

The
Nanaimo Amateur Radio Association

Field Day 2023

June 24 & 25, 2023

Introduction to NARA field Day Operations

- ❖ Field Day will be held at the **Sunnus farm in Cedar** on **June 24 & 25, 2023**
- ❖ Please read the essential information, location and safety information
- ❖ If you wish to bring a trailer for **camping it will be on a first come basis**. You must register in advance with Mike, VA7WPM (keelcove@shaw.ca). Trailers should not exceed 30ft in length. There are no space issues for overnight tent camping
- ❖ **Sunday Breakfast** (Served between 9:30 & 10 am) will also be by prior registration, again, to Mike VA7WPM. There will be a \$5 payment for the Sunday breakfast payable to NARA (Chris VE7TOP). Please make payment in advance by e-transfer to **naraetrans413@gmail.com**
- ❖ The owners of the Sunnus Farm in Cedar have graciously given NARA the go-ahead to have Field Day at their waterfront site in Yellow Point. The Sunnus Farm provides a lovely setting right on the water with stations being set up only a few metres from the shoreline as pictured
- ❖ NARA will set up **5 HF stations**, using the call sign **VX7NA**, with laptops which will be radio networked for logging purposes using the **N3FJP software**
- ❖ We must of course respect and follow any covid or avian flu safety regulations which apply. If you are experiencing any covid or flu-like symptoms or have been exposed to covid/flu we respectfully ask that you do not attend
- ❖ Members will be asked to **sign in** when they attend Field Day

The essential information is:

Topic	Information
Location	Sunnus Farm , 3008 Yellow Point Road, Ladysmith (see map for location)
Dates and Sign in	Starts officially on Saturday, June 24, at 11 AM local (1800 UTC); and ends Sunday, June 25, at 1:59 PM local (2059 UTC). Please sign in when arriving on site
Set up	On Saturday June 24 will start at 9 AM with antenna and station set up. NARA will set up 5 stations on each of the bands 80 (+6m), 40 (+160m), 20, 15 & 10m.
Signs	NARA will put up a sign on Yellow Pont Road to show you the entrance to the Sunnus Farm. There will be signs to guide you through the farm to the field day location.
Personal Safety	Please note the personal safety advice attached with respect to Field Day A First Aid kit will be on site but it's always handy to have your own kit available.
Farm Safety	Please observe the 10 km/hour farm speed signs. As well as livestock (cows) there is also a deaf dog on the farm, so please drive carefully
Camping Overnight on Saturday	Saturday overnight camping is available , but NARA needs to know in advance for planning purposes together with your type of camping equipment (tent/trailer length/etc.). If you are towing, please use 4WD. Because of Avian flu please no pets. PLEASE advise Mike (keelcove@shaw.ca) if you intend to camp overnight
NARA HF Stations	NARA will be providing 5 HF stations, one on each band 160-10m+6m. Callsign to be used will be VX7NA . Software on all PCs will be the N3FJP software which will be networked
Breakfast (Sunday)	Sunday breakfast – served between 9:30 & 10 am - will be organized by Randy VE7FAA. There will be a \$5 payment, in advance, for breakfast . Please register for breakfast via Mike VA7WPM, and make your payment to NARA at naraetrans413@gmail.com
Bring Your Own	Please remember to bring your own camping chairs, food and drink, dishes and cutlery, etc. Also please bring your own headset and CW key/paddle.
Your own HF equipment	NARA will be establishing 5 HF stations (160-10m+6m). If you bring your own HF equipment, please make sure that you coordinate with NARA so that interference to the main NARA stations is avoided. Members may bring/use their own VHF/UHF equipment
Four Wheel Drive	If you have 4WD available PLEASE use it at the Field Day site to avoid chewing up the grass and the farm roadway
On Site Repeater & APRS	Onsite repeater VA7DXP for local comms and talk-in (if required) TX 440.000 MHz (plus shift with a 141.3 Hz tone) . Also note the VA7DXP APRS marker on 144.390 MHz
Mentoring	Chris VA7PK – and others - will provide assistance to any amateurs who are new to contest operating
On the Fly antennas	Chris VA7PK will be arranging an on-the-fly antenna build session
Bonus points	Gerry VE7BGP will coordinate various Bonus points for NARA
Satellite Comms	Ward VE7CYA will provide his portable satellite equipment
Toilet Facilities	NARA has arranged an on-site portable toilet to be on site over the weekend
Coordination	Please email Devan VE7LSE (ve7lse@gmail.com) if you have any questions. Devan will pass your query to the appropriate team member

Finding the NARA Field Day site

If you are travelling from Nanaimo:

1. Head south on Highway 1 towards the town of Ladysmith
2. Continue past the Nanaimo airport and turn left onto **Cedar Road** at the traffic lights
3. Continue up the hill on Cedar Road until you come to the **Chuckwagon Market/gas station** on your right
4. Turn right onto **Yellow Point Road**
5. Continue along Yellow Point Road for some **9 km** until you see the Sunnus farm sign on your right
6. Follow the NARA signs through the farm to the field day site. Please drive slowly and follow the **10 Km/hour** speed signs and please take care when passing farm animals



If you are approaching Cedar on Highway 1 from the south, go through Ladysmith and turn right onto Cedar Road.

There will be an **APRS beacon on-site** using the callsign VA7DXP indicating the NARA Field Day location using a tower icon.

The on-site VA7DXP repeater will transmit on 440.000 MHz (+ shift, 141.3 Hz)
Program your radio now as this frequency will be used for many other NARA events



The Lat/Long of the Sunnus Farm entrance is N: 49Deg 03'49.64" W: 123Deg 46'57.82"

Sunnus Farm & Field Day Pictures



Field Day Safety

Field Day is supposed to be fun, and you can help keep it that way by planning a safety-conscious operation. Here are few tips to get you thinking about a few of the many aspects of Field Day safety.

Lightning Safety

- If you hear thunder, lightning is close enough to strike you.
- No place outside is safe when thunderstorms are in the area.
- When you hear thunder, immediately move to safe shelter: a substantial building with electricity or plumbing, or an enclosed, metal-topped vehicle with the windows up.
- Stay in safe shelter for at least 30 minutes after you hear the last sound of thunder.
- Stay away from objects that conduct electricity (antennas, power lines, windmills, etc.).
- Power down and disconnect your radios and generators.

Antenna Safety

- Be aware of and avoid electrical power lines.
- Don't climb towers that use temporary guys.
- Don't climb ladders being used for antenna supports.
- Erect antennas far enough away from operating positions so there is no possibility of the antenna and structure falling on operators and observers.
- Regularly inspect guy ropes and stakes throughout the weekend.
- Ensure that your Field Day station complies with all of the FCC RF exposure requirements. See <http://www.arrl.org/rf-exposure> for information.

Generator and Electrical Safety

- **NEVER** move or add fuel to a running generator.
- Fuel should be stored in approved containers away from generators and ignition sources, in well-ventilated areas away from direct sunlight.
- Centrally locate the generator to keep all branches to stations equal.
- Use an earth ground at the generator and at each station.

Physical Safety

- Avoid tripping hazards. Use fluorescent safety tape to mark guy ropes, stakes, and cables.
- Secure hazardous areas with caution tape to keep people away.
- Escort visitors around your Field Day site.

Medical Safety

- Avoid overexposure to sun.
- Stay hydrated — drink plenty of water.
- Know the signs of heat exhaustion and heat stroke (<https://www.cdc.gov/disasters/extremeheat/warning.html>).
- Keep a First Aid kit on hand