



FRIENDS OF ESS

QUARTERLY NEWSLETTER

REGIONAL DISTRICT OF KITIMAT-STIKINE EMERGENCY SUPPORT SERVICES

JUNE 2018

VOLUME 2

ISSUE 1

DATES TO REMEMBER

EMRG 1610/1611—Intro to Reception Centres and Applied Training—New Hazelton	July 7/18
Annual Volunteer Appreciation BBQ at Lakelse Lake Group Campsite, hosted by the Skeena Valley and Kitimat ESS Teams—Camping Encouraged	July 8-9/18
EMRG 1645—Managing Walk-in Disaster Volunteers—Kitimat	Aug. 18/18
EMRG 1615—Registration and Referrals—Telkwa	Sept. 22/18
EMRG 1671—Site Management—Prince Rupert	Sept. 29/18

Check [My ESS Volunteer Portal](#) for Team Meeting Dates, Community Outreach Events and to sign up for ESS Activities.

NEW EPC FOR STEWART

Meet Kimberly Jewkes



Kimberly is the new Emergency Program Coordinator for the District of Stewart's Emergency Management Program. She has been living in Stewart for over 7 years where she raises two sons and two dogs. Kimberly also volunteers for Stewart Search and Rescue,

the Wildlife Rehabilitators' Network of BC, and works part time for the Ministry of Children and Family Development.

We welcome Kimberley to the RDKS ESS Team.



Contributed by: Naomi Gourlay

NESST 2018

Building ESS Capacity and Community Resilience

The 6th Annual Northern Emergency Support Services Training Conference (NESST) brought together a record 131 participants to train, network and put their knowledge and skills to the test in a practical tabletop exercise on April 13th – 15th, 2018 in Terrace.

With floods on the go and wildfires beginning, the conference provided a forum for everyone to connect, share learning and experiences from the unprecedented events of 2017. The conference focused on the importance of communication through the theme "Connected through Clear Communication".

This theme was explored within the context of five different workshops: Disasters & Trauma, Psychological First Aid & Operational Readiness, Meet & Greet, Managing Volunteer Programs and Linking Unmet Needs.

Having trained, organized and connected ESS Responders is vital to the effectiveness of emergency response and resilience of our communities. As EOCs and Reception Centres are activated throughout the province, this conference has helped us to better understand our respective roles and responsibilities, resources available and best practices to better prepare for, prevent, respond to and recover from future disaster events.

We look forward to NESST 2019 hosted in the City of Prince George., April 12-14, 2019.

IN THIS ISSUE

NESST 2018—Building ESS Capacity and Community Resilience

ESS MOBILE UNIT – Coming to a Community Near You

RDKS ESS PROGRAM – A Regional Approach to ESS

FAREWELL VANDERHEYDEN'S – Heartfelt Thanks to Captain's Jim & Deb VanderHeyden

NEW EPC FOR STEWART—Meet Kimberly Jewkes

COMMUNITY EVACUATIONS – A Look at Stewart's Response and Learning

OUTREACH & PREPAREDNESS – Skeena Valley ESS Interacts with the Community

VOLUNTEER SPOTLIGHT – An Interview with Silvana Quigley, ESS Coordinator, Stikine Region

ESS MOBILE UNIT

Coming to a Community Near You



Based in Thornhill, our new ESS Mobile Unit can be deployed to the scene of an incident or to support a Reception Centre (RC) in any community or remote area. Complete with its own power source, heat/AC, technology, communications hub, RC resources, emergency supplies, equipment and basic amenities, it provides a safe and efficient mode to transport ESS Responders and ESS tools to assist in larger-scale emergencies. It also has additional tents to facilitate Emergency Pet Care or fast track those who require special assistance.

As it is self-contained, there is a respite area for our ESS Responders to sleep and prepare their own meals. This is especially important in remote areas where accommodation may not be readily available.

The Mobile Unit is just a phone call away. Request support for your community or ask about our specialized training and workshops. We're so excited to have this additional capacity and are ready to 'hit the road' anywhere, anytime.

Contact Connie Kirby at ckirby@terrace.ca for more info.

Contributed by: Kimberly Jewkes

COMMUNITY EVACUATIONS

A Look at Stewart's Response and Learning

The early morning Earthquake and Tsunami Warning on January 23rd prompted the evacuation of Stewart and many other coastal communities in BC and Alaska. Within minutes of EMBC's notification, Stewart's Mayor Galina Durant, declared a Local State of Emergency and ordered an evacuation of the town. The Emergency Operations Centre turned on the community warning sirens and delivered a One Call Now recorded message to reach all registered numbers, while personal phone calls were made to individuals who identified as vulnerable to offer them evacuation support. Concurrently, the RCMP, District of Stewart Staff and Community Volunteers conducted neighborhood sweeps and BC Ambulance Services and Parking Volunteers set up at a designated area of high ground on the highway.

In the blink of an eye (1 hour and 23 minutes later) the Tsunami Warning was cancelled and we were turning off the sirens, notifying first responders and sending an updated message through One Call Now. Evacuees who lined up single file on the highway now turned for home.

As the new Emergency Program Coordinator for the District of Stewart (by eight days!), I organized the event debrief. All together again, we first congratulated each other on an evacuation well done, then we identified a number of areas for improvement, including a need for: louder sirens, clarity of roles and responsibilities and a

**FREE
Delivery
to Your
Inbox**

The **Friends of ESS Newsletter** is published quarterly.

If you would like to be the first to know about what's happening in ESS in Northern BC, you can subscribe by emailing Megan at reception@rdks.bc.ca

RDKS ESS PROGRAM

A Regional Approach to ESS

ESS RDKS supports ESS Teams throughout the Regional District of Kitimat-Stikine and across Northern BC to develop ESS plans, recruit and retain volunteers, provide training, resources and assistance to deliver ESS services to people impacted in the event of an emergency or disaster.

We strive to build stronger links between communities by taking a collaborative and coordinated approach to emergency prevention, planning and response. Get in touch to discuss building your ESS Team and how we can help.



Continued on Page 3

OUTREACH & PREPAREDNESS

Skeena Valley ESS Interacts with the Community



A fire, an earthquake, a power outage or a flood puts you and your family at risk. It's important to have an emergency kit with 72 hours of supplies as well as an escape plan for your family. Emergencies can happen at any time and having the essentials and an emergency plan prepared can keep you and your family comfortable and potentially even save a life.

We encourage all households to pack a 72-hour emergency preparedness kit and to include items they may need in the event of a disaster, including prescriptions and pet items. Building a kit doesn't take long or cost a lot and if disaster strikes, you'll be happy you did.

Through our outreach program, the Skeena Valley ESS Team of volunteers helps to educate the community on how to create a plan and become better prepared at home, in your neighborhood or place of business. We are busy throughout the year at the Farmers Market, City of Terrace Fire Department's Canada Day Breakfast, the Guns & Hoses Hockey Game, the Terrace & District Chamber of Commerce Trade Expo and providing presentations to special interest groups.

To book a presentation or have the Team attend your event, contact Michelle Taylor at mtaylor@rdks.bc.ca.

PreparedBC

BASIC EMERGENCY SUPPLY KIT gov.bc.ca/PreparedBC

 First Aid kit and medications	 Cell phone with chargers, inverter or solar charger	 Garbage bags, moist towelettes and plastic ties for personal sanitation	 Water, four litres per person per day, for three days to one week, for drinking and sanitation
 Battery-powered or hand crank radio	 Copy of your emergency plan, copies of important documents and cash in small bills	 Dust mask to help filter contaminated air	 Seasonal clothing and footwear
 Battery-powered or hand crank flashlight with extra batteries	 A three-day to one-week supply of non-perishable food and manual can opener		
 Whistle to signal for help			

FAREWELL VANDERHEYDENS

Heartfelt Thanks to Captain's Jim & Deb VanderHeyden

On behalf of your ESS family, we would like to thank Jim and Deb for their enthusiasm, dedication and contributions to ESS. Together, we are stronger and having the support of the Salvation Army has helped to increase our region's preparedness, operational efficiencies and vital services. We wish Jim and Deb all the best in their adventures ahead and know that they will continue to provide comfort, kindness and emotional support to the many people they meet along the way.



Jim VanderHeyden provided transportation with the Salvation Army bus at NESST 2018

Stewart Tsunami Warning—Continued from Page 3

revised plan for ESS.

Four months later and we are happy to have made progress on all three: we were successful on a grant request to pursue a new siren for the community and items that will help mobilize our EOC; we have an Exercise Program Plan in draft to help improve preparedness and clarify roles in a variety of situations; and we were successful on a separate grant to fund improvements to our ESS, and with this we have pursued training for personnel and are purchasing basic ESS supplies. Other aspects of our ESS plan are under consideration. We have also been inspired to create a personal and home preparedness outreach and education plan and moving forward we have committed to reviewing and updating all aspects of Stewart's Emergency Management Plans.

Our recent community evacuation, in the middle of the night and in the middle of winter, was well executed by our First Responders and aided by cooperative community members. The opportunity to go 'live' with our emergency plans has given us much to reflect on!

VOLUNTEER SPOTLIGHT

An Interview with Silvana Quigley, ESS Coordinator, Stikine Region



This month we feature Silvana Quigley. Silvana has been a member of ESS for 2 years taking the reins as the Stikine Region team leader last fall. It gives us great pleasure to share her perspective here.

What interests you about volunteering with ESS?

Seeing the reality of how many people are affected in BC because of Wildfires and how ESS helps. Getting to know people, networking and training is also very interesting.

Has your work or personal life influenced you as an ESS Responder?

Yes. I come from a family of firefighters and I have volunteered in different organizations over the years (Hospital Visits, School Support in Argentina, Reading Centre in Dease Lake, Spay and Neuter Clinics for Street Dogs in Costa Rica).

What are some of the challenges you face leading a team in a remote community?

In remote areas with few services, many events and organizations rely on volunteers. It is usually the same people wearing too many hats and often times it is hard to recruit new volunteers as usually they are already struggling to balance life, work and community service.

Tell us about a training, project, partnership or accomplishment that you consider to be significant with the Stikine Region ESS Team.

I think we benefit from a close partnership with our First Nations as we can pool resources and training. We both bring our strengths and knowledge to address the needs of our area.

What positive effects has volunteering had for you?

I would say connection and getting to know more people. Also, feeling good about being able to help!

What plans do you have next for the Stikine Region ESS Team?

With people transitioning in and out of the community my goal is to get more people to join us, so there will be more volunteers available for community outreach and response.

ESS STATS JAN 1ST-MAY 31ST, 2018

- **4 Hrs.**—Response & Activations
- **112 Hrs.**—Deployment to Assist in Central Region
- **191 Hrs.**—NESST Committees
- **93 Hrs.**—Community Outreach
- **217 Hrs.**—Team Meetings
- **979 Hrs.**—Training (including NESST)

1596 Hrs. Total

What's your superpower?

I am not sure if it is a Superpower, but I would say my creativity is well put to use here. Being so far away from so many resources that are common in other areas, we have to find creative solutions to make it work.

Thank you to Silvana for taking the time to be a volunteer and leader with RDKS ESS.

If you would like to nominate a volunteer to be featured in the Fall 2018 edition of the Friends of ESS Newsletter, please email Megan



WANT TO
VOLUNTEER?

Online Registration is Always Open
<http://bttr.im/ifcnf>



Find us on
Facebook

www.facebook.com/essrdks/

Have a story you'd like to contribute?
Send your contributions to:

Naomi Gourlay, ESS Director
essdirector@rdks.bc.ca

Megan Glover, ESS Administration
reception@rdks.bc.ca



Regional District of
Kitimat-Stikine

Emergency Support Services

Regional District of Kitimat-Stikine
Suite 300—4545 Lazelle Avenue
Terrace, BC V8G 4E1
Phone: 250-615-6100 or 1-800-663-3208
Fax: 250-635-9222
Email: essdirector@rdks.bc.ca
www.facebook.com/essrdks/