



Nets

We have two weekly nets on VE7RXZ (147.220 MHz, +0.600 MHz, T100.0 Hz):

- Wednesday Mornings at 09:30 local time and 40m (7.120 kHz) after the 2m portion
- Thursday Evening at 19:30 local time and 80m (3.750 kHz) after the 2m portion

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), Ron (VE7PME), Richard (VA7RJQ), and Larry (VA7LSP)

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)
The Mira Breakfast Bunch¹⁾	08:45	M	T	W	Th	F			VE7RPQ (145.370 MHz + T100.0) VE7RBB (147.180 MHz - T100.0)
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
CVERC Emergency Net	18:45 PST 19:45 PDT			W					VE7RCV (146.780 MHz – T141.3)
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

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](#)
- [Coquitlam's Amateur Radio Club](#).
- [Pacific North West VHF Society Nets](#)

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.

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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

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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

⁶⁾

Flowchart of ITS created using diagrams.net with:

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)
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-