

Net	Day	Time	Frequency
Alaska Emergency Net	Mon – Fri	09:30 LT	14.292 MHz
Canadian Red Cross Net	Sundays	11:00 PST noon PDT	14.125 MHz
BC Public Service Net	Daily	17:30 PST 18:30 PDT	3.729 MHz
VE7PEP Simplex^Δ	Wednesdays	18:30 – 19:10 LT	147.570 MHz
VE7PEP HF	Wednesdays	19:00 LT	3.735 MHz
VE7PEP ITS[★]	Wednesdays	19:15 – 19:40 LT	Island Trunk System
BC and Yukon NTS Net	Daily	19:30 LT	3.716 MHz