

# COWICHAN VALLEY PUBLIC SAFETY NEWSLETTER SPRING 2013 EDITION

## 2013 – Be Prepared Not Scared!

As we come to the end of 2012 and move into a brave new year, we can reflect on how fortunate most of us have been to avert a major crisis. This is especially true when we consider disasters that have devastated other parts of the world (earthquakes, floods, forest fires, etc.). 2013 has great potential for all of us to make a difference by helping others and improving our own emergency preparedness to better manage daily events & potential crises.

## Thank You - Wonderful Volunteers!

First and foremost, we want to recognize our dedicated volunteer emergency services who continue to selflessly give their time, effort and skills. **Firefighters, Search and Rescue members, Emergency Communications Team operators, and Emergency Social Services workers** have all been training, practicing and responding to events within our communities so that we can be safe! Your contributions are generous gifts that the community has come to rely on. We want you to know that you have our utmost respect and admiration. **THANK YOU – we appreciate all that you do!**

We also have hundreds of *LERN* (Local Emergency Response Neighbourhood) volunteers who work tirelessly to promote emergency preparedness and neighbourhood training and readiness to assist each other in times of disaster. Your contribution as a community resource cannot be underestimated. We need you!

## What's New?

We are moving toward a more internet-based **Public Safety Newsletter**. The Newsletter will make greater use of web links and internet resources. For those of you who prefer a hardcopy, the newsletter will remain printable and available from the Public Safety Office.

The Cowichan Valley Emergency Program has grown steadily with volunteers eager to sign up and take available training courses. We have included our **2013 Spring Training Plan** for your consideration.

Although anyone can take the courses, provided you have the pre-requisites, we encourage training course participants that have not yet registered for the Cowichan Valley Emergency Program to check out our Volunteer Engagement Plan and [sign up](#). Why?

- ❖ You define your level of commitment and areas of interest and we will work with you to achieve them.
- ❖ You get direct notification of upcoming courses or learning opportunities
- ❖ You get opportunities for: networking, increasing skills, serving your community and enjoying various types of recognition

**Want to be part of the team? Please [register!](#)**

**We look forward to meeting you and working together!**

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### DATES TO REMEMBER

ESS INTRO FEB 21 – 7 TO 9 PM
COMMUNITY RECOVERY INTRO MARCH 6 – 7 TO 9 PM
ESS LEVEL 1 MARCH 16 – 9 TO NOON
LIFE-SAVER FIRST AID MARCH 23 – 9 AM TO 1 PM
FIRESMART NEIGHBOURHOODS APRIL 10 – 6:30 TO 9:30 PM
ESS RECEPTION CENTRE ESSENTIALS APRIL 13 – 9 AM TO 3 PM
<i>LERN</i> RAPID DAMAGE ASSESSMENT APRIL 18 – 7 TO 9 PM
PSYCHOLOGICAL FIRST AID APRIL 27 – 9 AM TO 3 PM
ESS RECEPTION CENTRE SUPPORT ESSENTIALS MAY 4 – 9 AM TO 3 PM
COMMUNITY RECOVERY ESSENTIALS JUNE 8 – 9 AM TO 3 PM
ECT TRAINING 1 <sup>ST</sup> MONDAY OR 2 <sup>ND</sup> MONDAY IF 1 <sup>ST</sup> IS A HOLIDAY

# Emergency Preparedness

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## Seasonal Readiness Campaign:



# WINTER



No matter where we live, many of us in the Cowichan Region are confronted with weather related challenges ranging from poor driving conditions to more serious threats like power outages, flooding or winter storms. This is the first part of our Seasonal Readiness Campaign (series) aimed at helping you prepare for seasonal hazards whether you are at home, work, play, or some place in between.

**Here is what YOU can DO:**

### Sign up for:



**E-Alerts** (phone and/or email notification of floods, forest fires and community response information): <http://www.cvrdep.bc.ca/index.aspx?nid=768> or email [EAAlert@cvrd.bc.ca](mailto:EAAlert@cvrd.bc.ca) or call 250-746-2561.



**Notify Me** to receive News Flashes (news releases and newsletters): <http://www.cvrdep.bc.ca/list.aspx> (check out the Public Safety options)

### When major emergencies or disasters happen, check for more information at:



**Public Safety Website:** <http://www.cvrdep.bc.ca>



SUN FM (89.7 FM)



CICV "the LAKE" (98.7 FM)



**Emergency Management BC Website:** <http://www.emergencyinfobc.gov.bc.ca/>

### Additional Information Resources can be found for:

- **Weather:** [http://www.weatheroffice.gc.ca/warnings/warnings\\_e.html](http://www.weatheroffice.gc.ca/warnings/warnings_e.html)
- **Road Conditions:** <http://www.drivebc.ca/> and <http://www.bchighway.com/report/island.shtml>
- **Flood info:** <http://bcrcfbc.env.gov.bc.ca/warnings/index.htm>

### **PREPARE Yourself for WINTER:**

- Winterize your home and vehicles
- Have an emergency comfort kit (Grab 'n Go Bag) in your vehicles (adapt to season)
- Have extra supplies of food, water & personal items such as medication, toiletries etc. in case your family (and pets) are homebound
- In bad weather, drive only if necessary, stay on main roads and travel during daylight hours where possible
- Stock up on snow removal supplies (shovels, rock salt, kitty litter or sand for traction)
- Have sufficient heating fuel supplies & alternate heat/fuel supply
- Ensure that home perimeter drainage is clear and that water flows away from the home
- Keep trees/branches trimmed back to prevent fall hazards (home, vehicle & power lines)
- Prepare for power outages, flooding in floodplains, snow and ice, etc.
- **More tips at:** <http://www.shiftintowinter.ca/> or <http://www.th.gov.bc.ca/SeasonalDriving/winter.html>

*Talk with your neighbours, colleagues, family or friends and share information.*



## KEEPING FAMILIES SAFE

# LERN

## Local Emergency Response Neighbourhood

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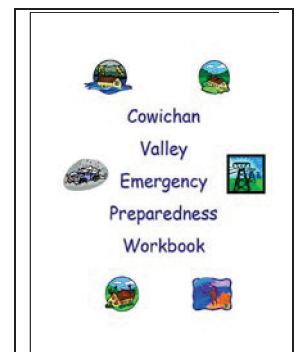
With the Great British Columbia *ShakeOut* exercise and the recent big earthquakes off the coast of SandSpit B.C. and southeastern Alaska and the smaller ones being felt on Vancouver Island and many off the coast, there is a resurgence of interest in emergency preparedness. People want to be more informed and have the tools and knowledge to respond to these types of disasters. You may find yourself asking the following questions:

- How should I respond? (**Drop, Cover & Hold On**)
- How would I contact my family members? (**Emergency Contact - who is yours?**)
- Would my neighbours and I know how to help each other? (**Training - see page 5/6**)
- How do emergency responders fit into this? (**Family first, then assist where they can**)
- What resources are available to me? (**Information & free training**)

For more information check out the

[Cowichan Valley Emergency Preparedness Workbook](#)

Experience has taught us that in a disaster 80% of our help comes from our neighbours or those nearest to us. They are the true "first responders" who naturally come together to help one another in times of crisis. Their support is essential; however when disaster strikes the time to prepare has passed. **We need people to plan and prepare now!**



### *Is Your Neighbourhood Ready?*

If you would like to work with people in your neighbourhood and plan ahead for disasters - get involved in the **LERN** program.

It's as easy as following these seven simple steps:

1. Talk to your neighbours closest to you (about 10 homes) and invite them to become prepared for emergencies.
2. Call Public Safety at 250.746.2562 or [email](#) and ask for a free presentation on Emergency Preparedness - this can be done anywhere in your neighbourhood.
3. Invite your neighbours to attend (we will provide you with flyers for distribution).
4. Come to the presentation and find out how you and your neighbourhood can prepare and get your questions answered.
5. Challenge each other to get prepared and share great ideas and resources.
6. Map important information about your neighbourhood.
7. Ask about our other free [LERN COURSES](#), register for upcoming emergency program courses (p.5) and continue developing your community resilience.

**THANK YOU to all our dedicated *LERN* Neighbours –  
Preparing now so you'll be ready for tomorrow!**



# Emergency Social Services and Community Recovery

**“To the world you may be one person, but to one person you may be the world”**

## Possible Name Change

Due to some misconceptions both of the public and the volunteers/staff, it is being suggested that we change from Emergency **Social** Services to Emergency **Support** Services.

We would like your feedback via a quick email to [ep@cvrld.bc.ca](mailto:ep@cvrld.bc.ca) or phone call to 250-746-2562.

- Option1 – Keep Emergency Social Services
- Option 2 – Change to Emergency Support Services
- Option 3 – Doesn't matter to me

**ESS Volunteers** provide services to:

- Help people begin to re-establish themselves as quickly as possible after an incident;
- Provide temporary relief to individuals and families so they can begin to plan their next steps after a disaster; &
- Provide access to accurate, up-to-date information, family reunification, emotional support and the coordination of food, clothing and lodging resources.

## Community Recovery

**Cowichan Cares** is our approach to maintaining a healthy, resilient community in which people share a sense of belonging and connectedness. Our task is to preserve this spirit in the weeks and months following a major disaster by connecting those members of our community in need with those who are willing and able to help.

**Community Recovery Volunteers** provide services to:

- Helping people transition from Emergency and Recovery Services to Community Resources;
- Providing people affected by a disaster with accurate and up-to-date resource information;
- Providing people with information and referral services such as recovery information, need and capacity assessments, application assistance, community resources & emotional support.

***If you are committed to being personally prepared for emergencies, and would like to participate in our ongoing training and exercises we need people like you on our ESS and Community Recovery teams to respond when activated for major emergencies and disasters.***

To find out how to join check out our [website](#), email or give us a call @ 250-746-2562.

## **ESS & Community Recovery Training Opportunities**

<b>Spring 2013 Courses</b>	<b>Date, Time &amp; Location</b>
Introduction to Emergency Social Services	Thursday, February 21, CVRD Room 213, 7 – 9 pm
Introduction to Community Recovery	Wednesday, March 6, CVRD Room 213, 7 – 9 pm
ESS Level 1	Saturday, March 16, CVRD Boardroom, 9 – 12 pm
ESS Reception Centre Essentials	Saturday, April 13, CVRD Boardroom, 9 am – 3 pm
Psychological First Aid	Saturday, April 27, CVRD Boardroom, 9 am – 3 pm
ESS Reception Centre Support Essentials	Saturday, May 4, CVRD Boardroom, 9 am – 3 pm
Community Recovery Essentials	Saturday, June 8, CVRD Boardroom, 9 am – 3 pm

**Thanks to our wonderful Emergency Social Services and Recovery Volunteers – You are the Heart of Emergency Response!**

# Cowichan Valley Emergency Program

## 2013 Spring Training

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Please register at least 2 weeks in advance via email to [ep@cvrld.bc.ca](mailto:ep@cvrld.bc.ca) or call (746-2561), or fax (746-2563)

- Introduction to Emergency Social Services (ESS)**  
Date: Thursday, February 21, 2013 – 7:00 pm to 9:00 pm  
Location: CVRD Room 213, 175 Ingram Street, Duncan
- Introduction to Community Recovery**  
Date: Wednesday, March 6, 2013 – 7:00 pm to 9:00 pm  
Location: CVRD Room 213, 175 Ingram Street, Duncan
- Emergency Social Services – Level 1**  
Date: Saturday, March 16, 2013 – 9:00 am to NOON  
Location: CVRD Boardroom, 175 Ingram Street, Duncan
- Life-Saver First Aid (BC-TLS)**  
Date: Saturday, March 23, 2013 – 9:00 am to 1:00 pm  
Location: St John's Ambulance, Suite 205 - 169 Craig Street, Duncan
- FireSmart Your Neighbourhood Workshop**  
Date: Wednesday, April 10, 2013 – 6:30 pm to 9:30 pm  
Location: Maple Bay Fire Hall, 1230 Maple Bay Road, Duncan
- Emergency Social Services (ESS) Reception Centre Essentials**  
Date: Saturday, April 13, 2013 – 9:00 am to 3:00 pm  
Location: CVRD Boardroom, 175 Ingram Street, Duncan
- LERN Rapid Damage Assessment**  
Date: Saturday, April 18, 2012 – 7:00 pm to 9:00 pm  
Location: Cowichan Lake Sports Arena, Multipurpose Room, 311 South Shore Road, Lake Cowichan
- Psychological First Aid**  
Date: Saturday, April 27, 2012 – 9:00 am – 3:00 pm  
Location: CVRD Boardroom, 175 Ingram Street, Duncan
- Emergency Social Services (ESS) Reception Centre Support Essentials**  
Date: Saturday, May 4, 2013 – 9:00 am to 3:00 pm  
Location: CVRD Boardroom, 175 Ingram Street, Duncan
- Community Recovery (CR) Resilience Centre Essentials**  
Date: Saturday, June 8, 2013 – 9:00 am to 3:00 pm  
Location: CVRD Boardroom, 175 Ingram Street, Duncan

**ECT Members, please check out the additional training opportunities on page 7  
Email [ep@cvrld.bc.ca](mailto:ep@cvrld.bc.ca) to register.**

Name: \_\_\_\_\_ Phone No.: \_\_\_\_\_

Email Address: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

# Cowichan Valley Emergency Program

## Spring 2013 Course Descriptions

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### **Introduction to Emergency Social Services (ESS & Recovery - Level 2)**

This 2 hour course gives participants an understanding of ESS and the services it provides in emergencies. Topics covered range from ESS structure, levels of activation, worker care and the role of ESS workers during an emergency.

### **Introduction to Community Recovery (Recovery – Level 2)**

This 2 hour course teaches participants about the recovery services and support available to impacted people. Topics include Resilience Centres, Recovery Operations Centres, and community recovery services.

### **Emergency Social Services – Level 1 (ESS & Recovery - Level 2)**

This 2 hour course gives participants an understanding of ESS and how to provide these services to individuals and families in small events such as individual house fires. Topics covered range from ESS activation, response, emotional support and worker care during an emergency.

### **LifeSaver First Aid**

This 5 hour introductory first aid course teaches 5 of the most often required skills to save a life. This is a practical first aid course with no written exam. Topics covered include: Emergency Scene Management, Shock, Unconsciousness, Fainting, Choking - Adult, Severe Bleeding, Medical Conditions, Burns, Poisoning.

### ***LERN* FireSmart Your Neighbourhood**

We've all seen the devastation caused by wildfires and structural fires. If you live in an area surrounded by forest, or if you live in a subdivision where homes are close together or even connected, this 3 hour workshop is for you! Come and learn how to identify, assess and reduce the potential risks of losing your home to fire.

### **Emergency Social Services Reception Centre Essentials (ESS & Recovery – Level 2)**

This 1 day course teaches participants what happens in a Reception Centre, how to set up a Reception Centre, and how to provide the immediate, essential services for those impacted by a disaster at a Reception Centre.

### ***LERN* Rapid Damage Assessment**

This 2 hour workshop teaches you how to assess building safety to help your neighbours and provides valuable information to those tasked with coordinating response priorities. Officially, local Building Inspectors are responsible for assessing safety and structural damage to buildings after a disaster.

### **Psychological First Aid**

This 1 day course teaches participants how to recognize emotional responses to emergencies, manage emotions, and perform needs assessments and triage. This set of life skills is used by lay citizens and emergency responders to provide the support needed by a person who is emotionally challenged immediately following a crisis event.

### **Emergency Social Services Reception Centre Support Essentials (ESS – Level 2)**

This 1 day course teaches participants how to implement all the support processes including documentation, resource acquisition, volunteer management and general reception centre support.

### **Community Recovery Resilience Centre Essentials (Recovery – Level 2)**

This 1 day course teaches participants what happens in a Resilience Centre, how to set up a Resilience Centre, and how to provide community recovery services for those impacted by a disaster at a Resilience Centre.

**ECT Members, please check out the additional training opportunities on page 7  
Email [ep@cvr.bc.ca](mailto:ep@cvr.bc.ca) to register.**

For a complete list of Courses that are provided on a rotating basis, check out the [Course Descriptions](#).



# Cowichan Valley Emergency Communications Team

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Our ECT training program for 2013 was launched on the evening of January 29th with the Emergency Communications Setup & Operations course. There was a strong turnout for the event and all attendees supported the idea of holding future training on the first Monday of any given month. Course content for upcoming workshops was discussed and again -- all attendees were in agreement with the suggested content. The course line-up for 2013 will include the following topics:

- **ECT Standards:** In keeping with other jurisdictions and agency partners, we'll create operational standards for items such as acronyms, communications plan, the equipment type used at all installations and the software that supports our digital work, the naming convention process for use of tactical SSID's and the message format to be implemented for all local jurisdiction work
- **Connectors #1:** the workshop will focus on the Anderson PowerPole family of connectors and how to implement them in both your home and mobile stations
- **Connectors #2:** the workshop will focus on coax cabling and crimp connectors for use in both your home and mobile stations
- **SuperComBox & Pelican Case Radio Kits:** this hands on workshop gives all participants a working knowledge of both kits to ensure understanding of their use in support of ECT activities
- **Field Visit to all Primary Reception Centres:** this workshop (to be held mid-summer) will give all participants first-hand knowledge of each facility to ensure they are aware of how the radio infrastructure functions.
- **RMS Express:** as the replacement for Airmail, this hands-on workshop will ensure every participant has a full working knowledge of the software and its use in our program
- **EOC Radio Setup:** this hands-on workshop will allow every participant the opportunity to walk through setting up the primary radio components to support EOC activation at designated EOC facilities

## ECT Training Opportunities – 2013

Email [ep@cvrld.bc.ca](mailto:ep@cvrld.bc.ca) to register

Training Courses	Date, Time & Location
ECT Standards	Monday, March 4 – CVRD Boardroom, 1800 to 2000
Connectors # 1	Monday, April 8 – CVRD Room 213 – 1800 to 2100
Connectors # 2	Monday, May 6 – Room 213 – 1800 to 2100
SuperComBox & Pelican Case Radio Kits	Monday, June 3 – Room 213 – 1800 to 2100
Field Visit – Primary Reception Centres	Date to be determined
RMS Express	Monday, September 9 – Room 213 – 1800 to 2000
EOC Radio Setup	Monday, October 7 – Room 213 – 1800 to 2100
<b>Check out all the <i>LERN</i>, <i>ESS</i> and <i>Community Recovery</i> courses coming up as these can broaden your horizons!</b>	

**Thanks to our Emergency Communications Team  
Communities can “talk” when the going gets rough!**





# Fire Rescue Services

## Thank YOU! Your Dedication Saves Lives!

In the Cowichan Valley there are 18 Volunteer Fire Rescue Departments with over 500 dedicated members who are committed to providing a valuable service to our community and keeping us safe. In addition to fighting fires, they are often the first responders on the scene and risk their lives to provide a wide range of services from dealing with downed power lines to road rescues.

Caycuse Fire	Chemainus Fire	Cowichan Bay Fire
Crofton Fire	Duncan	Honeymoon Bay
Ladysmith	Lake Cowichan	Malahat
Maple Bay	Mesachie Lake	Mill Bay
North Oyster	Sahtlam	Shawnigan Lake
South End	Thetis Island	Youbou

**THESE BRAVE MEN AND WOMEN GO WHERE MOST OF US WOULD NEVER DARE TO TREAD! NEXT TIME YOU SEE A FIREFIGHTER TAKE A MOMENT TO THANK THEM FOR RISKING THEIR LIVES TO HELP US WHEN WE ARE IN TROUBLE!**

### Working Smoke Alarms Save Lives Too!

A working smoke alarm can be the difference between safely getting out of a burning home or not. The Province of BC has kicked off a major campaign to ensure that every home in British Columbia has a working smoke alarm. In conjunction with the Fire Chiefs Association of BC, Kidde Canada© and Black Press, fire departments and local governments are being encouraged to join in and do their part.



#### Campaign Slogan

**“I never sleep alone – I have a working smoke alarm!”**

Help us spread the word – bracelets available at the Public Safety Office and through local fire departments (volunteers).



Many fire departments in the region already promote working smoke alarms. In January 2013, fire departments throughout the valley will receive smoke alarms, brochures and bracelets to assist them with their campaign to ensure that every home in the region has a working smoke alarm.

#### Be part of the solution:

- ✓ test your smoke alarm monthly
- ✓ replace batteries annually
- ✓ replace smoke alarms completely every 10 years

**THANK YOU - FIRE RESCUE SERVICES VOLUNTEERS!**

**YOUR COURAGEOUS BRAVERY INSPIRES US!**





# Search and Rescue

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## AdventureSmart

We rarely head out for an outdoor adventure with the expectation that something will go wrong, and, most times, everything will go right. However, that one time that the unexpected happens...your investment in Trip Safety can mean the difference between a successful outcome and becoming a statistic. AdventureSmart encourages you to take a little time to pre-plan your outdoor quest – be it a quick trail run in the local forest or a multi-day ocean kayak adventure. Take a few minutes to create a [Trip Plan](#) and take inventory of your pack – ensure you carry, at the very least, the [10 essentials](#) with you.

### The 10 Essentials

1. Flashlight, spare batteries and bulb.
2. Fire-making kit - waterproof matches/lighter, fire-starter/candle.
3. Signalling device - whistle or mirror to signal searchers if you become lost.
4. Extra food and water - 1 litre/person.
5. Extra clothing (rain, wind, water protection and toque).
6. Navigational/ Communication Aids (maps, compass, GPS, charts, cellular phone, satellite phone, hand held radio - fully charged battery) - know how to use them.
7. First Aid kit - know how to use it.
8. Emergency shelter - orange tarp or large orange garbage bag. These can also be used as signalling devices.
9. Pocket knife.
10. Sun protection (glasses, sunscreen, hat).

## Hug-A-Tree

**Hug-a-Tree and Survive** is an RCMP search and rescue initiative that helps lost children survive in the woods. This proactive, preventative program originated in San Diego, CA, after a nine-year-old boy became lost and tragically died in the wilderness.

A core program under the AdventureSmart banner, Hug-a-Tree and Survive teaches children invaluable outdoor survival lessons, including:

- Always tell an adult where you are going.
- Always carry an emergency shelter and whistle on picnics, hikes and camping trips.
- Once you know you're lost, "hug a tree" and stay put.
- Make a face hole in your garbage bag and put it on over your head to keep warm and dry.
- Help searchers find you by blowing your whistle and by answering their calls.

### **Cowichan Search and Rescue:**

If you are interested in applying to become a Cowichan Search & Rescue volunteer please contact [info@cowichansar.org](mailto:info@cowichansar.org).

### **Ladysmith Search and Rescue:**

If you are interested in applying to become a Ladysmith Search & Rescue volunteer please contact Tim Chadwick, Ladysmith SAR Manager at 250-245-7373 or email: [tkchad@shaw.ca](mailto:tkchad@shaw.ca)



**THANK YOU to all our dedicated Search & Rescue volunteers!!!**



## Emergency Program Coordinator's Report

We were very fortunate this year – no major disasters like in other parts of the world – however we cannot overlook the personal devastations of those who lost their homes, were displaced by flooded pipes and apartment fires and the many tragic motor vehicle incidents and illnesses that claimed the lives of many loved ones.

It is a time to be truly grateful for all we have been able to accomplish and to renew our efforts to continually move forward and improve in 2013.

### Looking Back on 2012

- ✓ **Pacific Marine Circle Route** – Emergency Communications now available to first responders to ensure safe and coordinated response to incidents along this 53 km stretch with no cell phone coverage (completed February 2012)
- ✓ **Honeymoon Bay Fire Rescue** gets a new fire truck (July 2012)
- ✓ **Volunteer Engagement Plan** Completed and Implemented (May 2012)
  - Revitalized Recruitment, Training, Exercise and Recognition Program
- ✓ **EOC Training** and Exercises with Municipal Staff
  - Emergency Planning, Training and Exercising is vital to ensure that we are able to respond effectively
- ✓ **Emergency Program Training** was provided on a diverse range of emergency related subjects
- ✓ **Emergency Preparedness Information Sessions** over 50 sessions were provided throughout the valley.

### Looking forward to 2013

- ✓ **Emergency Alert System** to receive a phone call for major emergency notifications
  - Please go to [www.cvrdep.bc.ca/EAlert](http://www.cvrdep.bc.ca/EAlert), email us at [EAlert@cvrd.bc.ca](mailto:EAlert@cvrd.bc.ca) or call 250-746-2561 to learn more and get registered.
- ✓ **Notify Me** to receive emails or text messages from the Public Safety department with information on Preparedness tips or upcoming training, events and exercises
  - Please go to <http://www.cvrdep.bc.ca/list.aspx> or email us for information at [ep@cvrd.bc.ca](mailto:ep@cvrd.bc.ca).
- ✓ **Working SMOKE ALARM** Campaign coming to a neighbourhood near you!
  - Fire departments throughout the region will be helping to get a working smoke alarm into every home
- ✓ **FIRESMART YOUR Neighbourhood!** Enjoy living in rural areas? Concerned about wildfire striking your home?
  - Register for the NEW FireSmart YOUR Neighbourhood workshop and learn what YOU can do!
- ✓ **Emergency Preparedness Information Sessions** still available and free – call 250-746-2562 or email [ep@cvrd.bc.ca](mailto:ep@cvrd.bc.ca) to arrange one for your club or neighbourhood.

Thank you to each and every one of you who have taken time to learn about emergency preparedness, taken some courses and given of your time and energy. Without YOU we could never be as successful as we are nor can we move forward and improve without YOU!

**Check out the upcoming training opportunities and together -**

**Let's make 2013 the best and most prepared year ever!**