



WINTER 2024

News from CCCS

THE CARIBOO CHILCOTIN CONSERVATION
SOCIETY'S BIENNIAL NEWSLETTER

INSIDE THIS ISSUE:

President's Message	1
Water Wise Update	3
What's Up With "Fossil" Fuels?	6
Waste Wise Updates	8
Forest Friday Update	14
Things That Actually Are Garbage	16
Grants & Funding Update	17
Gleaning Event 2024	18
Membership Renewal Form	19



Photo: Elder College tour of City water and sewage systems

presidential elections (NOT THAT ONE)

A message from our Board President,
Amber Gregg



One very happy Forest Fridays attendee

It's been one year since you elected me as the President of CCCS and it I feel has been the easiest term that any President has had! CCCS Board positions are interesting, because the Executive Director, Program Coordinator, and the contractors take care of the majority of the work of the association, leaving little need for assistance.

The Board is very hands-off in comparison to other organizations.

At the same time, the role of individual directors is fiduciary. This means that all directors must act in the best interest of the society, do their due diligence to prepare for meetings, and be informed of the organization's financial position. Fulfilling this role while remaining hands-off can be a more challenging task.

In the past, Presidents such as Bill Lloyd made an effort to check in on a weekly basis. These regular check-ins were a great way to keep informed on the activities of the team and be aware of any risks or issues that may require Board input. Admittedly, I have not followed this tradition, and mainly rely on Jenny and Dani to provide me with updates and to reach out as needed.

This is not the first time that I have mentioned this, but I believe that the reason this irregular/casual meeting style works is because of the incredible team of contractors that carry out the work of the society.

It appears seamless, but I know that it is not. Dani does a ton of work to ensure that the funders have the information they need, that the contractors know what funds they have available, that data is collected, reports are done, applications are in, and on and on. She makes it look easy!

When she's not in the classroom, or on one of her many field trips, Jenny does a great job at overseeing the work being done by checking in regularly and keeping herself looped in on everyone's activities. She is steady at the wheel!

Mary and Oliver continue to educate the residents of our great community about waste management with style. Their friendly approach to education is well received by the community and they are well known in the community for the great work that they do.

Vanessa is a genius with social media and marketing, and seems to never run out of creative ideas for how to reach people. Her content is engaging and interesting, and her understanding of marketing helps to reach people wherever they are.

Finally, Amanadah's Forest Fridays continue to be a hit and help to develop earth friendly warriors from an early age.

I am thankful for this great team for everything that they do and for making my job easy! I'm glad to work alongside the rest of the Board and thank you all for dedicating your time and skills to this organization!

I hope you've all had a meaningful, restful, low-waste holiday, and you're ready to approach 2025 with optimism, resilience, and action.

Amber



Our ever-popular Earth Friendly Holiday Event was held December 6-7 this year. Deepest thanks to the many volunteers and multiple organizations required to pull this one together!



Another Year Squared Away

Water Wise Update

By Jenny Howell

Happy New Year everyone! Totally random fact and of no significance at all- did you know that 2025 is a square number?

I usually seem to start these winter newsletters with a Gavin snow report; and we actually do have quite a bit of snow now and today is -12, the first 'cold' day so far, but the cold isn't projected to last long. The creeks are all still running, but my brain has adapted to the sound of running water through winter scenes, which seemed so incongruent the first year it happened.

I guess that is the shifting baseline theory in action, as our accepted norms and expectations for the environment are lowered and we adjust to them. The hope for a decent La Nina seems to have mostly fizzled, so this is what 'normal' is now, with no El Nino or La Nina influence.

We had 28 classes come through Gavin Lake this fall for the two CCCS sponsored modules. This year they were 'Aquatic Insects' and 'Beavers and Wetlands', the one I taught.

Kids always like learning about anything to do with animals, so this is a popular module, and in the second half we walk through the wetland, learning about some plant species and looking for signs of beavers. We have had no beaver activity on the lake for a couple of years, but I could point out old lodges, beaver canals and food sources.

On the very last week of the program, a beaver was spotted on the lake, two food piles started and two old lodges renovated, which brought much excitement amongst the Gavin staff. It seemed late to be moving house and getting ready for winter, with the ice starting to form, but I assume they have a better idea of how to be beavers than I do and knew what they were doing. There are lots of lily roots they can get to under the ice, so maybe they factored that into their winter food plan. Now we have more cold and snow, it should be possible to see the warm air rising from the top of their lodges if all is going well in there.

Once Gavin was done, it was time to dust off the modules, fix up the props, review and update the lesson plans and head back into the schools. I am focusing on my less travelled schools this year; some schools sign up for everything every year so there's a band of kids that see me a lot, but others less so.

Jenny's mature students from the Elder College enjoy the City water and sewage system tour.



I was in Marie Sharpe and Chilcotin Rd in December and will be at Mountview in January, with a couple of road trips to Lac la Hache in March for a Water Wise unit with field work . I also did an Elder College presentation again in November with a follow up tour of the City water and sewage systems; this has become an annual event and I enjoy my students with a different level of maturity!

Earth Challenge 2025 will be similar to 2024; about half the grade 7 teachers are new this year, but I met with them and everyone is keen to go ahead. Instructors

and Earth Challenge day (April 15) leaders are booked and we will go with the longer lessons at Scout Island again. The City is offering pump station tours again to all 10 classes; very generous, given they have been short staffed and this consumes quite a bit of their time, but an invaluable experience for the students. Students will also tour the dump with Mary and Oliver.

February will be Snow Science at Gavin (hopefully with actual snow this year), and then into spring field trips after Earth Challenge.

The Gavin Lake modules are never a disappointment.



Oliver is working on getting an outhouse in place at the Community Forest for this season; I am conflicted about this as knowing how to pee in the woods seems to be a lost art for kids, but with hundreds of kids up there now, it's just too much people pressure not to have one.

In between presentations, I enjoy researching and writing Tribune articles; this fall was one on Beavers and Wetlands, the Elder College Tour and Fatbergs. I try to cycle between both local and global topics

and include some upbeat/hopeful stories as well as the inevitable doom and gloom that accompanies most environmental topics. It's always a fine balance between awareness and avoiding 'switching off', which I think most of us juggle in our own ways.

Thanks, as always, to the Board and contractors that keep CCCS thriving. I hope everyone had a good holiday season and best wishes for a Happy 45 squared!

Jenny



We defy you to name something better than outdoor education!

Why We Call Them “Fossil” Fuels

Adapted by Vanessa Moberg from the Air and Air Quality section of the CCCS Earth Challenge Booklet

Ever wonder why we call things like coal, oil, and natural gas “fossil” fuels?



Fossil fuels are natural resources that have formed from the remains of ancient plant and animal life.



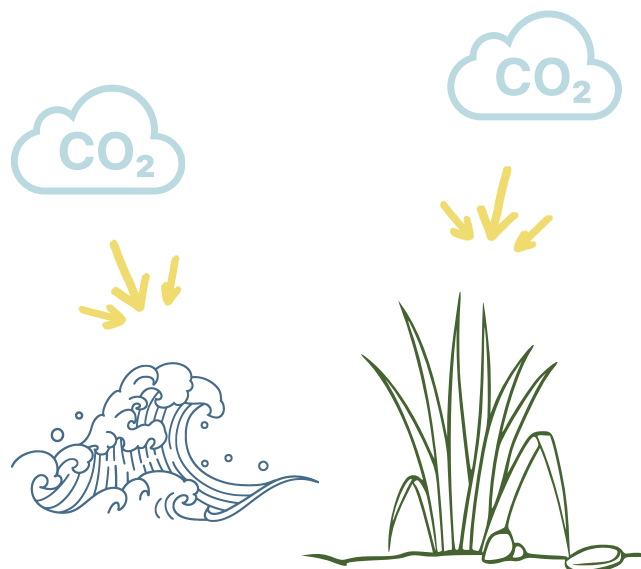
Which brings up an important point...

You’ve probably heard about how trees protect us from climate change by capturing and storing carbon dioxide.

We call this “carbon sequestration”.



Other examples of “carbon sinks” include soil, grasslands, marshes, mangroves, and oceans.

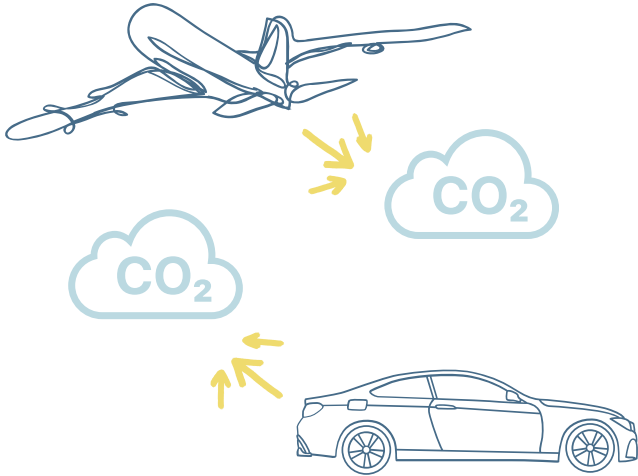


Here’s where it gets interesting..

Fossil fuels are actually carbon that was sequestered hundreds of millions of years ago, before the dinosaurs were on earth!



When humans burn fossil fuels, we release the carbon that ancient plants had trapped underground.



So when we talk about “sequestering carbon” as a solution for climate change, it’s also important to consider NOT releasing the carbon that was already sequestered in ancient times.

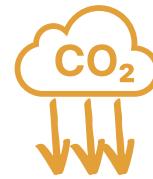


The major sources of fossil fuel burning are:

- motor vehicles, marine vessels, and airplanes
- power plants (generation of electricity)
- factories
- space heating (oil and gas furnaces)
- gas-powered yard and garden tools

Many carbon uses are vital when living in an area like the Cariboo Chilcotin.

However there are a few things we CAN do to reduce our impact...



Reduce our energy use.

Example: using active transportation instead of driving



Try not to waste energy.

Example: insulating our homes better



Convert to energy using natural sources.

Example: installing solar panels



New Old Ways to Reduce Waste

Waste Wise Update

By Mary Forbes

New old ways to reduce waste are popular this fall and winter in Williams Lake. Two handicraft workshops held at NEXT GENERAL Mercantile, and one held at Troll Resort, were very well attended with cheerful faces, busy hands and phones in pockets.

The first workshop was a DIY poppy event where participants “oohed” and “awed” over their – and their co-participants’ – creations, with devices being used only as reference or to record the success of their art.

One student shared with the group that the each colour of the poppy has a meaning: red for blood, black for war, and a green leaf for regeneration. A green leaf? Indeed, a leaf at the 11 o'clock position is a part of the traditional poppy.

Reflection and meaning at the Waste Wise DIY Poppy Workshop



The following workshop was darning and needle felting socks and other assorted woolen items that participants brought in. We provided the needles, wool, and embroidery floss, and each participant brought home one needle to keep the craft going.

We really appreciated how folks ran the gamut of get'er done style to meticulous stitching.

Storytellers around the table talked about who was the person in their family that would darn objects in the past, and how many people had favorite socks with holes they had been saving for when they found someone to fix them, and how good it felt to repair these humble foot accoutrements themselves.



I shared that threading a needle may be one of the most continuous family skills passed down from adult to child for as long as those generations have been sharing sewing skills.

Others shared that the military has a long tradition of teaching their own to make do and sew their own. A few participants shared that they had a father or grandfather who excelled at textile repairs and darning in particular.

A thank you to Red Shreds for saving their "Darn Tough" socks that come in on warranty and provide them to our Waste Wise program to repair and re-gift. Often these repaired socks go to the burgeoning artist who repaired them.

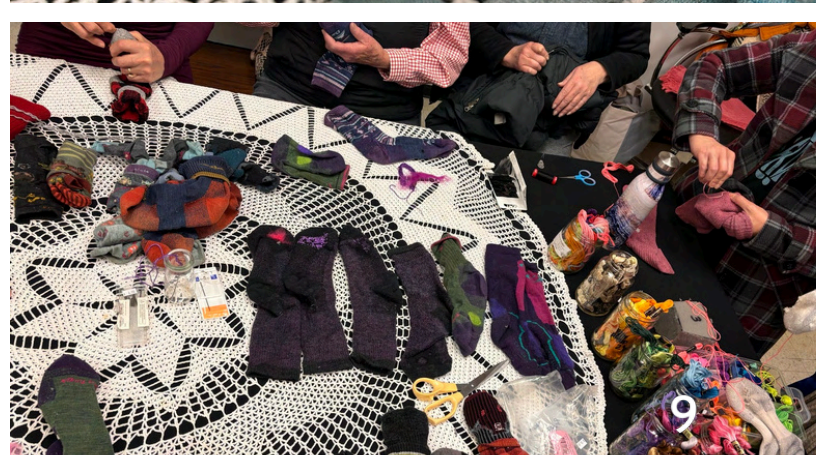
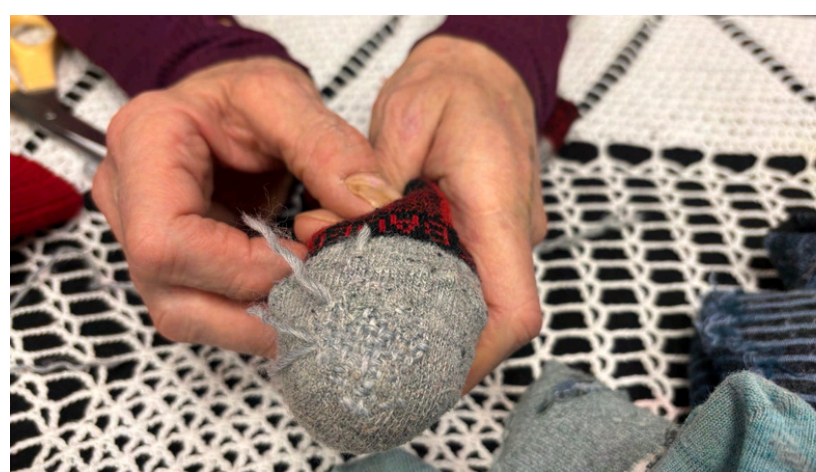
Children are particularly proud of their newfound foot art. This new program needs a catchy name-Recycled Soles? Socks for All? Soles for All-hee hee.

A few teachers who have attended workshops have expressed an interest in seeing the darning program come to classes - but we will need more socks!

That being said, Waste Wise in partnership with Red Shreds is reaching out to Darn Tough and other vendors to see if more of these socks can be diverted from the dumpster to darning. Oh man, that might be a great name...

During the Canada Post strike staff were outside for long hours in the chill, knitting and doing other handicrafts to keep the day moving along. One staff member expressed in passing to me how much she loves attending the Earth Friendly Holiday Event but was sorry she could not attend. A few days later I brought the event to the picket line with supplies to DIY a wreath that was met with great holiday spirit, and some homemade cookies.

New skills and old stories at the Waste Wise Itchin' to Stitch Workshop



SD 27 Early Learning with Beulah Smith invited Skates for All to the WL Memorial Complex and Rink for Winterfest where ages 5 and under came with their parents to experience skating and crafts. There was an equal movement of skates being donated and skates being gifted. The littlest skates of our collection and adults' skates are always very well received.

A follow up event will be happening in 100 Mile in January. Just as I was packing up, a family came in expressing disappointment for missing the event; they were quickly invited back to the CCCS office for access to more stock and everyone was outfitted. The family was very happy and were looking up dates to skate even as they were being fitted with skates.

During this time their young son reminded his parents that he recognized me. They pondered a bit to figure out from where, only to discover they had also received bikes for their family from Bikes for All at the Farmer's Market. They are a new-to-Canada family, and expressed their gratitude with "When we moved here, we had no idea WL was so generous".

I let them know that it is the community members, and the forward-thinking leadership and on-going partnership with the City, CRD, and Province at the heart of these endeavours! We are so grateful for their continued support!

Bikes for All received a call in early December from a family hoping to provide a bike to their grandson for Xmas. Explaining the young man was autistic and whose family was in need was all that was needed for me to get out the snow shovel to find a bike that was the right size, colour and concept for his riding needs. Delivered to our beautiful partners at Red Shreds for a final tune up the bike was delivered on time to a joyful 11-year-old on Christmas Morning. Who knew Bikes for All were a part of Santa's sleigh?

As the holidays and well-earned winter rest approached, unfortunately I ended up at the Hospital with Walking Pneumonia. And just as the antibiotics got me back on my feet, I slipped on the ice and broke my foot on Christmas Morning. Sheesh! Although my post-holiday return to work will look differently than I had expected, I look forward to seeing you all out there in 2025.

Alotta bikes... and alotta skates!

Mary





All Ages & All Hands on Deck

Waste Wise Update
By Oliver Berger

As we settle into Winter mode we can reflect on the year and smile knowing we have made yet another dent into our ongoing piles of trash and empowered some minds along the way.

A bigger focus this year was to get more hands into the ground, learning about our plants and seeing where our food comes from. The gardening classes were a great success in the Spring and now in the Fall we did some harvesting of the fruits of our labour. It was nice to see some very large potatoes being donated to our local charities, hand picked by elementary school students.



Recently two high school students reached out to Mary and I to assist with recycling at their school. As part of their Capstone Projects, they would like to develop better recycling and composting initiatives at their school and train successors to ensure longevity of their project.

The two have jumped on board with us during our curbside recycling audits, helped out at the Medieval Market doing waste diversion, and co-facilitated a waste audit of the garbage at their school. Learning a lot very quickly and doing an amazing job to boot, their enthusiasm has been very appreciated. At the start of 2025 they plan to roll out a waste diversion station at Lake City Secondary School educating fellow students and reducing the amount of garbage heading to landfill.



Medieval Market saw 3600+ visitors but only 4-5 bags of garbage. Everything else - diverted!



We have seen some major improvements at the curb when it comes to recycling audits in Williams Lake. Residents have really grasped our education and training techniques and are producing an excellent, marketable stream of recyclables. When we began the program, our audits from Recycle BC were anywhere from 9%-18% rates of contamination, now we are seeing audit rates between 3%-8%!

Woo-hoo!

As promised, in regards to our Waste Wise Green Events, Mary and I have contracted out the larger weekend and week-long

events to preserve our CCCS hours towards more in-class education and other priorities.

We still participated in some Green-eventing through CCCS and were even able to loan our racks and gear to some organizers so they could take on the challenge themselves.

This strategy worked out well and only required us to drop off and set up stations, train organizers, come back for tear down, and guide materials to final destinations.

Lots of Earth Friendly crafting this year!



Community composting is continuing at the Potato House and as well at the Memory Garden site on Carson Drive. Both sites are public drop off locations for the people of Williams Lake for their food waste. The Memory Garden site is mostly used by the school nearby to take the food scraps from the Food and Nutrition Classes, which is a new addition this year.

Both sites help divert over 1 tonne of organic waste per month from the landfill and are important pillars helping to close the organics loop locally. Also, both gardens benefit from the finished product produced on site to grow fresh neighborhood food.

One of our past Environmental Heroes and I teamed up again to tackle some BUTTS. "The amazing litter legend of Dog Creek" (it's a thing, youtube it), Mr. Saunders sorted out 4 large bags of cigarette butts from his season's worth of litter picking and I got it ready for shipment. We send these off to Terracycle Canada through a fundraising program for a BC small business called Brain Garden.

Brain Garden makes Pocket Ashtrays for disposing of ciggy butts properly and promotes the education of cigarette butts as a toxic waste and potential forest fire starter. Our video on this endeavour reached far and wide.

Once again we were able to use up all of our nature leftovers from the Earth Friendly Holiday Event. 150 Mile Elementary reached out to us to join them at their Christmas Crafting Night at the school and we made beautiful boughs, dead flower bouquets, and door hangers with our scraps. The kids loved it!

As always our Trash Talk Tuesdays keep popping with new ideas and fun adventures, so make sure to follow along and share with all your online buddies. We will be watching too

fb: Cariboo Chilcotin Conservation Society
IG @ccc_society

Oliver

The Litter Legend of Dog Creek and one season's worth of butts.





Forest Fridays in its 10th Year!

By Amandah Cullum

I am super excited to report that, with the continued support of CCCS funding partners (and with special recognition to the Williams Lake Community Forest for their ongoing support) I was able to explore with a total of 112 children and 59 adults this past Fall/Winter.

Taking turns between the Williams Lake Community Forest and Scout Island, we explored topics such as season changes, weather, harvest, migration, hibernation, nocturnal creatures 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.

This in turn, sets 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 in its tenth year now, created for children ages 0-9, along with their caregivers, to engage, learn, and connect through nature and play.



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!

The Forest Friday crew have visited local sanctuaries such as the Williams Lake Community Forest, Scout Island, the Dairy Fields and local parks and trails, no matter rain, snow, wind or shine, discovering all that nature has to offer our senses and leaving our beautiful community spaces just a little better than we found them.

We even 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!!

'Teacher Amandah'

You're looking at the future,
and it is bright.





9 Things That Are Actually Garbage

Waste Wise Update
By Vanessa Moberg

Deviating briefly from our reduce-reuse-recycle messaging, this October, we posted on social media 9 things we're encouraging you to throw in the garbage - because they're not recyclable!

01 squeeze tubes

These include things like toothpaste tubes, hand cream, hair products, any container that has that one crimped end and has to be squeezed out. *(Note that Next General Mercantile and Refillery in Williams Lake does accept empty toothpaste tubes in their alternative recycling program, but they MUST be clean. The company will not accept them if they contain any product. Toothbrushes can be dropped off, too.)*

02 q-tips, tissues, floss

Any used bathroom waste is considered hazardous and is not recyclable. Of course, you can recycle non-hazardous bathroom items like rigid plastic shampoo bottles and cardboard toilet paper rolls.

03 kid's art

While some of the elements of kids art might've been recyclable at one point (i.e. paper) it is considered contaminated once there is glue, glitter, macaroni, popsicle sticks, etc.

04 ketchup or sauce packets

Those little rip-open sauce packets you get with your take-out cannot be recycled because they are difficult to clean and become contamination. The best practice is to refuse them when you pick up your food.

05 stickers and sticker paper

Stickers and the paper they come on have a special coating which makes the paper unrecyclable.

06 "biodegradable" or "compostable" plastics

There's a bit of greenwashing here. Plastics labelled "compostable" or "biodegradable" can only be composted in special industrial facilities, which are usually only located in major cities with curbside compost pick up. The other problem? These "compostable" plastics aren't recyclable either so they are just... garbage.

07 household items

Old and/or broken household items that aren't suitable for donation to the thrift store also cannot be recycled. The easy way to remember this is... if it's not packaging, it's not recyclable. Some common items we see are garden hoses, rope/twine, and items that would be considered scrap metal. So if it cannot be refurbished, repaired, repurposed or upcycled, it may be time to throw it out.

08 liquid-absorbing pads

These are usually found in trays of berries, meat, poultry, and fish. As with the sauce packets, there is no real way to clean these, so they become a source of contamination in the recycling bales.

09 plastic blister packs

These are the plastic and/or foil and/or paper protective packaging for chewing gum and pills. This "multi-laminate packaging" is extremely difficult to separate, so it is garbage.



Grants & Funding Update

By Daniella Gastaldello

City of Williams Lake:

The City of Williams Lake provides two fees-for-service: one for our Water Wise program, and one for our Waste Wise program. The first allows us to run the Water Wise program in the schools and community of Williams Lake. This funding (\$42,000) assures the continuity of the education program which engages all ages in water conservation and provides educational tools for easy ways to save water. The second is for our city-based Waste Wise program (\$35,000), which is our education program focused on the 5 R's: reduce, reuse, recycle, rethink and rot. We are on year two, of our three-year contract, for both the Water Wise and Waste Wise program funding.

We have also been working with the City since 2021 to include regular audits of the Recycling program in the City of Williams Lake, for an additional fee (\$10,000) which covers wages, mileage and supplies related to the audits.

Cariboo Regional District:

Our CRD fee-for-service is also a three-year contract (\$40,465), with a 2-year option to renew. 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, to conduct more food waste education and compost coaching, and doing Recycling Audits in the 108.

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:

The grant application (\$5,500) for this fiscal year was approved by the Department of Fisheries and Oceans. This fund supports many of our Water Wise initiatives including Classroom Education, Xeriscape Gardening, Shoreline Awareness, Storm Drain Awareness, and many others!

Williams Lake Community Forest:

The Williams Lake Community Forest funding (\$14,700) funds our Water Wise education program and WL Community Forest Water Wise education program in the WL Community Forest (funds on average 17-19 field trips each school year), covers our wages, admin and project expenses, as well as allows us to hire additional educators to split classes into smaller groups, therefore improving the educational quality of the field trip.

The WL Community Forest is also funding the busing of students, which saves approximately \$2000 from our travel budget, and is funding our newest Water Wise program, Forest Fridays, which launched in April this year!



Gleaning 2024

A few photos from one of our favourite
and most meaningful annual events.





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!



**SIGN UP OR
DONATE 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 [here](#).