

the quarterly responder

Volume 3 Issue 1 | March 2023

FNESS PREPAREDNESS AND RESPONSE BOOTCAMP

March 7-10, 2023

The FNESS Preparedness and Response department hosted their first boot camp on March 7-10 and it was an incredible success! All FNESS staff were invited to participate in the multi-day event that provided Emergency Operations Centre, Tiger Dam[™] and Structure Protection training.



FNESS staff at the Preparedness and Response Bootcamp Emergency Operations Centre Training

"Success is achieved when we learn and grow together as a team. The FNESS Bootcamp was a huge success because all those who participated worked together towards a common goal, the desire to learn and the passion to support our First Nation communities."

Jamie Svendsen, Interim Preparedness and Response Manager



Tiger Dam Training

Structure Protection Training

Safer and healthier communities. Together.

Manager Updates RECOVERY AND EMERGENCY SUPPORT SERVICES Bob Mills



The Recovery and Emergency Support Services (ESS) department continues to assist our First Nation (FN) communities in the development of their own ESS Team of volunteers through training, either in person or via Zoom. We also help communities with their evacuees to transition from other supports outside of their community, to their own community based program.

We provide 72hr emergency kits to communities who are in need, with priority going to communities that are remote, at higher risk of an emergency.

Our Emergency Support community laptop program is back in communities delivering laptops and program information now that the weather and road conditions are improving. If your community has not received a delivery, please connect with me and my team will arrange a delivery at a time that suits you best.

FNESS' Recovery and ESS department is available to provide training to FN communities in the area of Recovery or ESS either in person or via Zoom.

For any questions or further information please call me direct at: 250-457-1694 or by email: bmills@fness.bc.ca

Also, please consider joining FNESS' online Emergency Operations Centre training sessions every Thursday from 10:00 am – 12:00 pm via Zoom and/or our ESS training starting at 1:00 pm - 3:00 pm every Thursday (see page 7 for the full training schedule). Send your request to participate to: training@fness.bc.ca

Learn about emergency management and ESS from home or office.

Thank you for supporting us in the delivery of Emergency Management that is culturally appropriate and Indigenous focused.

The Recovery and ESS Department is comprised of the following:

Alex Hubert - Reg'l Recovery & ESS SpecialistSonya BigEagle - Administrative CoordinatorDianne Kehler - Reg'l Recovery & ESS SpecialistStephanie Ford - Reg'l Recovery & ESS SpecialistMelissa Swakum - Reg'l Recovery & ESS SpecialistStephanie Ford - Reg'l Recovery & ESS Specialist

MITIGATION Quentin Nelson, FIT



Weyt-k, Hello

We look onward to 2023, and with that, we strive to continue working together, building stronger relationships, and collaborating with our BC Indigenous communities.

Since January, the Mitigation Department has continued to support applications into the Community Resiliency Investment program and our ISC Operational Fuel Treatment, FireSmart, and Cultural and Prescribed Fire programs. Our wildland firefighter training program and wildland fire equipment purchasing program continue to build traction and interest amongst our First Nation communities in BC.

Our in-person community engagements have allowed us to hear what

Nations needs are and how our programs can align with their goals in increasing community resiliency. As we continue to grow, building our internal capacity and expanding external instructor capacity, so will our services, and ultimately the support we are able to provide to Nations.

The Mitigation Department is comprised of the following:

Amanda Reynolds, BA, BED - Prov. FireSmart Coord. Caleb Rempel, RFT - Mitigation Liaison Cathy MacKenzie, RPF - Mitigation Specialist Darrick Andrew, BNRS - Mitigation Liaison Dave Pascal - Cultural and Prescribed Fire Specialist Jeff Mortimer, RFT - Wildfire Specialist Karen Alexandre - Administrative Coordinator Larry Price, RPF - Mitigation Specialist Marc Aymerich-Casas, FIT - Mitigation Liaison Neil Findlay, RPF - Bighorn Adventures Ltd. (casual) Owen Price, RFT - Mitigation Specialist Rob Bosse - Wildfire Specialist Robert Mitchell, RPF - Mitigation Specialist Vic Upshaw - Cultural and Prescribed Fire Specialist

We look forward to serving and being involved with our BC First Nation Communities and welcome you to contact us at mitigation@fness.bc.ca.

Fire Centre	Community Resiliency Investment (CRI) - FireSmart Community Funding & Supports		Indigenous Services Canada (ISC) On-Reserve Programs Operational Fuel Treatment; FireSmart; and Cultural Burning Revitalization & Prescribed Fire		Cultural & Prescribed Fire Division	Wildfire Division	Provincial FireSmart
Cariboo	Darrick Andrew, BNRS dandrew@fness.bc.ca 250-318-3645		Robert Mitchell, RPF rmitchell@fness.bc.ca 250-319-1289	Neil Findlay, RPF big_horn@telus.net 250-318-0727		Rob Bosse & Jeff Mortimer rbosse@fness.bc.ca; jmortimer@fness.bc.ca 250-319-2433 250-319-7864	
Coastal	Caleb Rempel, RFT crempel@fness.bc.ca 778-694-5188		Robert Mitchell, RPF rmitchell@fness.bc.ca 250-319-1289	Caleb Rempel, RFT crempel@fness.bc.ca 778-694-5188		Jeff Mortimer & Rob Bosse jmortimer@fness.bc.ca; rbosse@fness.bc.ca 250-319-7864 250-319-2433	
Kamloops	Darrick Andrew, BNRS dandrew@fness.bc.ca 250-318-3645	Cathy MacKenzie, RPF cmackenzie@fness.bc.ca 778-694-7505	Neil Findlay, RPF big_hom@telus.net 250-318-0727	Robert Mitchell, RPF rmitchell@fness.bc.ca 250-319-1289	Dave Pascal	Rob Bosse rbosse@fness.bc.ca 250-319-2433	Amanda Reynolds
Northwest	Marc Aymerich Casas, FIT mcasas@fness.bc.ca 250-320-2779		Robert Mitchell, RPF rmitchell@fness.bc.ca 250-319-1289	Neil Findlay, RPF big_horn@telus.net 250-318-0727	dpascal@fness.bc.ca 778-694-6441	Rob Bosse & Jeff Mortimer rbosse@fness.bc.ca; jmortimer@fness.bc.ca 250-319-2433 250-319-7864	areynolds@fness.bc.ca 778-694-9982
Prince George	Owen Price, RFT oprice@fness.bc.ca 778-694-9055	Marc Aymerich Casas, FIT mcasas@fness.bc.ca 250-320-2779	Robert Mitchell, RPF rmitchell@fness.bc.ca 250-319-1289	Neil Findlay, RPF big_horn@telus.net 250-318-0727		Rob Bosse & Jeff Mortimer rbosse@fness.bc.ca; jmortimer@fness.bc.ca 250-319-2433 250-319-7864	
Southeast	Larry Price, RPF Iprice@fness.bc.ca 250-320-8580		Larry Price, RPF Iprice@fness.bc.ca 250-320-8580	Robert Mitchell, RPF rmitchell@fness.bc.ca 250-319-1289		Rob Bosse rbosse@fness.bc.ca 250-319-2433	

Acknowledging that we are living and working on the unceded traditional territories of First Nations across BC.

Wildland Firefighter Training Available APPLY NOW

For First Nation individuals interested in becoming a Wildland Firefighter or interested in advancing your training.



Date and Time:Arranged with CommunityDuration:Generally 7-9 Full DaysLocation:In Community (classroom and field)FNESS Contact:Karen Alexandre at kalexandre@fness.bc.ca







SAVE THE DATE: Wildfire Resiliency and Training Summit

May 10-14, 2023 Vancouver and North Vancouver, BC

On May 10-14, 2023, the FireSmart BC Conference and the WUI Symposium are merging into the mustattend event of the year: the Wildfire Resiliency and Training Summit. Don't miss out on this incredible five-day event with expert panels, leading-edge research, and chances to connect with people across the industry.

The theme for this year's event is Partners in Progress, which recognizes that collaboration and partnerships are critical for keeping BC communities safe and building fire resiliency.

For more information visit: https://firesmartbc.ca/wildfire-resiliency-and-training-summit-2023/

*Funding to assist local governments and First Nations with costs to attend the Wildfire Resiliency and Training Summit is available through the 2023 FireSmart Community Funding & Supports Program. Please refer to the 2023 Program and Application Guide for more information at https://www.ubcm.ca/cri/firesmart-communityfunding-supports

CURRENT MITIGATION PROGRAM FUNDING AVAILABLE

*Thank you for your patience while FNESS develops the new website to better serve your navigation needs.

1. 2022-2023 FNESS-ISC On-Reserve Programs (ISC-Federal)

Application materials are ready to be viewed, with applications for this program being accepted starting October 3, 2022 - please feel free to reach out to us at mitigation@fness.bc.ca.

currently under development: https://www.fness.bc.ca/core-programs/mitigation/

2. 2023 FireSmart Community Funding & Supports Program (UBCM-Provincial)

The FireSmart Community Funding & Supports (https://www.ubcm.ca/cri/firesmart-community-fundingsupports) provides funding to local governments and First Nations in BC to increase community resiliency by undertaking community-based FireSmart planning and activities that reduce the community's risk from wildfire. Program materials are available, and the 2023 intake opened October 1, 2022.

3. *NEW* 2022-2023 Wildland Fire Equipment Purchasing Program (FNESS-ISC)

Step 1 – Expression of Interest, Application process is now oversubscribed. Thank you to all the communities that participated to ensure your community is wildfire resilient. Stay tuned for future funding opportunities - please feel free to reach out to us at mitigation@fness.bc.ca.

currently under development: https://www.fness.bc.ca/core-programs/mitigation/

RESPONSE

Jamie Svendsen (Interim Manager)



The Preparedness and Response Team (P&R) have been busy this fourth quarter working with First Nation communities across BC.

We continue to deliver emergency operation center kits to communities. Please reach out to Bernadine Edwards at bedwards@fness.bc.ca if you haven't received one.

In preparation for spring freshet, we are planning internally and working with communities to prepare for and respond to potential incidents. P&R continues to build its response capacity with the addition of four new TIGER DAM[™] trailers, these trailers are available for deployment upon request and approval. Please send requests to emresponse@fness.bc.ca

We continue to assist communities with updating their Hazard Risk

Vulnerability (HRV) assessments and Critical Emergency Plans so that our nations are better equipped for an emergency. Our team has coordinated three Indigenous Information Sessions via zoom and have been assisting communities with their applications for the Disaster Risk Reduction (DRR) - Climate Adaptation Funding Stream under the Community Emergency Preparedness Fund.

Our team hosted our first ever Bootcamp in Kamloops on March 7-10 (see cover story).

The Preparedness and Response Department is comprised of:

Alison Lomon - On-call Casual Austin Baldwin - On-call Casual Bernadine Edwards - Administrative Coordinator Brian Lauzon - Maintenance and Equipment Casey Larochelle - Regional P&R Specialist Devyn Forsyth - On-call Casual Dion Chrysler - On-call Casual

Kaye Bright - Regional P&R Specialist Keenan Pringle - On-call Casual Lyndon Minnabarriet - On-call Casual Mark Blue - On-call Casual Robert Peel - On-call Casual Trey Hale - Regional P&R Specialist Trudy Peterson - Regional P&R Specialist

DECISION SUPPORT Brenden Mercer



Decision Support is the analytics arm of FNESS.

The Decision Support Department is comprised of the following:

Carmichael Howes - Recovery Guyu Lin - Environment and Climate Change Jenny Lin - Preparedness Nathan Wisla - Mitigation Tammy Dong - Administrative Coordinator

PREPAREDNESS Jim MacDonald



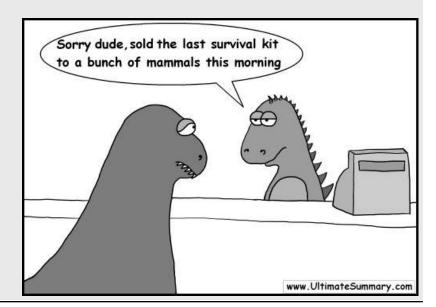
Since January 1st, our training team, consisting of two full time and one part time training officers, directly delivered courses to over 38 First Nations, and a total of 575 participants. We deliver courses both online and in person. More than 120 participants are registered for our online sessions, and we typically see more than 30 people attending any one session.

Looking ahead, we plan to deliver custom online courses to individual First Nations', facilitate tabletop and functional exercises, assist First Nation communities by sharing public education messages, and develop regional emergency program coordinator boot camps.

The new on-line course schedule can be found on the following page (page 7).

The Training Department is comprised of:

Bernadine Edwards - Admin Coordinator Jackie Kloosterboer - Casual Training Officer Wendi Omeasoo - Training Officer



FNESS CONTINUES TO OFFER FREE EMERGENCY MANAGEMENT ONLINE TRAINING SESSIONS

COURSE SCHEDULES

Emergency Operation Centre (EOC)

Every Thursday from 10:00 am - 12:00 pm starting March 23, 2023

- March 23: Declarations and State of Local Emergency (SOLE)
- March 30: Evacuations
- April 6: Introduction to Emergency Management
- April 13: Incident Command System
- April 20: No Session
- April 27: EOC Director
- May 4: Liaison Officer
- May 11: Information Officer
- May 18: Safety/Risk Management Officer
- May 25: Operations Section
- June 1: Planning Section
- June 8: Logistics Section
- June 15: Finance Section

Emergency Support Services (ESS)

Every Thursday from 1:00 pm - 3:00 pm starting March 30, 2023

- March 30: ESS Fundamentals
- April 6: ESS Reception Centre
- April 13: Supporting Evacuees
- April 20: No Session
- April 27: ESS Resources
- May 4: ESS Documentation
- May 11: Worker Care
- May 18: Personal and Family Preparedness
- May 25: ESS Recovery

If you are interested in attending or require more information, please contact the FNESS Training Team at training@fness.bc.ca

FIRE SERVICES Nathan Combs



Amma Sa'/Hello,

Fire Services is grateful to have engaged with communities this past quarter and increase fire safety for our First Nations community members. As of January 1st, our department members have supported Nations through Community First Aid, Exterior Operations and Firebox Training, Public Education, Fire Safety Assessments, Fire Extinguisher Training, Youth Bootcamps, and Governance with Chief and Council around the province.

Our department is happy to have hosted our first Burn Awareness Campaign (see poster below) and Poster Contest, as well as host a 2-day firefighter youth workshop in conjunction with Gathering Our Voices and

Vancouver Fire Rescue in March of 2023. The department is committed to building capacity to further assist our Nations and protect communities.

The Fire Services Department is comprised of the following:

Alisha Juma - Fire Services Coordinator Chris Turner - Fire Services Officer In addition: 11 On-Call Fire Services Casuals Dan Heaton - Fire Services Officer Emerson Adolph - Fire Services Officer



Hamiyaa 'nii'y loosi'm/l thank you

Burn Awareness Week - FNESS Poster Contest

February 5-11, 2023

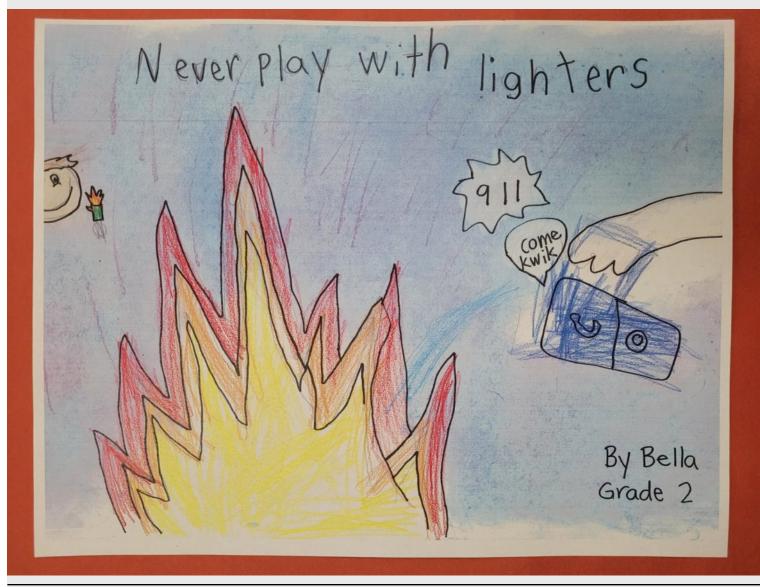
Burn Awareness Week (BAW) is an annual National campaign intended to heighten awareness about devastating burn injuries and educate people about how to prevent and treat them. BAW was held February 5-11.

This year FNESS held it's first ever BAW Poster Contest. The poster contest was fun and easy, and student posters can be used to teach others about how to prevent burns and scalds any time of the year. We'd like to thank every student and teacher that participated in this year's poster contest and for helping us spread awareness around burns and scalds, while preventing these injuries.

This year's winners are:

- Kindergarten: Individual Award Pridge C. Hartley Bay School
- Grade 2: Classroom Award Outma Sqilxw Cultural School (Penticton)
- Grade 2: Individual Award Nora L. Hartley Bay School
- Grade 3: Individual Award Elijah B. Hartley Bay School
- Grade 4/5: Classroom Award James Thompson Elementary (Powell River)
- Grade 6-9: Classroom Award Nus Wadeesulh Community School (Takla Landing)

One of the winning posters from the Outma Sqilxw Cultural School.



FNESS is happy to facilitate the 2023 Indigenous Firefighter Competition held in Penticton, BC on Saturday, June 3rd! The event is open to all First Nations' Fire Departments in BC. Teams must follow the rules and requirements as outlined in the Evolution Manual.

Please contact Alisha Juma at ajuma@fness.bc.ca for more information regarding this year's event.

Team Registration: https://fs16.formsite.com/YrQIEC/FFIndigenousComp2023/index



FINESS FIREFIGHTER COMPETITION

COMPETITION REGISTRATION DEADLINE

APRIL 30TH 2023

The FNESS 2023 Indigenous Firefighter competition will be held in Penticton, British Columbia. The event is open to all First Nations' Fire Departments in BC. Teams must follow the rules and requirements as outlined in the Firefighter Competition book. For more information contact: fireservices@fness.bc.ca or ajuma@fness.bc.ca

Xaxli'p Fire Department S-100 and S-185 Training

March 4-5, 2023

Xaxli'p hosted a 2-day S-100 Basic Fire Suppression and Safety and S-185 Fire Entrapment Avoidance and Safety refresher courses on March 4-5, 2023. Bearing the crisp weather, Neill Moroz - FNESS Fire Services On-call Casual, provided the training to seven volunteer Fire Department members.



Humanitarian Project Showcase

Donors visit renovated homes that were heavily damaged by the 2021 flood event.

On January 27, FNESS welcomed representatives from Islamic Relief to Merritt, BC. Islamic Relief graciously donated funds that helped contribute to the restoration of homes that were badly damaged by the 2021 Atmospheric River flood event.

FNESS showcased three projects and the delegation had the opportunity to visit two of them. Thanks to the generous donations from various funding agencies, families have or will soon be able to return to safe and healthy homes.



L to R: Bob Mills, Recovery and Emergency Support Services Manager, and Islamic Relief represtatives Shayla and Fatema discussing the humanitarian project in Merritt, BC. FNESS, Islamic Relief representatives and funding recipient at the Humanitarian Project Showcase.

Be Prepared for the 2023 Flood and Wildfire Seasons

PREPARE YOUR FAMILY

Although we cannot predict when a flood or wildfire will occur, we can be proactive and take steps to prepare ourselves and protect our properties from being damaged by these events.

1. Make an Emergency Plan

Ensure your family knows what to do in an emergency. Complete Prepared BC's Fill-in-the-blanks Home Emergency Plan to create an emergency plan for your family and home. Creating and printing the online plan will only take you about 20 minutes. https://www2.gov.bc.ca/assets/gov/public-safety-andemergency-services/emergency-preparedness-response-recovery/embc/preparedbc/preparedbcguides/preparedbc_household_plan.pdf

2. Emergency Preparedness Kits - "Grab and Go Bags"

In an emergency, it is important to have some supplies in case you need to get by without power or running water. Most emergency organizations recommend that you are prepared to be self-sufficient for at least 72 hours. Don't forget to make a grab and go bag for your pets.

Basic Emergency Kit Checklist:

- Pen and notepad
- Phone charger and battery bank
- Flashlight wind up or battery powered (and extra batteries)
- Radio wind up or battery powered (and extra batteries)
- First aid kit
- Personal toiletries and medication
- Seasonal clothing
- Extra keys for car and house

- Food non-perishable such as energy bars, dried and canned food; manual can opener
- Water at least two litres of water per person per day
- Cash and change
- Important family documents identification, insurance, bank records
- Whistle
- Emergency blanket
- Emergency plan and contact information

3. Protect Your Home

FireSmart[™] your home. Download the FireSmart BC Landscaping Guide. https://firesmartbc.ca/wpcontent/uploads/2021/04/FireSmartBC_LandscapingGuide_Web_v2.pdf

4. Know Your Evacuation Stages

Evacuation Alert: Be ready to leave on short notice.

Evacuation Order: You are at risk. Leave immediately. Make sure you check in at an Emergency Support Services (ESS) reception centre. Contact family and friends to let them know where you are and that you are safe.

Evacuation Rescind: All is now safe and you can return home.

5. Download Prepared BC's Wildfire Preparedness Guide

The Wildfire Preparedness Guide will help prepare you for what to do before, during and after a wildfire. https://www2.gov.bc.ca/assets/gov/public-safety-and-emergency-services/emergency-preparednessresponse-recovery/embc/preparedbc/preparedbc-guides/wildfire_preparedness_guide.pdf

6. Download Prepared BC's Flood Preparedness Guide

The Flood Preparedness Guide will help prepare you for what to do before, during and after a flood. https://www2.gov.bc.ca/assets/gov/public-safety-and-emergency-services/emergency-preparednessresponse-recovery/embc/preparedbc/preparedbcguides/preparedbc_flood_preparedness_guide_fillable.pdf

Be Prepared for the 2023 Flood and Wildfire Seasons

PREPARE YOUR COMMUNITY

Preparing your community for an emergency can be a daunting task, but it doesn't have to be. Completing the tasks below can help you be prepared in the event of an emergency.

1. Planning Committee

Determine personnel, assign roles and responsibilities. Key members may include representatives from:

- First Nations departments (e.g., health, finance, planning)
- Local law enforcement and first responders (e.g., fire, ambulance, emergency social services)
- Relevant agencies and organizations (e.g., health authority, school district)

2. Community Emergency Management Plan

Create or locate an emergency plan for your community and ensure it is up to date. Download Emergency Management BC's Emergency Management Planning Guide for Local Authorities and First Nations at https://www2.gov.bc.ca/assets/gov/public-safety-and-emergencyservices/emergency-preparedness-response-recovery/localgovernment/em_planning_guide_for_la_fn.pdf

3. Community Maps

Identify high hazard and high-risk areas such as:

- Wildland-urban interface zones
- Infrastructure (e.g., roads, communication systems, water and power lines)
- Water sources
- Elder's homes
- Community centres
- Places of special interest (e.g., community church, graveyard, sacred places)

4. Contact Lists

Identify emergency resources and community contacts. Compile a list of community members that may require extra assistance (e.g., elders, people with disabilities).

5. Partner/Host Communities

Reach out to other communities to develop reciprocal agreements to provide/receive assistance during emergency situations. Build relationships with your neighbours, both inside and outside of your nation.

FNESS After Hours Assistance Line

1.888.822.3388 or dutymanager@fness.bc.ca

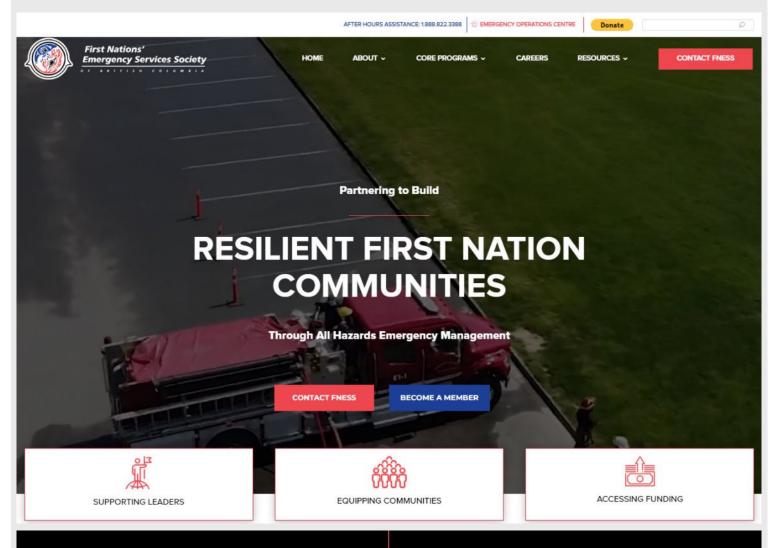
A New Look for FNESS

Check out our new website!

FNESS is excited to announce that we have launched a new website https://www.fness.bc.ca/. We welcome you to visit our website to see how we have expanded our departments, programs and training to serve you better. Please feel free to contact the departments directly for more information and to get to know our team better.

We appreciate your patience as we work out some of the kinks and do some fine tuning to make your user experience more friendly and easier to navigate.

A huge thank you to Dawn Kern at https://www.greenhousecreative.ca, and Jonathan Christian's team at https://wemakestuffhappen.com/ for helping us complete this project.



ALL FIRST NATION COMMUNITIES DESERVE EMPOWERMENT TO CREATE SAFER COMMUNITIES.

FNESS uses the Four Pillars of Emergency Management to help First Nation Communities before, during, and after a crisis.

DECISION SUPPORT

- · Administration and Training
- Ownership, Control, Access and Possession (OCAP) Compliant Data Management

FIRE SERVICES

- Home Fire Life Safety and Community **Fire Prevention**
- Smoke Alarm and Fire Extinguisher Program, and Fire Extinguisher Training
- School Fire Prevention Education
- Exterior Firefighter and Team Leader Training, and Fire Department Mentoring
- Firefighters' Competitions (Provincial/National)
- **Fire Safety Assessments**
- · Community First Aid

MITIGATION

- Community Resiliency Investment (CRI) Program
- Indigenous Services Canada (ISC) On-Reserve Operational Fuel Treatment and FireSmart[™] Programs
- FireSmart
- Cultural Burning Revitalization
- First Nations ADAPT Program
- Wildfire Training
- Integrated Fire Management Planning
- Wildland Fire Equipment Purchasing Program



OUR VISION

Safe and Healthy **First Nation Communities**

OUR MISSION

We achieve our vision through:

Emergency Planning, Training, Response and Recovery

Fire Training, Education and Prevention

Forest Fuel and Wildfire Management

Leadership and Collaborative Relationships

PREPAREDNESS AND RESPONSE

- Emergency Operations Centre (EOC) Training and Mentoring
- Hazard Risk and Vulnerability Assessments
- **Emergency Plan Coordination and** Support
- Tabletop Exercise Design and Delivery
- Rapid Damage Assessments and **Rapid Mitigation Teams**

RECOVERY AND EMERGENCY SUPPORT SERVICES (ESS)

- Provide ESS Program Support and Mentorship
- Recovery Plan Development
- Recovery Management Recruitment and Funding Support
- Recruit, Train and Deploy Temporary **Emergency Assignment Management** System (FNESS - TEAMS) - as requested

TRAINING

- Provide Online and In Person **Emergency Management Training**
- **Develop Customized Training and Tabletop Exercises**
- Deliver Just-in-Time Training (that can be immediately applied in a community EOC)



CONTACT US



First Nations' Emergency Services Society

FNESS After Hours Assistance Line 1.888.822.3388 or dutymanager@fness.bc.ca

Kamloops Office

Tk'emlúps te Secwépemc (TteS) Traditional Territory A274 Halston Road, Kamloops, BC V2H 1P7 Tel: 250.377.7600 | Fax: 250.377.7610

Vancouver Office

Squamish Nation Traditional Territory 102-70 Orwell Street, North Vancouver, BC V7J 3R5 Tel: 604.669.7305 | Fax: 604.669.9832

BC Toll Free: 1.888.388.4431 Email: info@fness.bc.ca

Membership Makes a Difference!

https://www.fness.bc.ca/





