

News from CCCS

THE CARIBOO CHILCOTIN CONSERVATION
SOCIETY'S BIANNUAL NEWSLETTER



INSIDE THIS ISSUE:

President's Report	1
Green Christmas Tips	3
Water Wise Update	5
Waste Wise Update	8
Water Wise Quiz	10
Grants & Funding Update	11
Membership Renewal Form	12

2021 Gleaning Event at Soda Creek Corn
Photo: Laureen Carruthers Photography

a new year, A FRESH START

A message from our **NEW** Board
President, Daniella Gastaldello

Hello everyone! Happy New Year, and hopefully you'll all get off to a great start! I was asked to write a President's letter as my first "official" task, and since the last thing of value I wrote was a grocery list, here's hoping I do ok!

Jokes aside, I believe I've had the pleasure of meeting most of you already, and highly look forward to getting to know anyone I may have yet to meet. I have admired the work done by the Conservation Society from afar for a very long time, and last year decided I wanted to be part of the awesomeness.



2021 Gleaning Event at Soda Creek Corn
Photo: Laureen Carruthers Photography

My personal values align, and when I thought to how I am raising my small family, I felt I could contribute and learn so much. When I asked Amber and Mary about becoming part of the group in the spring, I was not anticipating stepping in as President. But it was asked, and I was obliged. I am so honored to be entrusted with filling the shoes left for me by Bill, whom I have heard multiple times, did a great job! Thank you, Bill! I am so happy to be here!

Those of you who don't know me outside of our meetings at Scout Island Nature House: my daytime is bustling with the raising of 3 beautiful kids, slowly building my hobby farm dream, and because that's not enough, I also have my day job running the refillery in Delainey's Centre, fullFILL Williams Lake. I am a busy woman with tons of ambition, a passion for being creative, and a deep love and respect for the environment; so, I'm hoping my skill sets will be of value to this society!

If the pandemic has taught me anything over the last two years it's learn to adapt, and do more of what makes you feel fulfilled. And for me, living with consciousness is one of those make your heart feel good things. I try to live my day-to-day with more intent, embracing a mix of the old way, and the minimalistic way, to live with as little impact on the environment as I can.

I hope to pass on knowledge of self-sufficiency and conservation to my children in hopes of building a better future. So, thank you for allowing me to share space with you all.

I am very excited to get the opportunity to work with such a fun and awesome group of people. Hopefully we have a safe and productive year ahead of us!

Thank you,
Daniella



2021 Gleaning Event at Soda Creek Corn
Photo: Laureen Carruthers Photography

We're Dreaming of a Green Christmas!

By Vanessa Moberg

Article originally published in the 2021 Seasons Greetings issue by the Williams Lake Tribune

There has never been a better year to temper our consumerism. With shopping made more difficult, we have an opportunity to help the planet and, indeed, help ourselves with soul-filling, joy-inducing, pine-scented experiences. Here are some low impact alternatives for a supply-chain-free holiday!

Use All-Natural Decor

The Cariboo Chilcotin Conservation Society's Facebook page has a great video on how to make your own all-natural holiday wreath including how to sustainably gather materials, how to prepare your upcycled bike rim, and how best to arrange the boughs.

In addition to wreaths, you can use gleaned materials to make centrepieces, candleholders, wall hangings, vase displays, garland, ornaments, mantelpieces, and more; you are limited only by your imagination.

Use a mixture of boughs, pinecones, twigs, rocks, grasses, dried fruit, and berries to give you an assortment of sights, textures, and lovely winter aromas. Round it out with some Christmas music and hot apple cider and you'll have all five senses covered for a cozy Sunday afternoon of crafting.

Kids love this too! They can make mice out of pinecones with berries for eyes, almond shells for ears, and a yarn tail, then create a "home" for their mouse using birchbark, mosses, sticks, and rocks. After the holidays, simply compost your decor!



Up Your Upcycling Game

A quick search of Google or Pinterest will uncover an endless number of festive upcycling ideas: make snowmen from old light bulbs, snow globes from old jars, reindeer from toilet paper rolls, stockings from old sweaters, and ornaments from last year's Christmas cards.

Rethink Your Gift Wrap

Certain types of gift wrap, ribbons, and bows cannot be recycled, so opt for creative alternatives like old newspapers, upcycled tins or scarves, or reuse last year's wrap.

Give Experiences, Not Things

Most people love receiving an “excuse” to treat themselves. Gift certificates to the movies or theatre, a spa day, a restaurant meal or a coffee gift card (along with a reusable mug!) are just a few ideas.

You can also give the gift of your time. Offer to babysit, take them out for coffee, give them an old fashioned phone call, or bake them a cake.

If you do buy “things”, consider buying handmade items from a local artisan. Woodworking, pottery, textiles, and other locally-sourced one-of-a-kind pieces are not only low impact, they'll be treasured by your giftee for years to come.

Embrace Sweater Weather

One of the biggest carbon impacts during the winter is heating. Turn down the thermostat by a degree or two, and use sweaters, blankets, and hot cocoa to stay warm. Mmmm cocoa.

Watch What You (Don't) Eat

And finally, be sure to use up all those holiday leftovers! Some things can be frozen, some can be made into a creative next day recipe, and the rest can be fed to chickens or composted. Whatever you do, keeping your organics out of the landfill will get you on the Nice List.

Happy holidays and happy 2021 from the Cariboo Chilcotin Conservation Society!





Forging Ahead in Changing Times

Water Wise Update

By Jenny Howell

Well, we're not quite where we hoped to be this December after all. The Cariboo has sat solidly as one of the highest regions for Covid cases most of the fall and now Omicron..

It was still a good fall season running programs at Gavin Lake; just day programs again given the ongoing Covid restrictions, but that actually means we can have more classes come out in the same period of time. Classes arrive at 9, have a short garbage talk and then dive straight into the modules. The School District allocated a bus for the Gavin run all through the fall which meant we could push the departure time to 4pm and could fit four hour long modules in every day, including some free time before loading the bus.

The Conservation Society sponsored two modules again; mine was Beavers and Wetlands this year and Sarah Genge taught the module on fish, aquatic insects and water quality, 'the Perfect Stream'. The two modules reinforce each other well and we had very cooperative beavers swimming around and accumulating their food pile through the season.

In the canoeing module, the instructor (Roy Argue) would take his class further up the creek to see two more lodges and a dam, reinforcing further the content in my module.

The beavers module focuses on life history, beavers as keystone species, their role in creating wetlands and the multiple ecological roles of wetlands.

We did almost all of our teaching outside and all instructors were double vaccinated; there were many school Covid cases at the time and we couldn't risk instructors getting even a cold or there was the potential of shutting down everything while everyone got tested.

Amazingly we made it through; while many of the classes that came out had Covid exposures or cases at some stage this fall, we missed exposure windows each time, (sometimes only just!). It was another year when coming out to Gavin Lake was particularly important for kids after all they have been dealing with in classrooms and out, so it feels like an achievement that we ended up with a grand total of 23 classes coming through the program.



2021 at Gavin Lake
Photo: Laureen Carruthers Photography

Late Fall is when in the 'before times' I would head back into classes. I did go into one grade 2 class with the groundwater tank as they were studying the water cycle and it was a special request. It was fun, but there were lots of runny noses and coughs and it is hard to keep masks on grade 2s or distance; they all want to crowd around the tank and there are always impromptu hugs at that age (lovely in any other era). So it reinforced my decision to focus on other projects for the winter and reassess as we go along; the spring outside modules worked well last year and it looks like that may be the best option again.

One of those winter projects is to work on some interpretive signs for another trail. The Community Forest hydrology trail has been a hit and is used for programs not just by us, but also Scout Island and the Community Forest itself in their outreach programs. I'm working on getting some funding to put a similar style of signs on the trail around Gavin Lake. These signs will be focused on how Nature reduces, reuses and recycles so will tie into the Natural history of the area and will also include some practical suggestions for readers to reduce environmental impacts. The lake trail is about 6 km and is quite well used both by camp guests and local visitors. I'm also hoping that at some stage we can base a Gavin module around a few of the stops.

The other winter project is to get Earth Challenge going, in whatever form it will take in 2022. I have had a meeting with the grade 7 teachers and everyone is interested in participating, which means well over 200 kids again.

I was hoping we could do a hybrid model; something that takes us back towards the 'old' version before Zoom, with maybe a live quiz for some kids and afternoon outside activities for the others, enlisting the help of the other groups that have always been so supportive.

However, with the unknown spectre of Omicron we may be back to last year's model again with Zoom quizzes and projects. Now that we have pushed it into May, we have lots of time in the New Year to watch and wait and we can switch direction as needed with experience doing it multiple ways. Most of these teachers have also participated many times and are good at 'going with the flow'!

In between projects, I will continue on with regular Tribune articles. We will be running a longer winter program at Gavin this year which will help make up for fewer in-class sessions, so that will fill January and February, and before you know it we'll be back to field trip season which is pretty Covid compatible. So while it's not ideal, we can continue delivering effective programs in this 'new normal' until the next 'normal' comes along.



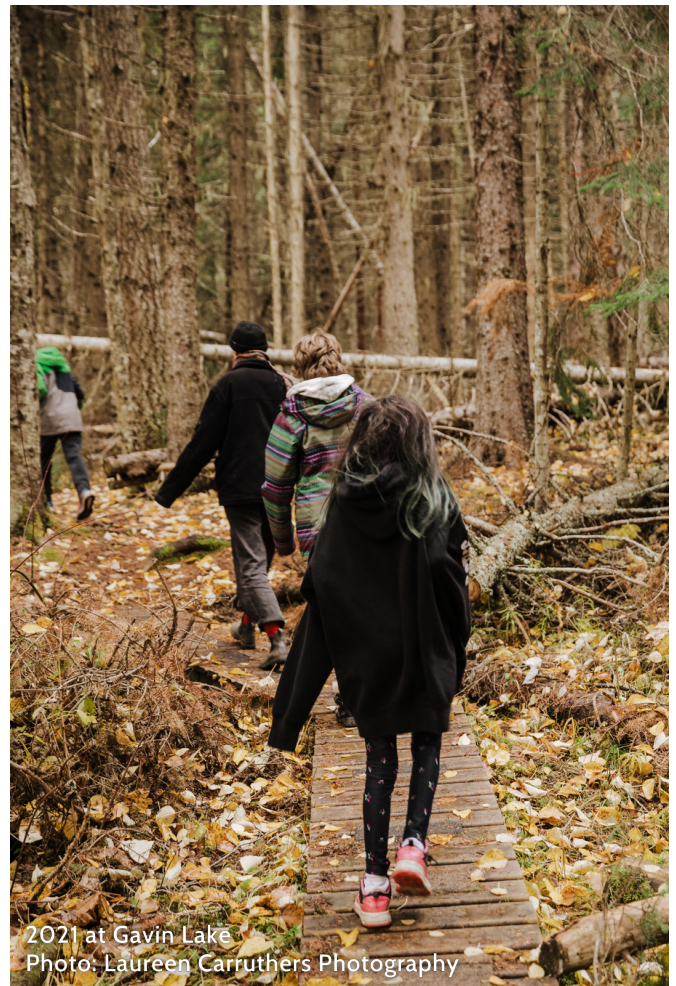
2021 at Gavin Lake
Photo: Laureen Carruthers Photography

Lastly, I would like to extend a huge thanks to both Bill Lloyd and Sue Hemphill. Sue was one of the earliest Conservation Society Board members and has seen it through many phases. She retires as our longest serving board member. Bill has stepped down as President but continues on the Board. Bill was always available as our sounding board to run things by; a measured voice of reason with the huge skill of always saying the right thing at the right time. More thanks are also owed to Daniella and Emma who have stepped up to fill in their places; Dani as president and Emma as treasurer.

We look forward to working with you both as we chart our way forward. Thanks also to the rest of our board for signing up for another year; time is valuable and we appreciate you giving us some of yours.

I hope everyone gets to spend some time with family and friends over the holidays despite all the obstacles; floods, closed roads, winter weather and pandemics. Please feel free to contact me if you have questions about any of the programs or an idea for future projects.

Jenny Howell
Executive Director
Water Wise Instructor





Masks, Bikes, and Leaves

Waste Wise Update
By Oliver Berger

As you know, two key members of the Waste Wise team here at the Conservation Society are huge active members of the Potato House Sustainability Project. This July, a major renovation project commenced at the Potato House to replace the aging basement underneath the house, and revamp the site. Below is what Mary and Oliver were able to accomplish in between this task.

We have been active voices in the Cariboo Regional District's development of their Solid Waste Advisory Committee to build a new Solid Waste Management Plan. We haven't taken part in residential and commercial survey planning and implementation of subcommittees to tackle specific waste-related issues from composting to multi-unit residential recycling to the potential expansion of curbside waste pick-up services. Stay tuned for updates.

The Bikes for All Program has gotten some major love this past year. A cube truck has become the new mode of transportation for all the necessary supplies required in order to host a Bike Repair Event. This has allowed the event to become way more streamlined, and for incoming and outgoing items like bikes, parts, wheels, and helmets to be far more organized. The truck has been on the road to many communities within our region as well even some communities in other parts of British Columbia.

The 150 Mile Elementary School runs a heritage school program where we can teach the kids what life and school used to be like way back when. During these sessions we can teach about sustainability by showcasing made-to-last items and educating about the benefits of composting and growing your own food. We have also verbally assisted in creating a new garden and composting area for this school.

As Covid protocols prevail, parts of our team and board have taken proactive action in an effort to collect used face masks for proper disposal and recycling. Some small businesses in the community have collection containers on site, which we made. They then get allocated to a larger collection bin at the Delaney Mall to get sent to Vancouver for recycling. This program is slowly growing at its own pace as we facilitate it.



Alisa won our Earth Friendly Holiday Giveaway! Her entry was this frozen water suncatcher in a recycled pie tin.

This fall's leaf collection program finally got more than just one phone call. We have picked up leaves from multiple folks from around the community to put towards community composting programs. The benefits of using leaves in your garden areas is becoming more popular and this makes us happy ☺

We worked with Elder's College again this year and hosted the popular Composting and Zero Waste Workshops. We never have enough time in these sessions to answer all the great questions we get from participants. The information shared in these workshops travels far, I hear.

After Southern BC was impacted by three Atmospheric Rivers we quickly learned that flooding in Abbotsford directly affected some of our local recycling. Glass and styrofoam collection had to be halted province-wide as the collection sites for these materials are in the affected area. We continue to monitor this loss and educate our viewers and followers as the situation changes. Another reason for us to continue to focus our energy on Reduce, Reuse, Repair, and Refuse instead of just Recycling.

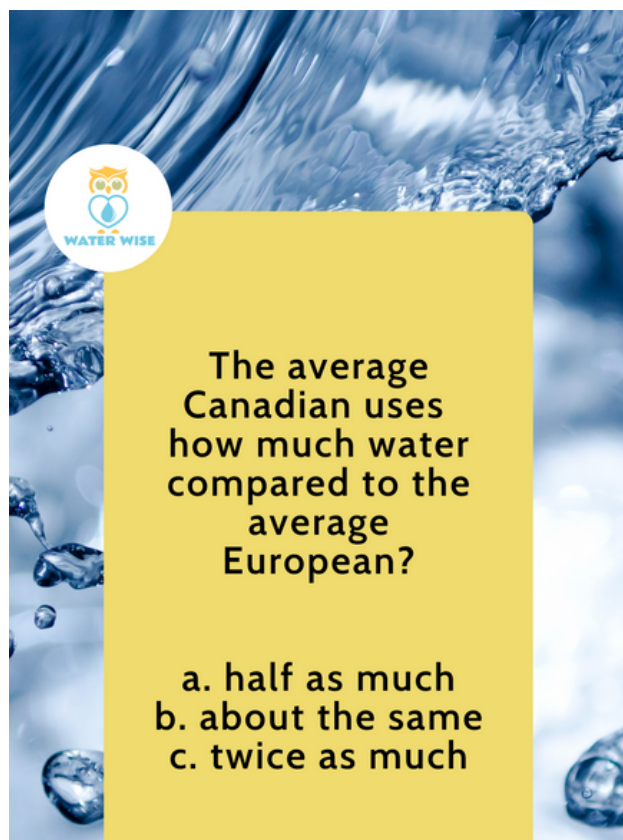
Oliver Berger



In the absence of our regular Earth Friendly Holiday Event, CCCS delivered wreath-making kits to participating classes including Ms. Porter's grade 2 class at Chilcotin Road Elementary. We were impressed with their skills!

How well do you know your water?

We recently posted a series of Water Wise quiz questions to our social media channels, including these three. How Water Wise are you? Answers on the next page.



The SKATES FOR ALL PROGRAM

is back!

Skate donations gratefully accepted through December during business hours at each drop-off location. We will have all skates cleaned and sharpened before donating them to kids, families, and schools within the community. Thank you!

DROP BOX LOCATIONS:

Recreation Complex, 525 Proctor St
Delainey's Centre, 271 Oliver St



Grants & Funding Update

By Amber Gregg

City of Williams Lake: The City of Williams Lake provides two fees-for-service for our Water and Waste Wise programs. The first allows us to run the Water Wise program in the schools and community of Williams Lake. This funding (\$38,600) assures the continuity of the education program which engages all ages in water conservation and provides tools for easy ways to save water. The second is for our city-based Waste Wise program, an education program focused on reduce, reuse, recycle and rethink (\$24,500). We are now on our third year of the three-year contract (2020-2022), and will apply for renewal toward the end of 2022.

Cariboo Regional District: Our CRD fee-for-service is a three-year contract (\$40,465), with a 2-year option to renew. We renewed the contract in 2020 for two years, (2020-2021 and 2021-2022). We will begin working with the CRD in the New Year, to renew the contract for another 3-year term. In addition to all of our regular Waste Wise work, this contract allows us wages and kilometres to travel around the region with our classroom Waste Wise Program and to conduct more food waste education and compost coaching.

Community Gaming Grant: Our annual Community Gaming application (\$25,000) was approved for our Watershed Health program – which includes Water Wise classes for regional schools and other watershed education – and our Sustainable Life Education program – which includes our Outdoor Education modules plus community waste reduction programs such as Bikes for All, Skates for All, Veggies for All, Earth Friendly Holiday Event and more!

Fisheries and Oceans Canada: We received \$5,500 in funding from the Department of Fisheries and Oceans (DFO). This fund supports many of our Water Wise initiatives including Classroom Education, Xeriscape Gardening, Shoreline Awareness, Storm Drain Awareness, and many others!

How well do you know your water?

According to a recent WHO/UNICEF report, how many people in the world did not have safe water to drink in 2017?

c. 884,000,000

The average Canadian uses how much water compared to the average European?

c. twice as much



A faucet that leaks at about 1 drip per second will waste:

c. >11,000 litres/year



Cariboo Chilcotin Conservation Society

Memberships & Donations

102-197 Second Ave N
Williams Lake, BC V2G1Z5

Our organization runs by the power of thousands of volunteer hours, memberships, and donations.

Thank you for your continued support and enthusiasm!

For an annual membership or donation, please fill out the form below and either mail or drop off to the CCCS office. If a membership is not right for you, please consider passing it along to a friend or making a one-time donation instead!

You can now sign up for a membership or donation online!

DONATE

Circle Membership Type:

Individual: \$15.00 Family*: \$20.00 Senior/Student: \$5.00 Group/Business: \$30.00

*If you checked "family" membership, how many people in your family? ____
(If left blank, we will assume your membership covers 4 people.)

Donations:

\$20.00 ____ \$35.00 ____ \$50.00 ____ \$100 ____ Other amount _____

Name: _____

Contact (for Business only): _____

Telephone: _____

Email: _____

Note: CCCS memberships begin June 1st and run to May 31st. Midterm membership fees will be adjusted accordingly. Membership fees and donations can be made via cash, cheque (made payable to the Cariboo Chilcotin Conservation Society), or online right here.