

Special Thanks to our Hosts:





Regional District of **Kitimat-Stikine** 

# WELCOME FROM THE ORGANIZING COMMITTEE

Welcome to NESST 2018; our 6th Annual Conference that provides training, a practical exercise, opportunities to network and most importantly, appreciation for our ESS volunteers who are the "Heart of Emergency Response".

In 2017 we experienced unprecedented destruction with the wildfires and floods in BC. ESS Responders were on the front lines providing support and referrals for basic necessities such as food, clothing, and lodging to thousands of people impacted. It was a challenging year on many levels and as we know, having trained, organized and connected ESS Responders is vital to the effectiveness of the emergency response and resilience of our communities.

We now turn our attention to Spring/Summer 2018 and wish to focus on the importance of clear communication through this year's conference theme: "Connected Through Clear Communication".

Thank you to everyone for giving so much to your ESS team, your community and the province. We recognize how precious your time is and commend you for taking this weekend to add to your tool kit, skills and knowledge.

Have a wonderful weekend in Terrace connecting with your ESS friends, learning new things and celebrating one another. We encourage you to explore the great outdoors of the Northwest, learn more about the First Nations culture, Pioneer history and experience true Northern hospitality.

#### 2018 ORGANIZING COMMITTEE MEMBERS:

**DANIEL CRAMER** 

REBECCA GOERTZEN

RYAN GOOD

NAOMI GOURLAY

JUDY GREENAWAY

TERRI ANN HOUGHTON

HALEY JEFFREY

**DEBORAH JONES-MIDDLETON** 

CAROLYN SINCLAIR

PATRICIA STEBBING

MICHELLE TAYLOR

KATHY WILKIE



















# SUPPORT ORGANIZATIONS

NESST welcomes volunteers from the **Disaster Psychosocial Services Program (DPS)**, **the Canadian Red Cross** and **the Salvation Army** to this year's conference. We believe that with a clear mutual understanding, we can improve our planning process and emergency response.



Disaster Psychosocial Services (DPS) is responsible for the development and provision of psychosocial strategies. The DPS Program develops and provides these strategies with a continuum of supportive services targeting both public and responders affected by an emergency or disaster. These services are intended to empower people to help themselves and connect them to local resources, minimizing the long-term psychosocial effects of a disaster. The program also encourages community recovery by providing educational tools and resources to increase resilience and health coping.



The Salvation Army provides numerous disaster relief services. Since each disaster is unique and devastating in the way it impacts the lives of individuals and communities, The Salvation Army's emergency & disaster response is community based, varying from place to place based upon the community's situation and the magnitude of the incident.



When disaster strikes, public safety is paramount. However, the response can quickly deplete a community's resources. The Canadian Red Cross works in collaboration with local authorities and other agencies to address the immediate needs of those affected. Red Cross teams are on call 24 hours a day.

### **WELCOME**



The *Kitselas* or "People of the Canyon" are among the five Tsimshian Nations to call the Northwest Coastal Region home. This year, we are honored to have members from the community of Kitselas join us at NESST.



#### **GREETINGS**

On behalf of City Council and the citizens of Terrace, we would like to extend a warm welcome to everyone attending the Northern Emergency Support Services Training Conference.

The services and knowledge that the ESS staff and volunteers provide to our region are priceless. The NESST Conference gives the opportunity for ESS staff and volunteers to train, network, and engage with one another, creating invaluable connections that benefit the communities across Northern BC.

We hope you enjoy your stay in Terrace and we urge you to take advantage of the many facilities and attractions we are proud to offer here in our beautiful City.

Sincerely,

Carol Leclerc

Mayor

# **NESST 2018 SCHEDULE**

#### FRIDAY:

18:15

**Registration Opens** 

19:00 to 21:00

**Networking Event** 

Skeena Valley Golf & Country

Club



Connect with your ESS Family, Tour the Salvation Army Disaster Services Food Truck, Pose in the Photobooth, Play Games and More. Light Appetizers will be Served—Cash Bar.

#### **SATURDAY:**

07:00

Registration

07:00 to 07:45

**BREAKFAST** 

Vegetarian Omelets, Bacon, Sausage, Muffins, Yogurt, Coffee, Tea, & Juice

07:50

Welcome:

Terrace Sportsplex Banquet Room Emcee: Naomi Gourlay, Emergency Support Services Director,

Regional District of Kitimat-Stikine

Speakers:

Clarisa Spencer, Kitselas First Nation

Carol Leclerc, Mayor, City of Terrace

Rick Boehm, Emergency Program Coordinator, Regional District of Kitimat-Stikine & Fire Chief,

Thornhill Fire Department.

Tony Goodrow, CEO, Better Impact

08:45 to 12:00

Workshops:

Operational Readiness, PFA &

Beyond

Regional District of Kitimat-Stikine Boardroom—4545 Lazelle Ave

Volunteer Program Management

Banquet Room—Terrace Sportsplex

Disasters & Trauma

Multipurpose Room—Terrace Sportsplex

Meet & Greet

Rich McDaniel Room—Terrace Sportsplex

Linking Unmet Needs

Salvation Army Church—3229 Sparks St—Shuttle Service Available

10:00 to 10:20

**COFFEE BREAK** 

Fruit Kabobs, Granola Bars, Coffee, Tea, & Juice

12:00 to 12:30

LUNCH

Chicken Coconut Curry Soup, Hearty Vegetable Soup, Wraps, Sandwiches, Cookies, Squares, Coffee,

Tea, & Juice

Speaker: Laurie Gallant—Northwest Food Security Partnership

12:30 to 13:30

**Local Excursions** 

Gentle Yoga Terrace Yoga Studio

Lakelse and Lazelle Ave. **Shopping Tour** 

Eby St.—Shuttle Service Available Fish Hatchery

Kalum Street George Little House

Parfaits, Savory Snack, Coffee, Tea, & Juice

13:45 to 16:45

**Workshops Resume** 

15:00 to 15:20

**COFFEE BREAK** 

# **NESST 2018 SCHEDULE**

18:00 to 22:00 **Volunteer Appreciation Banquet** 

Terrace Sportsplex Banquet Room Emcee: Deborah Jones Middleton, Protective Services Manager,

Peace River Regional District

Guest Speaker: Dave Jephson, Deputy Fire Chief, City of Terrace

Fire Dept.

18:30 to 19:30 **DINNER** 

Roast Chicken, Ham, Scalloped Potatoes, Fresh Steamed Veggies, Salad, Squares, Coffee, Tea,

& Juice—Cash Bar

Gitselasu Dancers

Enjoy a selection of traditional dances performed by the Gitselasu Dance Group to celebrate our

region's rich heritage and culture.

Panel Discussion Moderated by Deborah Jones-Middleton

Theme: Communications and the ESS Experience During the 2017 Wildfires

**Volunteer, Instructor and Panel Recognition** 

**SUNDAY:** 

07:00 to 12:00 Breakfast, Exercise and Debrief

Terrace Sportsplex Banquet Room

07:00 to 07:45 **BREAKFAST** 

Breakfast Burritos, Muffins, Yogurt, Coffee, Tea, & Juice

08:00 to 08:45 Operation Terrace Mountain: An Introduction to our Scenario and Live Demonstration

of the Key Functions of a Reception Centre

Written and Performed by your ESS Colleagues

08:45 to 09:00 **Break** 

09:00 to 10:50 **Tabletop Exercise** 

Collaborate with your group and respond to a series of Reception Centre challenges

10:50 to 11:00 COFFEE BREAK

Fruit Kabobs, Granola Bars, Coffee, Tea, & Juice

11:00 to 12:00 **Debrief** 

Facilitated by the Mobile Support

Team

Bev Wilson—Vancouver Island MST Michelle Jefferson—Central MST

Rachel Minger—North MST (Deployment Lead)

Elaine Balul—North MST



# SATURDAY WORKSHOPS

#### **VOLUNTEER PROGRAM MANAGEMENT** (EMRG-1674)

This course is intended for emergency management professionals and volunteers with responsibilities for managing volunteer programs. It provides information on the fundamentals of volunteer management including recruiting, managing, and retaining volunteers. It also addresses issues such as risk management and liability, worker care, volunteer management software, and handling challenging volunteers.

Course Outcomes:

Discuss current trends in volunteerism and their implications for an organization Describe the volunteer management cycle

Use the Canadian Code for Volunteer Involvement as a framework in the development and maintenance of volunteer resources

Develop plans for recruiting, managing, and retaining volunteers

Keep accurate volunteer records

Make informed decisions regarding challenging volunteer issues

Seek additional information on volunteer management subjects using resource lists



#### **INSTRUCTOR:** Jackie Kloosterboer

ESS has been a large part of Jackie's life for the past 20 years. Jackie leads a team of 400+ Emergency Support Services (ESS) Volunteers for the City of Vancouver. Each year Jackie and her team respond to upwards of 30 activations to help those who have been impacted.

An instructor with the Justice Institute of BC Jackie travels across Canada teaching staff & volunteers how to respond to disasters to help those who have impacted. Throughout British Columbia she has taken on leadership roles at a variety of disasters to assist those who have been impacted.

Jackie is a 2013 recipient of the Queens Jubilee award for her dedication to helping people during times of disaster and the 2014 Justice Institute of BC Instructor Excellence Award recipient.

#### LINKING UNMET NEEDS

Understanding and recognizing the criticality of unmet needs, from the perspective of 'do no harm, through the 4 C's of Disaster Partnering; linking vulnerable persons to services which empower self-recovery.

#### INSTRUCTOR(S): Tarina Colledge & Sarina MacDonell

Sarina MacDonell is working towards a degree of Emergency Management and has a Certificate of Emergency Management through the Justice Institute of B.C. With numerous domestic deployments and professional development through EMBC and Red Cross, Sarina has over six years of Operations, Planning, Logistics and 'boots on the ground' service delivery experience. Working in a multiple of different leadership capacity roles, Sarina volunteers with ESS and Canadian Red Cross. She is currently on contract as the Northern Indigenous Community Relations Officer for the Canadian Red Cross Wildfire Recovery Response supporting 16 First Nations reserves through recovery activities.



Working with ESS, Canadian Red Cross and Team Rubicon Canada, Tarina Colledge has more than six years experience in Emergency Management and disaster response in BC, and Alberta. As a National Incident Manager with Team Rubicon Canada, Tarina has been pursuing her ICS Canada Instructor Trainer certification. Tarina has more than 12 years in local government, including ESS Director for both municipal and regional government. Tarina is an active member of the Fraser Valley Regional District Emergency Program and Maple Ridge ESS team. Amongst her many deployments, one of her most notable and challenging experiences was in her role as the ESS Coordinator for the Regional Municipality of Wood Buffalo assisting over 88,000 evacuees during the 2016 Fort McMurray wildfire.

# SATURDAY WORKSHOPS

### **OPERATIONAL READINESS, PSYCHOLOGICAL FIRST AID & BEYOND**

Participants who attend this workshop will build on the principals of Psychological First Aid by enhancing their understanding and roles of helping people cope in response to critical incidents and Disasters. Learning outcomes include:

The necessity of having an excellent self-care plan

The benefits of being a good listener who can accurately assess those in crisis

What are your personal limits in providing practical care & support

How to protect people emotionally and physically from further harm

#### **INSTRUCTOR:** Carolyn Sinclair

Carolyn Sinclair is Executive Director for Police Victim Services of BC. She is the Emergency Support Services (ESS) Director for the New Westminster Police Department as well the Provincial Lead for the Mobile Response Team (MRT) who is dedicated to the Overdose Health Emergency.

She has over 25 years of operational and practical experience in the areas of emergency management. She is an instructor at the Justice Institute of BC in the Emergency Management Division and the Center for Conflict Resolution



#### **DISASTERS & TRAUMA** (EMRG-1141)

Explore the range of responses and reactions to stress following a traumatic incident. Trauma interventions following a major tragedy such as an airplane crash or earthquake require a coordinated intervention that goes well beyond the provision of group debriefings.

Participants will gain:

an understanding of the phases and impact of a disaster and understand how these phases will influence both reactions and interventions;

an awareness and understanding of various trauma intervention models for responders; and 3) an awareness and understanding of various trauma intervention models for community

residents. Pre-, during, and post-disaster interventions will be

discussed.

This interactive one-day classroom-based course features scenarios, discussions and activities and includes a take-home assignment to be returned within one month of completing the class.

#### INSTRUCTOR: Laurie Pearce, M.S.W., R.S.W., M.A., PhD.

Laurie is a part-time faculty member at the Justice Institute of British Columbia (IIBC) Royal Roads University, and the British Columbia Institute of Technology. She was elected to Canada's Platform for Disaster Risk Reduction Steering Committee and serves as Chair of the Canadian Resilient Communities Working Group. Laurie is a member of the British Columbia Disaster Psychosocial Services Council and volunteers as a team member and remains active in the research world of disaster management.



# SATURDAY WORKSHOPS

#### **MEET & GREET**

This workshop will provide participants with the knowledge and skills to meet and direct someone traumatized by disaster to any and all services required in an ESS Reception Centre - beginning the process of Recovery! Upon completion, participants will have a working knowledge of the following:

Introduction to Meet and Greet
Introduction to the Meet and Greet Worker role
Directing people within a Reception Centre
Meeting Vulnerable Population Needs
Emotional and Spiritual Care
Meet and Greet Worker stress

#### **INSTRUCTOR:** John McEwan, Salvation Army

John McEwan has held the role of Divisional Emergency Disaster Services Director for The Salvation Army in British Columbia for the past 15 years. In 2003

John holds an Emergency Management Certificate from the Justice Institute of BC. He is married to Annette and they have 5 children and 7 grandchildren.

He has been involved with ESS on provincial, regional and municipal levels

providing input, experience and TSA resources whenever required and looks forward to working with emergency agencies and faith based organizations to provide higher standards of excellence to emergency workers and the residents of BC.



# MEDIA ON LOCATION

Producer/Host Robert Pictou produces "Open Connection" - a weekday talk show featuring people and events in the Northwest. Topics range from controversial to heartwarming, from educational to political, and from environmental to healthcare in an effort to foster understanding, empathy, compassion, and appreciation for everything that connects us in the Northwest.

Robert will be shooting at NESST on Saturday April 14th to create an "Open Connection" episode that showcases NESST and the important role that ESS plays within Emergency Management in BC. Plan to connect with Robert in the media room to share your story, knowledge and experiences.





# **INTRODUCING OUR PANEL MEMBERS:**

### SHARING AN INSIDER'S PERSPECTIVE FROM THE 2017 WILDFIRES

## Patricia Cullham, Reception Centre Manager

City of Prince George



Patricia was one of the first to sign up for the City of Prince George ESS team, called the Emergency Support Program (ESP), when it was reorganized in 2010 and was assigned the position of Operations Officer. As part of the senior team she assisted with the recruitment, training and organization of the team.

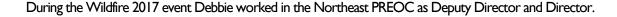
In July 2017, Patricia received the call that 3 buses would be leaving Williams Lake shortly and group lodging would be required. As the initial RC/GL Manager, she set up the Reception Centre and Group Lodging at CNC with the assistance of available ESP team members and a few Community Service organizations. After the first couple of days, Patricia moved into a floater position, Reception Centre Manager Alternate. The position was mainly assisting wherever needed, at whatever level, but mostly being the "ESS go-to" for those without an ESS background.

Last September, Patricia retired from her employment with the City of Prince George, but still participates as a volunteer with CPG as well as RDFFG.

### Debbie Alexander, Regional Manager

Northeast PREOC, EMBC

Debbie Alexander has worked for Emergency Management BC since October 1999. She started as a Regional Office Administrator and moved into the Regional Manager position in 2015. The diversity of Emergency Management and the opportunity to work with communities during emergencies such as, landslides, dangerous good incidents, ice jams, severe weather events while working in Provincial Regional Emergency Operations Centre, (PREOC), are just some of the rewards of her work.





# Doug Hofstede, Community Coordinator

ESS Branch Coordinator in the EOC, City of Prince George



Doug has been involved professionally in the recreation field for 28 years. In his current role for the Community Partnerships division of the City of Prince George, Doug oversees Arts and Culture. Since 2007, Doug has served with the City of Prince George's emergency management team starting with Registration and Referrals and completing the JIBC's Emergency Social Services Director training in 2016 and acted as the Deputy EESD during the 2017 evacuations. He has been involved in numerous emergency events including evacuations caused by ice jams, spring floods and apartment fires. In 2017, he was an integral part of the 480 City of Prince George staff and 3,600 community volunteers in response to the wildfires predominantly from the Cariboo-Chilcotin region in BC. This unprecedented evacuation event gave rise to the largest ESS response in Prince George's history.



#### **LEGEND:**

- I Terrace Sportsplex—3320 Kalum Street
- 2 Regional District of Kitimat-Stikine—4545 Lazelle Avenue
- 3 Salvation Army Church—3229 Sparks Street
- 4 George Little House—3100 Kalum Street

- 5 Antiques, Artisans & Oddities—4626 Park Avenue
- 6 Mason Jar Studio—3231 Kalum Street
- 7 Red Raven Art Gallery—4609 Lazelle Avenue
- 8 Terrace Yoga Studio—4605 Lazelle Avenue



# LOCAL EXCURSIONS

#### GENTLE YOGA WITH ANGELA WIEBE

Enjoy an introduction to yoga by a professional instructor. Mats and props will be supplied. Socks or bare feet are all you need.

Location: Terrace Yoga Studio, 4605 Lazelle Avenue

#### **EXPLORE DOWNTOWN MERCHANTS**

An opportunity to explore some of Terrace's downtown shops. Here are a few suggestions within walking distance:

MASON JAR: A vintage downtown shop offering upcycled and functional home décor items. A great place for special gifts or to borrow the ideas.

Location: 3231 Kalum Street

**ANTIQUES, ARTISANS AND ODDITIES**: Located in one of Terrace's pioneer homes, features a collection of vendors offering a variety of products. A charming store with knowledgeable and friendly staff who know the history of the antiques, this is a great place to browse, and hard to leave without a little memento.

Location: 4626 Park Avenue

**RED RAVEN ART GALLERY**: Bringing a diverse group of talented artists together under one roof, this art gallery has the work of 40 different artists on display. It features many of Rick Goyette's shifty characters carved from the bark of cottonwood trees. Sometimes we're lucky and the carver is in the studio.

**Location: 4609 Lazelle Avenue** 

#### **FISH HATCHERY**

An opportunity to see how the Northwest Watershed Enhancement Society works to protect our fish stock. View small fry and see the efforts of the volunteers who feed and raise them. Includes life cycle and migration of salmon, as well as fossils from the Clore River area.

Transportation will be provided.

#### **GEORGE LITTLE HOUSE**

Located in the centre of town, this historical home of town founder George Little is a local focal point and gathering place. In the winter of 2003, in a momentous move, the house was brought back to the heart of Terrace and was refurbished to its original state.

The main reception floor is used as retail space to sell local artists' wares and Terrace souvenirs. Local groups use the main floor for special events and gatherings and an old-fashioned monthly tea is served, harkening back to a more formal time. This stunning, two-story heritage home is hard to miss at the end of Kalum Street and is a must see for anyone visiting Terrace.

**Location: 3100 Kalum Street** 

# LEARN ABOUT THE NORTHWEST FOOD SECURITY PARTNERSHIP

The focus of the Northwest Food Security Partnership (NFSP) is to continue the conversation of community food security in northwest BC, foster collaboration across jurisdictions and advocate for the strategic implementation of food security policy and plans.

It is vital that the partnership be inclusive, collaborative and address the difficult issues of cross-jurisdictional boundaries, decolonization and reconciliation, climate change, emergency preparedness & sustainability. Our approach is to build partnerships between economic sectors and communities, and to achieve needed economies of scale by grouping small-scale projects together to share resources.



# MEMORIES FROM NESST 2015, 2016, AND 2017

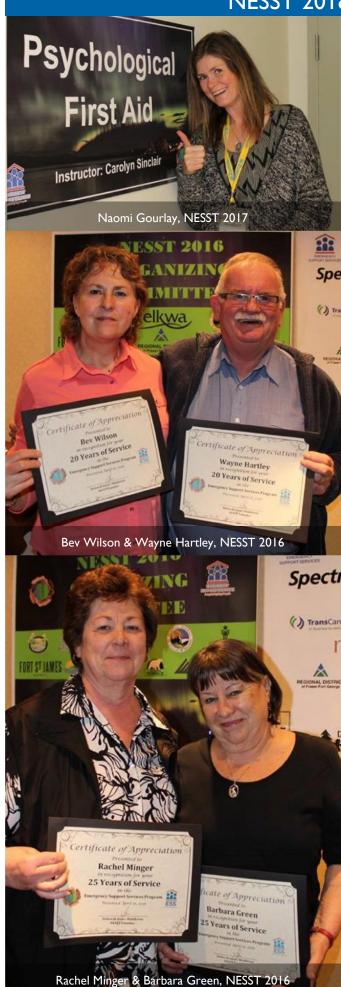
We love our collection of memories from past NESST weekends.

This year we encourage you to tag your posts with the #nesst2018 official hashtag so everyone will be able to see your pictures and videos from the weekend.





# **NESST 2018 SUB-COMMITTEES**



ESS volunteers and staff have dedicated many hours to bring this year's conference to life. We would like to acknowledge their hard work and dedication.

#### **Delegate Bags**

Susan Viveiros, Elsa Murphy, Kathy Gardiner, Sandy Marock, Kathy Davies

# Scenario, Live Demonstration and Tabletop Exercise

Naomi Gourlay, Connie Kirby, Michelle Taylor, Sonja Krug, Bob Turner, Susan Viveiros, Haley Jeffrey, Julie Kaplan, Tarina Colledge, Sarina MacDonell, Bev Wilson, Rachel Minger, Michelle Jefferson, Elaine Balul

#### **RC Cast:**

Susan Viveiros, Kieran Campbell, Nijah Roches, Carol Schmidt, Elsa Murphy, Kathy Gardiner, Sally Ryan, Sonja Krug, Danny Viveiros, Christina Losier, Bob Turner

#### **AV/IT**

Kieran Campbell, Eric Valdez, Nijah Roches,

#### **Banquet Décor & Entertainment**

Nijah Roches, Carol Schmidt, Daniel Cramer

#### **Excursions**

Kieran Campbell, Carol Schmidt

#### **Food Services**

Giselle Birch, Kathy Gardiner, Megan Glover, Connie Kirby

### **Networking Event**

Debby Shaw, Susan Viveiros, Rebecca Goertzen, Brian Downie, Haley Jeffrey

### Photography & PR

Kieran Campbell, Naomi Gourlay

### **Volunteer Recognition**

Deborah Jones-Middleton, Kathy Gardiner

### **Sponsorship**

Led by Judy Greenaway, all of our Organizing Committee members & Delegate Bag Committee members contributed to securing financial and in-kind sponsorship.

## **Transportation**

Special thanks to Jim VanderHeyden and the Salvation Army for providing transportation.

# THANK YOU TO OUR SPONSORS AND PROGRAM SUPPORTERS:

### **DELEGATE BAG SPONSORS:**

When the Delegate Bag Committee first met, they decided on a "theme" of personal safety and emergency preparedness. The committee members carefully curated the delegate bags with products that will help ESS volunteers build upon their own tools for Safety and Emergency Preparedness.

Being equipped with the right tools helps to keep us safe and aids us in doing the best job we can. Please enjoy our gift to you: "SAFETY AND PREPAREDNESS"

#### Thank you to our Delegate Bag Sponsors:

AQUA PLUMBING & HEATING
BANDSTRA TRANSPORTATION
BENSON OPTICAL
CANADIAN TIRE
CITY OF PRINCE GEORGE

CITY OF TERRACE FIRE DEPARTMENT

COPPERSIDE FOODS

DISTRICT OF KITIMAT FIRE DEPARTMENT

LAKELSE DENTAL

LINDSAY ENTERPRISES

MOUNTAIN MEADOWS HONEY

**NECHAKO NORTHCOAST** 

NORTHCOAST EQUIPMENT

**NORTHWEST FUELS** 

**NORTHWEST PAINTING** 

PEACE RIVER REGIONAL DISTRICT

**PETERBILT** 

**PRETIVM** 

PROGRESSIVE VENTURES

**RAINCOAST WASH AND LUBE** 

REGIONAL DISTRICT OF BULKLEY-NECHAKO

REGIONAL DISTRICT OF KITIMAT-STIKINE

**REST INN** 

**RUDON HYDRAULICS** 

SILVERTIP DESIGNS

STUDEO 3/AVEDA

**TERRY'S LOCK & SECURITY** 

THREE SUNS CONSULTING

TRITON

**WEST POINT RENTALS** 

**WESTERN EQUIPMENT** 

**WORKSAFET SOLUTIONS** 

#### **SPECIAL MENTIONS:**

#### **CATERING SERVICES**

Provided by Emmy's Catering If you listed dietary concerns on your registration form, please make yourself known at mealtimes.

Filtered water stations provided by donation from Aqua Clear Bottlers.

This is a Zero Waste event.

Please ensure you make use of the Recycling and Organics receptacles.

Thank-you.







Thanks to Stitching Generations for their generous donation This wonderful group of ladies donates quits to fire victims within 24 hours once notified by the Skeena Valley ESS Team





# **NESST 2018 SPONSORS:**

#### **DIAMOND**







#### **PLATINUM**



#### **GOLD**







#### **SILVER**









Provincial Health

#### **BRONZE**



LINKING A WORLD OF OPPORTUNITY













