	141.3
Nanaimo	VA7DJA	145.430	–	141.3
→ Mt. Benson	VA7ITS	444.725	+	141.3
→ Port Alberni	VE7RPA	147.150	+	141.3
→ Tofino	VE7TOF	146.880	–	141.3
→ Mt. Brenton	VE7AQW	146.680	–	141.3
→ Mt. Brenton	VE7AQW	442.600	+	141.3

The trunk has two main interconnected nodes: Sayward, and Nanaimo. The other repeaters are connected to either one of these two nodes.⁶⁾

Source: islandtrunksystem.org, Map from NIARS

Other Good Lists

- [Emergency Communications Nets](#)
- The [Coquitlam's Amateur Radio Club](#).

¹⁾

In July and August, the Mira Breakfast Bunch net is replaced by the “Summer Conversation Opportunity” net on the same frequency and at the same time.

²⁾

Most stations are vertically polarized at the moment

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After the repeater portion, the Saltspring Island Net moves to 146.595 MHz T123.0 simplex followed by 3750 kHz LSB

⁴⁾

Every other Sunday

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In the winter, to conserve battery power, the NARA Monday Night Net takes checkins for the first round on the [ITS](#), but the second round moves to VA7ITS (444.725 MHz – T141.3), which gets temporarily disconnected from the rest of the trunk and connected instead to VE7DXH (145.410 MHz – T141.3 and 224.040 MHz – T141.3). The net always ends on 80m on 3746 MHz ±5kHz

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Flowchart of ITS created using diagrams.net with:

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Nanaimo VA7DJA 145.430– 141.3->UHF link->Mt Brenton VE7AQW 146.680– 141.3 442.600+ 141.3
Nanaimo VA7DJA 145.430– 141.3->UHF link->Mt Benson VA7ITS 444.725+ 141.3
Nanaimo VA7DJA 145.430– 141.3->internet link->Tofino VE7TOF 146.880– 141.3 (REPEATER DOWN)
Nanaimo VA7DJA 145.430– 141.3->?? link->Port Alberni VE7RPA 147.150+ 141.3 (TRUNK LINK DOWN)
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Sayward VE7RNC 146.700- 141.3->220 link->Nanaimo VA7DJA 145.430- 141.3
Sayward VE7RNC 146.700- 141.3->UHF link->Mt Washington VE7NIR 443.700+ 141.3
Sayward VE7RNC 146.700- 141.3->220 link->Campbell River VE7RVR 146.820- 141.3
Sayward VE7RNC 146.700- 141.3->220 link->Woss Lake VE7RWV 146.880-
Sayward VE7RNC 146.700- 141.3->220 LINK->Port McNeill Airport Relay
Port McNeill Airport Relay->UHF LINK->Port McNeill VE7RNI 146.940-