It's 1:45 PM and I'm at work on the 18th floor of Place Bell Tower when the floor starts shaking for about 20 seconds. It rumbled for about 10 seconds and then trembled for another 10.

Half an hour later reports indicate that a strong earthquake rattled Eastern Ontario and Western Quebec Wednesday. The epicentre of the quake was at Val des Bois, Que., according the the United States Geological Survey. The quake measured 5.5 and occurred at a depth of 19 kilometres, the USGS said.

Unofficial reports at work imply that our colleague Eric T had a little too much to eat at Ribfest for lunch and was exercising with some jumping jacks . . .