

SUMMER 2025

News from CCCS

THE CARIBOO CHILCOTIN CONSERVATION SOCIETY'S BIANNUAL NEWSLETTER



enjoying the great OUTDOORS

A message from our Board President, Amber Gregg



I recently had the pleasure of joining my youngest son's class on a field trip to the Community Forest, led by none other than CCCS Executive Director Jenny Howell. I have been on this field trip with Jenny before, and I enjoyed it just as much the second time!

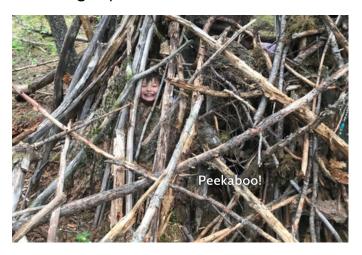
For those who haven't had the opportunity, the field trip begins with a wander through the Williams Lake Community Forest to a small pond.

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The kids are given a few minutes to drop off their backpacks and burn off some energy before Jenny kicks off the day's activities with a game where participants become water molecules trying to complete the water cycle. This fun and interactive activity is so engaging that the kids hardly notice they're learning!

As the morning proceeds, the group completes a loop around the pond, completing fun tasks like imitating fungal mycelium to "communicate" between trees and designing an ideal stream. Afterward, they dig into their lunches and enjoy some free time. The afternoon is filled with excitement as the kids construct forts, explore the water's edge in search of aquatic critters, and engage with an interactive model to learn how water contamination can occur.

The level of planning and effort that goes into creating field trips like this one is remarkable. CCCS programs are primarily focused on educating Cariboo youth, inspiring them to encourage their families to make earth-friendly choices, and fostering a lifelong commitment to conservation. This approach to education has proven highly effective, and our educators excel at delivering impactful lessons



I thoroughly enjoyed spending time with the kids and witnessing their excitement, but I also came away having learned new things myself. From the enthusiasm of both students and teachers, it's clear that these field trips are not only enjoyable but vital as we collaborate with the community to sustain the health of our environment.

I hope everyone takes the opportunity to embrace the outdoors this summer with the curiosity and enthusiasm of a child on a field trip. I know I will!

Wishing you a joyful and adventurous summer. See you in the fall!

Amber







Water Wise Update By Jenny Howell

Hello everyone, and Happy Summer!

It's always a good time of year to report on our programs, when my days for the last two months have been filled with happy, excited kids on field trips. With the river valley still officially closed, this year's offerings were the Community Forest, storm drain painting and then we did sneak two trips in to the pump stations and sewage plant along the valley trail.

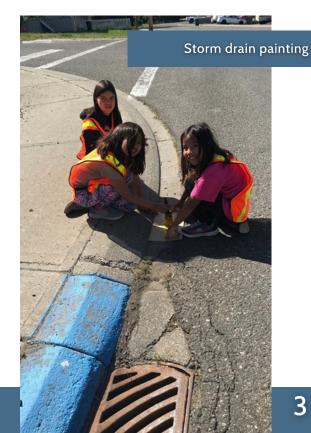
Now that the City staff are doing tours for the grade 7s in the Earth Challenge preparation, we have cut back on the May/June pump station/sewage tours; they already do 10 Grade 7 tours in April and they have many other demands on their time. I do have two teachers that have an annual sewage tour standing order that would have been devastated if we couldn't accommodate them, so we do, and then we leave the City staff to their other work.

This year's field trips worked out to fourteen Community Forest classes, three Storm Drain painting classes (and an extra Girl Guides storm drain painting evening that Scout Island kindly took on for me), two Water/sewage tours and then one water testing trip on Lac la Hache for the Lac la Hache intermediate class.

Oliver is working on getting two outhouses installed over the summer in the Community Forest. The one at the head of the trail will

be wheelchair accessible and is a locally produced timber structure. The second is a reclaimed one from the Ministry and will be in the forest, close to the ponds we spend most of our time at.

With literally hundreds of kids now on these field trips and up there for the whole school day, this has become a necessity. We have also had aides who won't accompany the teacher with no washroom available. Until we get them completed, I am happily teaching kids to do 'nature pees' and how to leave no trace; I did not really think of this a learned skill and a valuable one, until a recent hiking trip in Scotland where there was toilet paper left all along the 8 -day trail, significantly affecting our enjoyment of the hike.



From January to the end of April falls into the same pattern each year. In January and March, I got into classrooms and taught 24 classes, with two trips to Lac La Hache school for more of a Water Wise unit, completed with our water quality testing at the lake.

February is Snow Science at Gavin Lake (we actually had some snow this year, which is so much better than 2024, teaching Snow Science without snow). Classes come for two days and are split into three groups, so I get each group of 8-10 kids for two hours, which is a nice chunk of time for the module to cover a lot of ground but not be rushed. This module has lots of outside time where kids get a hands-on activity after the initial class discussion of the topic.

That leaves April, which was the Grade 7 Earth Challenge. We kept the same format as last year, with the lesson part at Scout Island. Students choose or are assigned to two of the four instruction sessions; Air (Erin Hitchcock), Invasives (Alex Mutch), Ecosystems (Martin Kruus) and Water (me).



The Grade 7 Earth Challenge is always a hit.

We get half a day with our group of 10-14 kids, with the idea that we can delve a bit deeper into our topics rather than racing them through everything in half the time. All the feedback from the teachers and instructors is that this works well; I like it as I can fit in all the Water Wise greatest hits; some class time with a couple of experiments, the mini aquifer model, the pump station tour and water quality testing at the creek.

In the week that these classes were running, Mary and Oliver also guided each of the 10 classes on a dump tour. Then on April the 15th, we held the actual Earth Challenge at Columneetza with classes rotating through 6 of 8 'stations' for 40 minutes as well as competing in the Earth Challenge Quiz. The stations were Water, Waste, Air Quality, Invasives, Ecosystems, Fisheries, UBC Alex Fraser Research Forest and Climate Change. Each member of the winning teams received \$20 in downtown dollars- it was getting too cumbersome to collect all the gift certificates we previously offered to local, low waste businesses and also hard to know which businesses to include. Downtown dollars still keep spending local and we hope kids used their Earth Challenge education to also spend wisely!





In between classes and field trips, I continued to write articles for the Tribune and updated the City Water Report; we are currently at about a 23% water use reduction from the pre- Water Wise years, (averaging the last three years with the three years before Water Wise). The 2023/2024 El Nino year was the driest in my data set (starting in 2002), which skewed the average pump station flow rates upwards but we can still see that summer water use as a percentage of annual water use is significantly lower than pre- Water Wise, hopefully reflecting changing patterns of local lawn watering.

As always, a big thank-you to all our local partners, who enrich our education programs so much; from the City of Williams Lake, School District 27, the Community Forest, Gavin Lake, Scout Island, Air Quality, the Invasive Species Council and then our Earth Challenge contributors, DFO and UBC. Dani will mention our funders more specifically, but it goes without saying that none of this is possible without their financial support.

Most of our contractors at CCCS have been associated with the organization for quite a long time now, some switching roles, such as between the Board and contractor (or vice versa), others of us have created and built up our own niches. Many of us also have other contracts and work obligations beyond

Snow science – with snow this year!



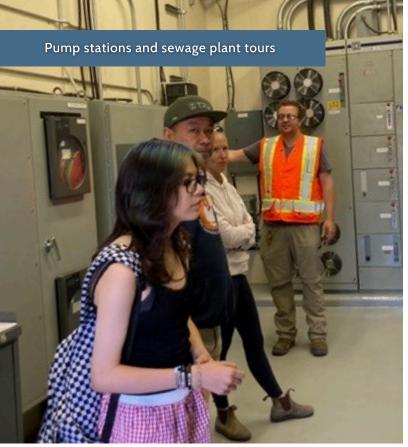
CCCS. I feel it reflects well on this organization, the people involved and the relationships within it that we have all chosen to stay connected to CCCS for so long and shows how much we each value the work we do. The older I get, the more I am realizing this is rare and subsequently quite special in a work environment. Thanks to the Board and contractors for keeping things easy!

Lastly, we want to wish Pat Mahood well in his retirement. Pat was the City Water and Waste manager we have all worked with over many years and we have many pump station and sewage tours in our past he together. When moved into management role, he continued to support CCCS, both through the Waste and Water budgets and also directly explaining and advocating for our role to Council. We look forward to continuing our very positive City relationship with Kelvin Toews, the new Manager. Kelvin has also put in his time in the trenches and done his share of class City tours, so is already familiar with our education programs.

Please feel free to contact me directly with any questions, comments or ideas about Water Wise,

> Have a great summer! Jenny

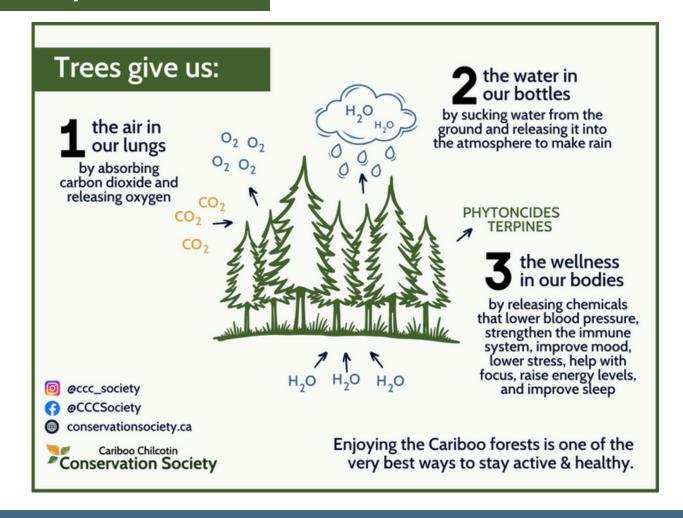








Did you know?





Forest Friday continues to be a well attended early years program, created for children ages O-9, along with their caregivers to create curiosity and wonder while at the same time setting them up for successful community relationships and a strong, natural and connected sense for conservation that we can only hope will follow them throughout their lifetime.

Forest Friday is a fun, interactive, and multigenerational activity for families.



With the continued support of CCCS funding partners (and with special the Williams Lake recognition to Forest for their ongoing Community support) I was able to adventure with a total of 156 children and 108 adults (including many grandparents!) this Spring and early Summer exploring many local trails and sanctuaries including the Williams Lake Community Forest, Scout Island and the Dairy Fields learning about topics such as season changes, weather, hibernation, birds, insects, metamorphosis, pond life, and so much more!





As 'Teacher Amandah' I bring over 15 years of Early Childhood Education experience to families with the knowledge that research has shown time and again that children who are connected with their families, environment, peers, and nature are more likely to build deep social relationships and a sense of belonging and ownership as well as a natural sense of wonder, curiosity, and interest within the world around them.

I, along with an amazing group of children and families, pride ourselves on creating a safe, warm, and inclusive environment where all participants have the opportunity to feel heard, supported, and encouraged to feel awe and wonder for ourselves, others, and our earth!

There's always so much to discover on Forest Fridays.

Our Forest Friday adventurers take to the Forest no matter the weather; rain, shine, wind or snow discovering all that nature has to offer our senses and leaving our beautiful community spaces just a little better than we found them...we often have a few explorers who show up with 'garbage grabbers' and bags to collect what 'doesn't belong in the forest'! Warms my heart!!

If you know of a family who is interested in participating, please encourage them to join us every second Friday for our Forest Friday adventures! They can join the Facebook group — Cariboo Chilcotin Conservation Society's Forest Fridays — to sign up and stay informed of our exciting up and coming adventures, schedules, and locations!!

See you in the Forest! 'Teacher Amandah'









Waste Wise Update By Oliver Berger

As summer approached, we finalized our last few classes with the schools which have included planting many potatoes with our sustainability classes at the Potato House. Once harvested they will be a great donation for our local food banks!

As well we have been active with 'waste-wising' many Spring Events including a new Green Weekend Event at Bouchie Lake Store up near Quesnel where we presented 2 workshops on composting and zero-waste lifestyles.



Mary attended the popular and wellorganized Tatla Lake Clothing Swap.



WLFN's Traditional Father's Day Pow Wow, Indigenous People's Day, and the return of Arts Wells Music Festival all reached out for assistance in managing recycling, composting and waste at their events. These prove to be very large commitments of time and energy, however, we reach hundreds of people from various age groups and backgrounds! yee haw

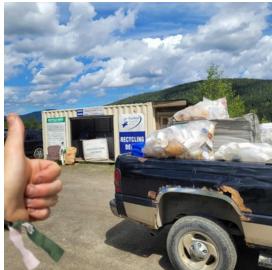
This year because of a conflict of dates, the Waste Wise team was not available for any Stampede events in Williams Lake, but we supplied verbal support for all parties who have expressed interest in our services.

Oliver



January to July 2025







Bike Recycling at Chilcotin Road Elementary









Oliver took his "trash tobaggan" to a school fundraiser at Dugan Lake, proving that winter is no match for our Waste Wise champions.







January to July 2025













Above: What an amazing turnout! On Earth Day weekend, we partnered with NEXT GENeral Mercantile & Refillery and the Thrift Bucket on their biannual Free Your Threads clothing swap, along with Streets for All WL and Wild & Immersive WL. We re-homed an estimated 7 truck bed loads of clothing at the swap event, about 350 cubic feet or 3,500+ lbs of textiles. Right: Mary does school paper towel pickups in her LeBaron convertible, using them for BTUs to heat her shop in the winter time.





January to July 2025





Left: Way to go, School District 27! They made the cutest gingerbread men out of old seat fabric for the Winter Lights Parade. Above: All set for the Williams Lake First Nation's Father's Day Traditional Pow Wow.



If you have a keen eye, you might've noticed we have started using new Water Wise and Waste Wise logos. Firstly, we'd like to thank graphic designer Casey Bennett for the topnotch work on our previous logo sets. Casey gave us the "wise owl" concepts, as well as our current organizational logos, which will remain, including these two:





The new Waste Wise and Water Wise logos were meant to incorporate elements of our original logos (especially the widely-recognized water droplet) into Casey's owls, while tying in the main CCCS logo, and satisfying the team that their programs were fairly represented. Somehow, graphic designer Jasmine Alexander was up for the task - big thanks, Jasmine! Here they are...







By Vanessa Moberg

Books are not accepted as part of the standard recycling stream in BC, but there are plenty of other options in the Cariboo.

1. Reduce... by borrowing.

- exchange books with friends & family
- visit one of our awesome local libraries
- check out one of those front yard "Free Little Libraries"

2. Reuse... by donating.

It's best to reach out to an organization first to see what types of books they accept. But depending on what you have, you could try:

- Hospital Auxiliary Gift Shop
- Daybreak Rotary (for their annual giant used book sale)
- Cariboo Chilcotin Partners for Literacy's Bright Red Bookshelves
- Cariboo Book Exchange Facebook group.
- day cares
- thrift stores

3. Repurpose... by crafting.

Do a search on Pinterest! There are endless possibilities:

- whole books can become shelves, coat racks or headboards
- book covers can be made into purses or binders
- the book's pages make beautiful wrapping paper, wreaths or origami

4. Recover/dispose... but not in your blue bin.

Books are NOT accepted in curbside recycling programs, so speak to the people at your local transfer station about options.

In Williams Lake, the Frizzi Road station accepts boxed books with spines facing up. PLEASE REMOVE ALL PLASTIC including plastic coil spines or plastic page dividers. With plastic removed, the paper can be submitted with the boxed books.

Books received at Frizzi Road are chipped seasonally with wood waste and sent to Atlantic Power's co-gen plant. As the books are being used to generate energy, we call this process "recovery" instead of recycling.

Please note, for commercial dumpers, there would be a tipping fee, so check in with your local transfer station if you have a large load.





By Vanessa Moberg

Want to reduce your household carbon footprint? Believe it or not, reducing food waste is one of the best actions you can take. For one, food requires a lot of energy to produce and transport.

Furthermore, when it breaks down in the landfill (instead of being composted properly) it releases methane into the atmosphere, a major contributor to climate change.

Never fear, our Food Waste Checklist is here:



Check fridge, freezer, and pantry.

- what is already on hand?
- what needs to be eaten?
- make an "eat first" bin in the fridge



Create a weekly meal plan.

- plan to use up what you have on hand
- add what you need to the grocery list
- don't shop hungry and stick to the list



Get creative with leftovers.

- take leftovers for lunch
- freeze what cannot be eaten
- "upcycle" leftovers into brand new meals such as: soups, casseroles, fried rice, stir fries, omelets, wraps, salads

steal our WEEKLY CHECKLIST TO REDUCE FOOD WASTE
Check what's on hand. Create a meal plan. Get creative with leftovers. Get creative with scraps.
Compost and give back. Cariboo Chilcotin Conservation Society



Get creative with scraps, peels, bones, and crusts.

- broccoli stalk fries
- carrot top pesto
- beet green salad
- kale stem smoothies
- watermelon rind pickles
- apple peel tea
- soup stock or bone broth
- croutons



Compost and give nutrients back to the soil.

- build your own backyard composter
- seek out community composting sites
- subscribe to a curbside compost pickup service



By Daniella Gastaldello

City of Williams Lake:

The City of Williams Lake Fee-for-Service contract provides two revenue sources: \$42,000 for our Water Wise program and \$37,000 for our Waste Wise programs.

The first allows us to run the Water Wise program in the schools and community of Williams Lake. This funding 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. We are also working with the City to include regular audits of the Recycling program in Williams Lake, for an additional fee (that is included in the \$37,000).

We are now on our third year of the three-year contract (2022-2025).

Cariboo Regional District:

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.

Our CRD fee-for-service is a three-year contract (\$40,465), with a 2-year option to renew. The three-year term was June 1, 2023 – May 31, 2025, and we are currently in the two-year option to renew until May 31, 2027.

Community Gaming Grant:

This contract includes Watershed Health 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!

Our annual Community Gaming application (\$25,000) is being prepared, and will be submitted in July.

Fisheries and Oceans Canada:

This grant funding supports many of our Water Wise initiatives including Classroom Education, Xeriscape Gardening, Shoreline Awareness, Storm Drain Awareness, and many others!

We have reapplied for \$5,500 in funding from the Department of Fisheries and Oceans (DFO), and are awaiting approval.

Williams Lake Community Forest:

We are so grateful for our Williams Lake Community Forest partnership! The funding not only supports our field trips and contractor wages, and our newest preschool program, Forest Friday, but we also have the ability to use funding towards a multitude of program needs here at CCCS.

(continued on next page)

Williams Lake Community Forest:

This source of funding is not on contract, and instead is billed every June for the Spring Field Trips done in May and June, and the Forest Friday Trips throughout the year. Over the last 3 years we have averaged 14-20 school field trips each school year.



This spring, we had 14 SD27 classes attend the highly sought-after Community Forest field trip, and as well we had 11 Forest Friday trips from July to June, which brings another \$15,500 in funding.



Pack It In, Pack It Out

but, why tho?

All of our trash, even food scraps like apple cores and orange peels, can potentially:

- attract or harm wildlife
- pollute the soil or water
- spoil the beauty of the natural areas we love

let's talk about wet wipes

Most wet wipes are made of synthetic fibres such as polyester. Yeah, that's right - plastic!

Even wet wipes that claim to be flushable, made from plant fibres or biodegradable can contain cleansers, preservatives, fragrances, and other chemicals.

Download the free Cariboo Chilcotin Coast Field Guide from our website: conservationsociety.ca/ccc-field-guide



@CCCSociety



@ccc_society





how to leave no trace

Take along garbage bags to carry out all the trash that you generate, including wet wipes, disposable diapers, and menstrual products.

If there is no outhouse provided, it's best to bury human waste in a shallow hole away from water sources, campsites, and trails.

Cariboo Chilcotin Conservation Society

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 follow the instructions below. If a membership is not right for you, please consider passing it along to a friend or making a one-time donation instead!

Three ways to join our membership!

- 1. MAIL Please print off, fill out, and mail this form with your payment to the above address.
- 2.IN-PERSON You can drop into the CCCS office to fill out the form and make payment in person.
- 3.ONLINE We've gone all tech-wiz! Click here to sign up for a membership or make a donation online!

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: Membership fees and donations can be made via cash, cheque (made payable to the Cariboo Chilcotin Conservation Society), or online right <u>here</u>.