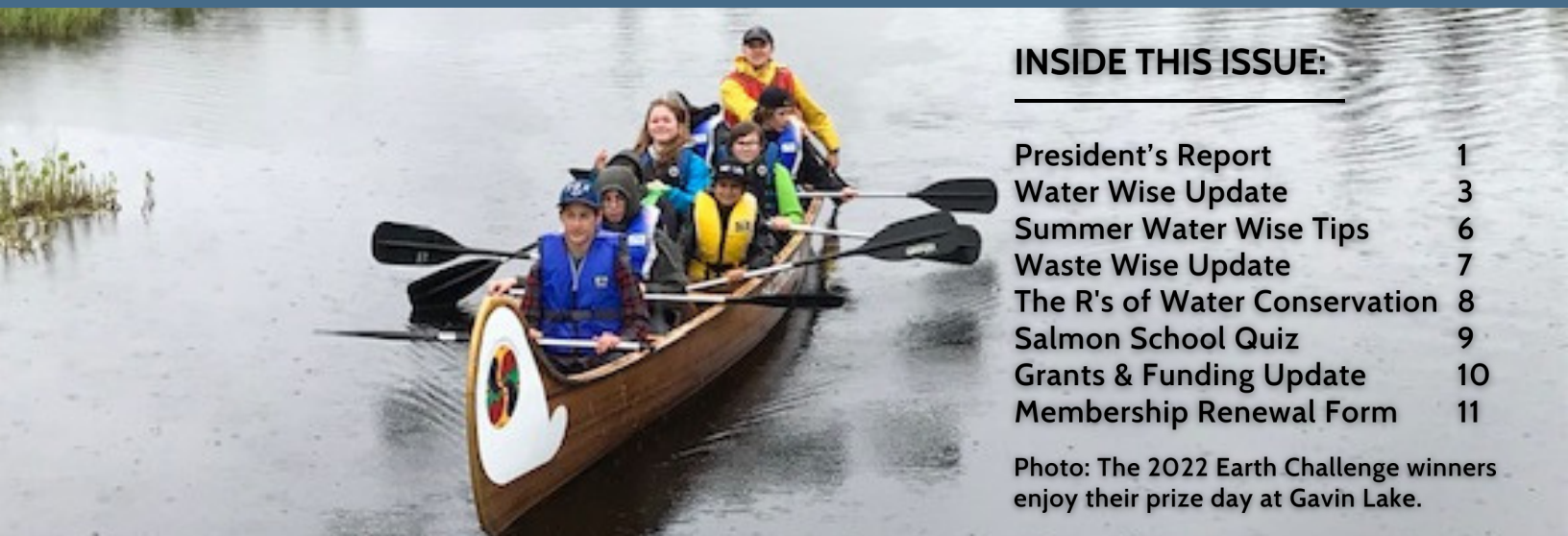




SUMMER 2022

News from CCCS

THE CARIBOO CHILCOTIN CONSERVATION
SOCIETY'S BIANNUAL NEWSLETTER



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Photo: The 2022 Earth Challenge winners enjoy their prize day at Gavin Lake.

big smiles & NEW FACES

A message from our Board President,
Daniella Gastaldello



Brianna presents one of the cheques from the Empty Bowls fundraiser

Dear CCCS members,

Welcome to the summer season! Things have sure been bustling it seems for the first time in a very long time, so hopefully you're all enjoying being busy bees as well.

I just wanted to start out with a heartfelt thank you to everyone at the CCCS for welcoming me on. I have thoroughly enjoyed my role as President to date, I have appreciated the opportunity to become part of this amazing group of individuals, and feel I have already learned so much from all of you.

So, thank you all for making me feel so welcome, and I very much look forward to continue working with you all!

This year has sure been off to a fabulous start, as I am sure you can all agree. It was wonderful to see things pick up so drastically this spring as we slowly shifted from the pandemic restrictions. The litter pick event for Earth Day was stellar and brought over 100 people together to collect 245lbs of garbage from our city streets, and the Empty Bowls campaign brought in an amazing 3,600\$ for 3 local food banks, for example.

Although, I cannot pick favorites, and in general all the events and education, getting back to the community, and the SMILES have been so amazing to witness. I know first hand my children especially enjoying getting to go on some amazing field trips before the school year ended, such as the educational trip to Bysak Community Forest with Jenny Howell.

Sadly though, not all things gold can stay, and we will be saying goodbye to the amazing Amber Gregg, as she moves on to a new opportunity this summer. On behalf of the CCCS, a HUGE thank you for all your amazing work, you are admirable and you will be greatly missed; although I am confident it will not be goodbye forever.

However, we are delighted to welcome Amandah Cullum to the Program Coordinator position. She brings a wealth of skills to this role including experience as an educator, passion for the environment, and a spirit of volunteerism, and we are lucky to have her on board.

On that note, I will end my ramblings, but I can't wait to finish off the year with the same enthusiasm. I look forward to seeing you all soon!

Warmly,
Daniella



2022 Community Forest Field Trip



Bringing the Lessons Outside

Water Wise Update

By Jenny Howell

We have had a squelchingly wet spring, but amazingly I didn't have to cancel a single field trip this spring, which I think has never happened before. The rain came late afternoon, or if it arrived earlier was just a slight drizzle, so a total of fourteen classes got to experience the games and activities based on the hydrology trail in the Community Forest.

This trail was put in by the Conservation Society in 2020 and is being well used by other school groups, pre-schools and the general public. We are currently in the process of having signs made in a similar style, but on the theme 'reduce/reuse/recycle' in nature. These will go on the trail around Gavin Lake which is well used by the public and school groups and will likely be used as the basis for future Gavin modules.

We also had two classes out painting storm drains and two classes that were winners of the Earth Challenge came out to Gavin for a prize 'fun day' (where they got to experience paddling in the Voyageur canoe) for a total of eighteen field trips this spring.

Looking back through the last few months, there has still been some Covid impact but we have been working around it quite successfully. The biggest change has been fewer in-class sessions still; cases were high in schools this winter and it made more sense to focus on the outdoor teaching. CCCS funds the Gavin Lake Snow Science module, teaching the significance of snowpacks to watershed health, and we had nine classes come through for day trips.

Storm Drain Painting Day



One big step forward- we were able to run the Earth Challenge in person this year after two online versions. We had all ten Grade 7 classes sign up (about 250 students) and the instructors taught in person, including the full day of ecology instruction for each class at Scout Island.

On May 27th, we held the quiz in person for the teams while the remaining students were earning points for their classes in activities.

In addition to CCCS, the activities were led by Invasive Species, Scout Island Nature Centre, DFO and Alex Fraser Research Forest (UBC). Gavin Lake offers the Earth Day prize with instructors for free and Mike Tudor MCs the quiz.

We are so appreciative to all our partners and friends who help with this event; I think it is pretty unique in this community to have so many groups that work together and support each other so well, and it multiplies and magnifies what we can all offer to the students to enhance their understanding of the natural world and their effect on it.

Earth Challenge Prize Day at Gavin Lake



I also know how lucky we are to have such support and enthusiasm from the teachers and administrators who sign up for all our programs and welcome us into the schools; something I don't take at all for granted, suspect is also unique to our area and recognize is a privilege.

I updated my ongoing Water Report again this winter; we are using 31.6% less water if you average the last three years and compare to the three years pre-Water Wise, even as the local population rises and we have had some dry summers.

So the drop in water consumption we saw with the onset of Water Wise has continued to hold, despite Covid and reduced classes.

The extra social media presence and newspaper articles will have helped keep Water and Waste Wise in the public consciousness. and our programs have been running for so long now, I am getting teachers that went through the programs themselves as students. Hopefully that means a cultural change as this generation of young adults raises their own children with what they have learned.



To summarize our class lists this year, Water Wise reached 68 classes and 1442 children, teachers and parents. This is consistent with the last couple of years and reduced class sessions, and we have supplemented our programs in other directions.

It sounds like there are future waves of new variants of COVID predicted through the winter which may continue to affect our indoor programs; having now experienced COVID and the still- lingering effects over two months later, I am in no rush to get it again. Luckily we have many options for outdoor programs and we can focus on these as long as needed and still fulfill our mandate.

Lastly, Amber has been offered a job she can't refuse and will be leaving CCCS this summer. I am sad for us but excited for her to have this opportunity. She has been a rock through the turbulence of COVID; the

hub of the wheel as we all spin off on our various projects. Amber will be missed as a colleague and friend but she will still be in the community and is planning to continue volunteering with CCCS.

We would like to warmly welcome Amandah Cullum as her replacement. Amandah has a background in early childhood education and a history of multiple community volunteer roles and we are excited to have her on board.

She and Amber will work together as needed to ensure a smooth transition over the next few weeks. Thanks for supporting CCCS through this change Amber as well as everything else you have given to the organization for the last three years. We all send best wishes for your new job opportunity.

Jenny Howell
Executive Director
Water Wise Instructor

Community Forest Trail Field Trips



7 Options for Saving Water Outdoors this Summer

By Vanessa Moberg

Outdoor uses can account for up to 50% of household water consumption, and most of this increase tends to occur in the summer, placing a strain on our aquifer.

If you'd like to reduce your summertime water use outdoors, here are some options to consider:

Use a broom.

Sweeping up outdoors instead of using a hose will save an average of 35 litres for every minute not running the hose.

Use a bucket.

Washing your car with a sponge and bucket, instead of a running hose could save up to 400 litres for each wash.

Use grey water.

Keep a small bucket next to the kitchen sink to capture running water that would normally be wasted - such as when rinsing produce - and use it to water your flowers. You can also save your potato, pasta or boiled vegetable water - a lot of plants love the nutrients this provides. Some of our followers even report using coffee, tea, fishtank water, and kiddy pool water!

Reduce your watering.

Most lawns only require an inch of water per week to stay healthy and green. Reduce your watering to 30 minutes twice per week, and that'll give you your inch. Using a timer helps! And don't forget to follow municipal watering guidelines.

Alternatively, you can choose to water only when needed, and here's a good test: grass that bounces back when stepped on isn't dry and doesn't need watering just yet.

Increase your grass length.

Letting grass grow a little longer and not cutting it too short will allow it to hold more water. Many people in the area also mow around their clover which requires less water and is great for pollinators.

Harvest the rain.

By installing a rain water catchment system, you can drastically reduce your use of city water resources. We have some great videos on our YouTube channel on how to build one yourself and set it up.

Install drip irrigation.

Drip irrigation delivers water directly to the roots allowing you to use much less. These can be used in combination with rain barrels and timers to really up your game.



Free Things & Auditing

Waste Wise Update
By Oliver Berger

Well the onset of summer always excites us waste educators as we ease out of the school and outside into our gardens, lakes and hopefully a music festival or two.

Seedy Saturday is always a popular kick off for us as we set up in the season's first Farmers' Market and engage with community members about composting, rain water harvesting, gardening tips, feeding worms and of course recycling.

This year we were invited to 3 in total including the Chimney Lake Community Seedy Saturday, Williams Lake Seedy Saturday and the 108 Community Day. The most popular topics this time were mostly around managing food waste effectively and safe backyard composting techniques.

As per popular demand we once again launched 2 FREE your THINGS weekend sharing events where folks can do some Spring clean up and decluttering by simply putting unwanted yet usable items at the end of their driveways for others to adopt. We create an online map once homeowners sign their addresses up so users can find locations with 'FREE THINGS' at ease.

We plan to continue this event every year so residents can prepare and as always try our best to include our neighbouring towns of 100 Mile House and Quesnel, which did have some sign ups this year. Yay!

The CCCS crew has been working side by side with the City of Williams Lake over the past year to prepare and plan an effective audit plan for the curbside recycling bin pick up program. We did a couple weeks of auditing last year to assist with high levels of contamination that were found.

Over the Winter we developed a strategic plan alongside Recycle BC to effectively tackle and track contamination and of course reward those with epic compliance.

We have hit the streets for 2 weeks already out of the planned 4 for the year and hope to continue this latest addition to our job description for the future. So far we have already seen a decrease in contamination rates.

One of the beauties of living in a small town is that word seems to travel fast.



One of the many contamination reduction posts we've uploaded to our social channels to support the effort!

Using the R's for Water, too

By Vanessa Moberg

An easy way to remember to be Water Wise is to apply the same principles we use for waste! Here are some tips:

REDUCE

The first and most important step is to reduce your water use. You can use many tactics such as turning off the taps, taking shorter showers, and using a broom outdoors instead of a hose, to name a few.

REUSE

While some people install grey water catchment systems in their homes, you don't need to get this fancy! Simply keep a clean ice cream bucket next to the kitchen sink to catch all the extra water wasted when running the tap, and use this water for other things such as refilling your pet's water dish, cooking or cleaning. You can also keep the water used to boil veggies or pasta and reuse it to make a soup!

RECYCLE

If you really want to up your Water Wise game, consider setting up a rain barrel to water your indoor and outdoor plants. Rainwater is oxygen-filled, neutral in pH, and free of salts, minerals, and chlorine. You can even build your own! All you need is a barrel, a few tools, and some fittings from your local hardware store. Oliver gives us an awesome step-by-step guide on our YouTube channel.

REPAIR

Leaky faucets and toilets, over time, can add up to huge water wastage. Always fix leaks, and while you're at the hardware store, consider updating your faucets to low flow versions saving thousands of litres per year.

RETHINK

In addition to saving water, being Water Wise means protecting our watersheds. To do this, we need to rethink everything that goes down the drain and into our environment. Use green or biodegradable cleaning products that are free from phosphates, bleach, and petroleum - or make your own using things like baking soda or vinegar.

REFUSE

Everything we put onto the ground and into the air becomes part of the water we use. You can protect our watersheds (and the local wildlife!) by ensuring your lawn is free from herbicides and pesticides. And another thing to refuse - bottled water! Every one litre of bottled water requires three litres of water to produce, not to mention the plastic waste and the carbon impacts of shipping it.



How well do you know your salmon?

We recently posted a series of Salmon School quiz questions to our social media channels. How many will you get right? Answers on the next page.

1

It's time for SALMON SCHOOL

Salmon are named from the Latin word "salmo" which means what?

- (A) to migrate
- (B) to leap
- (C) to swim

2

It's time for SALMON SCHOOL

Salmon use smell and the Earth's magnetic field to return home. They can detect a drop from their home stream in an area the size of 10 swimming pools.

Myth

Fact

3

It's time for SALMON SCHOOL

Salmon are born in freshwater, spend most of their lives in saltwater, and return to freshwater to spawn. The term for this is:

- (A) Anadromous
- (B) Ambidextrous
- (C) Catadromous

4

It's time for SALMON SCHOOL

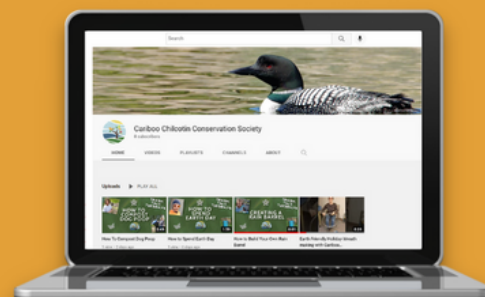
Which one of these is NOT a species of Pacific Salmon:

- | | |
|---------------|---------------|
| (A) Pink | (E) Cutthroat |
| (B) Chinook | (F) Chum |
| (C) Coho | (G) Sockeye |
| (D) Widemouth | (H) Steelhead |

We have a YouTube channel!

(Now we need subscribers.)

Search "Cariboo Chilcotin Conservation Society" on YouTube to find us and subscribe.



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 working with the City to include regular audits of the Recycling program in Williams Lake, for an additional fee. We are now on our third year of the three-year contract (2020-2022), and will apply for renewal by September 2022.

Cariboo Regional District: Our CRD fee-for-service is a three-year contract (\$40,465), with a 2-year option to renew, which has come to an end in May 2022. In June 2022, we were direct awarded the contract with the same terms. The three year term is June 1, 2023 – May 31, 2025, and the two year option to renew is June 1, 2025 – May 31, 2027. 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!

Salmon School Answers

Q1. (b) to leap

Q3. (a) anadromous

Q2. Fact

Q4. (d) widemouth

Question 4 was actually the source of some controversy, many insisting that steelhead and cutthroat are not salmon, but trout. Our question probably should have asked which one of these is not a “salmonid” species, because the salmonidae family includes salmon (genus name *oncorhynchus*) and trout (genus name *salmo*), along with char and others. The cutthroat (*Oncorhynchus clarkii*) and the steelhead (*Oncorhynchus m. irideus*) are both classi-

fied in the salmon genus, *oncorhynchus*, not the trout genus, *salmo*. But we checked in with some colleagues in the field, and as for whether or not these two species SHOULD be considered “salmon” is up for debate and actually depends on who you talk to - some say yes, others no. The controversy actually comes down to their behaviour. Although we call them trout, that anadromous behaviour exhibited by steelhead is what makes them salmon-like, and why many like to classify them as salmon. Thanks to our social media followers, we are learning that things aren't quite as cut and dried as we thought, and we will be less cavalier in classifying our salmonid friends from now on!



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.