

# ESS News

COMOX VALLEY

A newsletter for Emergency Social Services volunteers



Winter 2010

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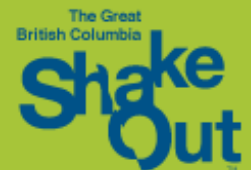
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## The Great British Columbia ShakeOut

2011 is the first year of The Great British Columbia ShakeOut, a drill designed to educate the public about how to protect themselves during a large earthquake, and how to get prepared. It will be the largest earthquake drill to ever take place in Canada.

Everywhere in British Columbia is considered at high risk in relation to the rest of the country. We all must get better prepared for major earthquakes, and practice how to protect ourselves when they happen. The purpose of the ShakeOut is to help people and organizations do both. ShakeOut began in 2008 as the Great Southern California ShakeOut, the largest earthquake drill in U.S. history, with a total of 5.4 million participants. On October 21 of this year, more than 7.9 million people practiced Drop, Cover, and Hold On and other aspects of family, school, and organizational emergency plans.

**Join Us** January 26, 2011 **Register Now!**  
for the Largest Earthquake Drill in Canadian History.



Participation throughout the United States continues to grow. The Central United States (eight states), Washington, Oregon, Nevada and Utah join California in planning future ShakeOut activities. Internationally, New Zealand and Guam now plan ShakeOut activities.

Comox Valley Emergency Social Serves (CVESS) has 'registered' and is making plans to participate. Information will be shared with volunteers as it becomes available. Please consider registering as an individual, a family and/or a business.

*For more information on how to participate in the ShakeOut, how different groups can participate, and what is happening in your area visit: [www.shakeoutbc.ca](http://www.shakeoutbc.ca)*

**Vancouver Island's largest historic earthquake AND Canada's largest historic onshore earthquake — see page 3**

## EMERGENCY SOCIAL SERVICES

Emergency Social Services (ESS) is an emergency response program made up of dedicated individuals who share a common goal of assisting people in an emergency.

Working under the umbrella of the Comox Valley Emergency Program, the ESS mandate is to provide essential services to maintain life and health for people forced to evacuate their homes temporarily or if their homes are damaged or destroyed. When disaster strikes, ESS establishes a reception centre – a safe place – where people can gather to get information, register, and receive assistance with their basic needs of food, lodging, clothing and family reunification, usually for the first 72 hours of a disaster. ■



## ESS Director's Report

2010 is fast coming to a close and we are looking forward to the many upcoming events planned for 2011. The two basic courses Reception Centre and Registration and Referral will be offered here

in the Comox Valley. Please check the dates listed in this newsletter on page 7. We do need your commitment early as the courses tend to fill up quickly and names must be submitted to the Justice Institute one month prior to the date of the course. If you took these courses a few years ago you may wish to update.

I am delighted to announce that **Howie Siemens** will be our Training Coordinator, thank you Howie for volunteering to fulfill this important role. All requests for training should be sent to the Office [c vess@shawcable.com](mailto:c vess@shawcable.com). Howie is looking forward to contacting you with training opportunities.

I am also very pleased to welcome **Donna Ehrmantraut** as the new East Side Coordinator. Thank you, Donna. Our team is looking forward to working with you.

**Hilary Perka** will be leaving the Valley in the near future. Hilary has been our Resource Acquisition Coordinator and has negotiated many supply agreements with local businesses on behalf of CVESS. Thank you, Hilary, for the many hours and hard work you invested in securing these essential resources.

January 26th marks the 311<sup>th</sup> anniversary of British Columbia's last magnitude 9 earthquake and tsunami. Everyone across British Columbia is encouraged to take part in **The Great British Columbia ShakeOut** – the largest earthquake drill in Canadian history! ESS is a registered participant – mark 26 January 2011, 10 am, on your calendars, and to DROP! COVER! and HOLD!

If you are interested in volunteering for any of the following positions, please email the office [c vess@shawcable.com](mailto:c vess@shawcable.com) or call me at 250.335.1695

- Resource Acquisition Coordinator
- Reception Centre Kits/Equipment Manager
- East Side Coordinator (to assist in program planning)

Thank you to all the volunteers who have participated in CVESS throughout this past year.

*Seasons Greetings to all and best wishes  
for a happy and healthy 2011.*

Marg Carr, Comox Valley ESSD

## Take a more active role !

*Come out to the monthly general meetings. We have lots of small jobs that we need assistance with but some big ones too. Right now we REALLY need to focus on filling the two positions below. If you are interested, please contact the ESS office.*

## Reception Centre Kits/ Equipment Manager

The Reception Centre Kits/Equipment Manager will maintain, replenish and update five (5) Reception Centre Kits, located throughout the Comox Valley, and support equipment, stored at Moray office location.

This position requires someone who is organized, can take initiative and committed to:

- Maintaining, replenishing and updating RC Kits – batteries, maps, phone books, forms, new supplies etc. This usually requires ONE visit per kit per year and takes approximately 2 – 4 hrs per kit.
- Attending a yearly meeting (January) with management team members to discuss potential changes to the RC Kits and to suggest improvements.

## Resource Acquisition Coordinator

The Resource Acquisition Coordinator will liaise with local businesses and maintain Supplier Agreements.

The Supplier Agreements outline the services that may be accessed by the CVESS when responding to house fires, etc. or during larger events.

This position requires someone who is organized, can take initiative, has very good communication skills and is committed to:

- Maintaining the services of local businesses through Supply Agreements
- Contacting suppliers during a large event (as evacuees are directed to access their services).
- Attend ESS Management Team meetings (the first Tuesday evening of each month {except July/Aug}) in order to identify the teams needs and to keep the team updated with required information.

If you have any questions or are interested in any of these positions, contact the office [c vess@shawcable.com](mailto:c vess@shawcable.com).

# The M7.3 Vancouver Island Earthquake of 1946

Local Date and Time: Sunday, June 23, 1946 at 10:13:26 am Pacific time

Magnitude: MS 7.3

Latitude: 49.76° N | Longitude: 125.34° W

Vancouver Island's largest historic earthquake (and Canada's largest historic onshore earthquake) was a magnitude 7.3 event that occurred at 10:13 am on Sunday June 23, 1946. The epicentre was in the Forbidden Plateau area of central Vancouver Island, just to the west of the communities of Courtenay and Campbell River.

This earthquake caused considerable damage on Vancouver Island, and was felt as far away as Portland Oregon, and Prince Rupert B.C. The earthquake knocked down 75% of the chimneys in the closest communities, Cumberland, Union Bay, and Courtenay and did considerable damage in Comox, Port Alberni, and Powell River (on the eastern side of Georgia Strait). A number of chimneys were shaken down in Victoria and people in Victoria and Vancouver were frightened - many running into the streets. Two deaths resulted from this earthquake, one due to drowning when a small boat capsized in an earthquake-generated wave, and the other from a heart attack in Seattle.

-Excerpt from <http://earthquakescanada.nrcan.gc.ca/histor/20th-eme/1946/1946-eng.php>

## In the Comox Valley:

- 75% of chimneys fell
- Chimney fell through the roof of the Courtenay Elementary School
- Bricks fell from the fascia of the Courtenay Post Office (same building today) and masonry walls cracked – patching can still be seen today under some conditions
- Wooden houses on poor foundations shifted and were damaged
- Poorly attached porches were damaged
- 30 foot high wave rolled down Comox Lake and caused shoreline damage
- Major landslide into Landslide Lake in Strathcona Park and resulting debris torrent for 10 km down the upper Elk River.
- Numerous small rockfalls in the mountains
- Island Highway pavement was damaged
- 2 tsunami waves hit Texada Island; 7 foot high, then 3 foot
- 15 foot wave at Deep Bay
- Deep Bay ocean floor dropped between 9 and 84 feet
- Some undersea cables were cut
- Those on nearby ships felt like they had “run onto a sandbar”
- Vancouver Airport runways were cracked as a wave rolled across the soft sediments of Sea Island

Imagine the results of a 7.3 R quake today? Are you prepared?



*Courtenay Post Office*



*Courtenay Elementary - Exterior*



*Courtenay Elementary - Interior*



*House Damage*

Please contact us with your questions/concerns.

email [cvess@shawcable.com](mailto:cvess@shawcable.com)

# 6 of the top 10 earthquakes in Canada occurred in British Columbia

The following list shows the date, magnitude and location of the 10 largest earthquakes ever located in Canada or its territorial waters. Magnitudes for earthquakes prior to the 20th century are less precise as they have been estimated from non-instrumental data.

Date	Lat N	Lon W	Magnitude	Location
1700/01/26	48.5	125	9.0	Cascadia subduction zone, British Columbia
1949/08/22	53.62	133.27	8.1	Offshore Queen Charlotte Islands, British Columbia
1970/06/24	51.77	130.76	7.4	South of Queen Charlotte Islands, British Columbia
1933/11/20	73.00	70.75	7.3	Baffin Bay, Northwest Territories
1946/06/23	49.76	125.34	7.3	Vancouver Island, British Columbia
1929/11/18	44.50	56.30	7.2	Grand Banks south of Newfoundland
1929/05/26	51.51	130.74	7.0	South of Queen Charlotte Islands, British Columbia
1663/02/05	47.6	70.1	7.0	Charlevoix, Quebec
1985/12/23	62.19	124.24	6.9	Nahanni region, Northwest Territories
1918/12/06	49.62	125.92	6.9	Vancouver Island, British Columbia.

—Excerpt from <http://earthquakescanada.nrcan.gc.ca/histor/top10-eng.php>

*Visit the following sites for more earthquake preparedness information:*

- Preparedness and awareness information is available through the Provincial Emergency Program [www.pep.bc.ca](http://www.pep.bc.ca)
- Information about current earthquake activity and past events can be found at Natural Resources Canada [www.pgc.nrcan.gc.ca/seismo/table.htm](http://www.pgc.nrcan.gc.ca/seismo/table.htm)
- Information about tsunamis can be found at Fisheries and Oceans Canada [www-sci.pac.dfo-mpo.gc.ca](http://www-sci.pac.dfo-mpo.gc.ca)
- Toll-free message line with personal preparedness information: 1-888-811-6233

**Get Ready to ShakeOut.**  
 January 26, 2011 Register Now at [www.shakeoutbc.ca](http://www.shakeoutbc.ca)

The Great  
 British Columbia  
**Shake  
 Out**

## HOME PREPAREDNESS CHECKLIST

–Excerpt from **Earthquakes What to do? IS YOUR FAMILY PREPARED**

<http://www.getprepared.gc.ca/fl/pub/rthqks-w-t-d-eng.pdf>

### Before an earthquake:

Go through your home, imagining what could happen to each part of it, if shaken by a violent earthquake. Check off the items that you have completed in this list.

- Teach everybody in the family (if they are old enough) how to turn off the water and electricity.
- Clearly label the on-off positions for the water, electricity and gas. If your home is equipped with natural gas: tie or tape the appropriate wrench on or near the pipe, to turn off the gas, if necessary.
- Repair loose roof shingles.
- Tie the water heater to studs along with other heavy appliances (stove, washer, dryer), especially those that could break gas or water lines if they shift or topple.
- Secure top-heavy furniture and shelving units to prevent tipping. Keep heavy items on lower shelves.
- Affix mirrors, paintings and other hanging objects securely, so they won't fall off hooks.
- Locate beds and chairs away from chimneys and windows.
- Don't hang heavy pictures and other items over beds.
- Closed curtains and blinds will help stop broken window glass from falling on beds.
- Put anti-skid pads under TVs, computers and other small appliances, or secure them with Velcro or other such product.
- Use child-proof or safety latches on cupboards to stop contents from spilling out.
- Keep flammable items and household chemicals away from heat and where they are less likely to spill.
- Consult a professional to find out additional ways you can protect your home, such as bolting the house to its foundation and other structural mitigation techniques.
- If you live in an apartment block or a multi-storey building, work with your building manager or condominium board to decide how best to "quake-safe" your unit. Seek advice from professionals (building engineers, emergency preparedness authorities) if you are unsure about what to do.
- If you live in a mobile home, you can leave the wheels on the mobile home to limit its fall. Or, you can install a structural bracing system to reduce the chance of your unit falling off its supports. Ensure the awning on your home is securely supported and fastened to the unit. For information on the best way to brace your unit, contact your local mobile home dealer or a mobile home owner's association.

Visit [www.GetPrepared.ca](http://www.GetPrepared.ca) for more emergency preparedness info.

*Tie or tape the appropriate wrench on or near the pipe, to turn off the gas, if necessary.*



*Tie the water heater to studs along with other heavy appliances.*

*This publication was produced by Public Safety Canada in collaboration with: the Canadian Red Cross, Natural Resources Canada, and the St. John Ambulance.*

## Attend an Emergency Conference in 2011

### Vancouver Island Emergency Conference

April 15-17, Sooke

[www.vieconference.ca](http://www.vieconference.ca)

### ESSA Emergency Social Services Association Conference

April 2, North Vancouver

[www.essa.ca/conferences.html](http://www.essa.ca/conferences.html)

*For more information  
about the program and costs,*

email [cvess@shawcable.com](mailto:cvess@shawcable.com)

no email? phone

Marg Carr 250.335.1695



### Reminder-Name Tags

Did you received email notification  
that your name tag was ready for pickup,  
and you haven't got around to it yet?

Drop in to the Moray office on  
Tuesdays from 10 AM to 2 PM

## TRAINING

### Training course descriptions

#### Intro to ESS (Orientation)

- provides an overview of the ESS Program in BC
- reviews personal preparedness for an ESS worker
- pre-requisite to ALL other ESS courses

#### Reception Centre

- for workers in an emergency Reception Centre
- an overview of the functions, staff and planning of a Reception Centre
- required basic course for all ESS Volunteers

#### Registration & Referrals

- covers the process for registering evacuees and for providing them with referrals for food, clothing and lodging
- basic interviewing skills
- directions for completion of Registration and Referral Forms
- required basic course for all ESS Volunteers

#### Managing Walk-In Disaster Volunteers

- learn about how to manage large numbers of untrained walk-in volunteers during a response
- an opportunity to set up a Volunteer Services Centre

#### Documentation

- learn about administrative support requirements of a Reception Centre
- this is very paperwork oriented – keeping track of Referral Forms, ESS Registration Files – the amount of money spent on those referrals, as well as all the other paperwork generated during a response.

#### Group Lodging

- learn how to adapt facilities to dormitory type accommodation for people displaced from their homes during a disaster
- covers both planning and operation tasks

#### Site Management

- become familiar with roles and responsibilities of the Management Team
- for RC Managers, Group Lodging Managers, and Section Chiefs (Supervisors)

**See ESS Calendar on page 7 for Course Schedule**

### Recruiting volunteers

If you know of anyone who would be interested in learning more about ESS please give their names and numbers to Kathy Swetnam (250)335-2358 or email [swetnam3@shaw.ca](mailto:swetnam3@shaw.ca)

Please print and post.

# ESS Calendar

# 2010 | 2011

November					
29	Mon	Food Safe	0830 - 1640	ESS Office - 3001 Moray Ave	pre-register
29	Mon	PRACTICE: Documentation	1900 - 2100	ESS Office - 3001 Moray Ave	anyone with documentation training -please <b>RSVP</b>
December					
4	Sat	Group Lodging Course	0900 - 1600	Campbell River	pre-register
7	Tue	ESS Team Monthly Meeting	1900 - 2100	ESS Office - 3001 Moray Ave	everyone welcome
10	Fri	<del>ESS Seasonal Social - Potluck</del> see page 8	18:30 -	1472 Valley View Dr, Courtenay (home of Jean & Terry Lewis)	everyone welcome including partners -please <b>RSVP</b>
January					
4	Tue	ESS Team Monthly Meeting	1900 - 2100	ESS Office - 3001 Moray Ave	everyone welcome
8	Sat	First Aid Course	0830 - 1730	St. John Ambulance Building on Cliffe, Courtenay	CLASS FULL
15	Sat	Reception Centre Course	0900 - 1600	Nanaimo	pre-register
22	Sat	Reception Centre Course	0900 - 1600	ESS Office - 3001 Moray Ave	pre-register
February					
1	Tue	ESS Team Monthly Meeting	1900 - 2100	ESS Office - 3001 Moray Ave	everyone welcome
12	Sat	Registration & Referrals Course	0900 - 1600	ESS Office - 3001 Moray Ave	pre-register
19	Sat	Reception Centre Course	0900 - 1600	Quadra Island	pre-register
March					
1	Tue	ESS Team Monthly Meeting	1900 - 2100	ESS Office - 3001 Moray Ave	everyone welcome
5	Sat	Resource Acquisition Course	0900 - 1600	ESS Office - 3001 Moray Ave	pre-register
12	Sat	Resource Acquisition Course	0900 - 1600	Nanaimo	pre-register
19	Sat	Group Lodging Course	0900 - 1600	ESS Office - 3001 Moray Ave	pre-register
April					
5	Tue	ESS Team Monthly Meeting	1900 - 2100	ESS Office - 3001 Moray Ave	everyone welcome
2	Sat	ESSA Conference		North Vancouver	pre-register
15-17		Vancouver Island Emergency Conference		Sooke	pre-register

**RSVP & REGISTRATION:** email [cvess@shawcable.com](mailto:cvess@shawcable.com) | phone Marg Carr 250.335.1695

**NOTE:** Reception Centre and Registration/Referrals Courses are *mandatory for all volunteers*. If you have not completed these courses or need a refresher, please plan for these dates. We only have access to courses once or twice a year.

## Comox Valley Emergency Social Services Office

3001 Moray, Courtenay BC V9N 7S7  
email [cvess@shawcable.com](mailto:cvess@shawcable.com)  
phone 250.334.8890 (*Tues 1000 - 1400*)  
fax 250.334.8865  
no email? phone Marg Carr 250.335.1695

Regular office hours: Tuesdays 1000 – 1400

For more information about:

- Training course descriptions see page 6

## GRAB & GO GAME

Unscramble the following and check to see if they are in your Grab and Go Bag.

1. ranglurta gaadben \_\_\_\_\_
2. tticsinaep \_\_\_\_\_
3. clhabe \_\_\_\_\_
4. nortpei rbsa \_\_\_\_\_
5. dimtecanio \_\_\_\_\_
6. ttrebaeis \_\_\_\_\_
7. gaagbre gsab \_\_\_\_\_
8. iitecdanfoint \_\_\_\_\_
9. liotte aappr \_\_\_\_\_
10. tpekoc ikfen \_\_\_\_\_
11. llaigtshhf \_\_\_\_\_
12. cudt peat \_\_\_\_\_

ANSWERS  
1. triangular bandage; 2. antiseptic; 3. bleach; 4. protein bars; 5. medication; 6. batteries; 7. garbage bags; 8. identification; 9. toilet paper; 10. pocket knife; 11. flashlight; 12. duct tape



### ESS Seasonal Social Potluck Dinner

Friday, December 10<sup>th</sup> from 18:30 (that's 6:30 pm)  
at the home of Jean & Terry Lewis  
1472 Valley View Drive, Courtenay

*This is a social event – so please feel free to bring your 'significant other' along with your. Please bring your favourite creation to add to the buffet table.*

RSVP to [c vess@shawcable.com](mailto:c vess@shawcable.com)

## EP Safety Tip

- Don't shut off the natural gas unless there is a leak or a fire. If the gas is turned off, it must be turned on again by a qualified trades person.
- Discuss earthquake insurance with your insurance broker. Check your coverage – it could affect your financial ability to recover losses after an earthquake.
- Visit [www.getprepared.ca](http://www.getprepared.ca)

## About ESS News

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for its volunteers

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News for the next issue due  
15 February 2011



Enjoy a happy & healthy holiday season!