



# THE MONTHLY UPDATE

## COASTAL CONSERVATION

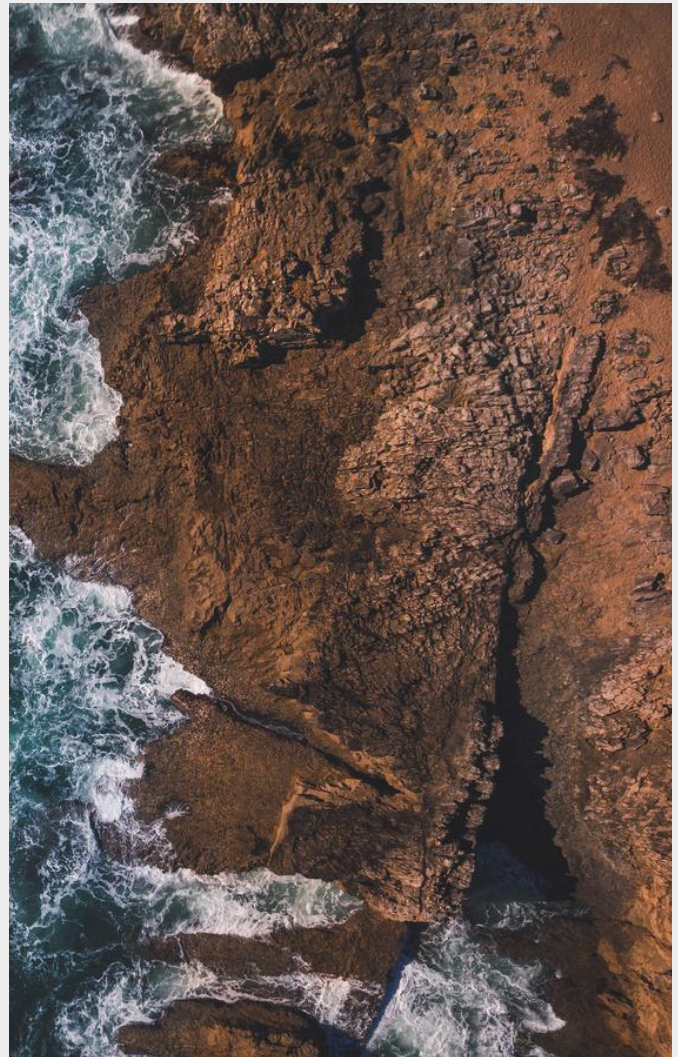
### COASTAL CONSERVATION SURVEY

The Coastal Conservation department is preparing for an immersive new year!

An important survey has recently been distributed to BC Métis Federation members and those signed up for the coastal distribution list to collect feedback that is vital to the Coastal Water Protectors work for 2023/2024. The survey consists of a series of questions aimed at forming data on how Métis and British Columbians interact with the land and aquatic environments such as oceans, lakes, and rivers. This collected information will help build the framework for the upcoming years plans and guide the Coastal Water Protectors in their meaningful conservation efforts.

If you hunt, forage, fish, harvest or simply have a passion for coastal conservation then we want to hear from you!

[www.bcmetis.com/conservationsurvey](http://www.bcmetis.com/conservationsurvey)



# COASTAL CONSERVATION

'CELEBRATING OUR COAST'

November 23rd BC Métis Federation's Coastal Water Protectors hosted an evening of fun at the Coastal Conservation office in Vancouver.

'Celebrating Our Coast' workshop was all about just that, celebrating our beautiful coastlines in British Columbia!

During the summer months the Coastal Water Protectors hosted several community engagement beach clean up sessions throughout the Lower Mainland and Vancouver Island. During this time the team collected driftwood pieces from the visited beaches. These driftwood pieces were the main focus of the workshop, combined with preserved reindeer moss and a variety of air plants, the community participants were able to create beautiful coastal inspired centerpieces for the holiday season!



# COASTAL CONSERVATION

## LAST OF THE RIGHT WHALES

The Coastal Water Protectors are a 'Coastal Champion' with Sea Change Canada and this month they hosted a documentary screening for their champions.

'Last of the Right Whales' is an awarding winning documentary following climate change activists in their fight to save the North Atlantic right whales.



The Coastal Water Protectors and community members met following the documentary for a group discussion on the film and enjoyed traditional treats from Tawnshi Charcuterie - a modern Indigenous inspired take on charcuterie boards!



# COASTAL WATER PROTECTORS

## COASTAL PUPS



The Coastal Pups is a new pilot project rolling out in January 2023, aimed for children aged five to ten years.

Knowledge is power, knowledge creates change, and knowledge on coastal conservation is a vital step towards generating a meaningful impact.

The Coastal Water Protectors will be spending time each month creating a safe, fun and educational space for young children to learn about climate change, pollution, and safe ways to engage in helping to protect our oceans.

To register your child into the program please email Angel at [a.fisher@bcmetis.com](mailto:a.fisher@bcmetis.com)

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Coastal Pups will be amazing in the near future. We would like the world to be clean and safe for all kids and animals.

- Valentino, age 8

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## MEET YOUR COASTAL WATER PROTECTOR

# VANESSA PRESCOTT

Taanishi Vanessa Prescott dishinihkaashoon. Hello my name is Vanessa Prescott and I'm a Métis Clinical Herbal Therapist and Indigenous Patient Navigator in cancer care. Beyond these titles, I'm someone who was raised with a lot of love, and I raise my hands to my family for giving me the roots to grow into the woman I am today (still growing). I'm one of the ten original Coastal Water Protectors and I'm grateful for all of the learning opportunities we've had and will continue to explore together. As Métis people we don't get too many opportunities to gather and celebrate our culture so it's important to create these spaces. I remember an old Métis man entering one of our group meetings apologizing for entering, saying he was just so excited to see so many Métis people in one space. That was a highlight of the meeting for me - I can still see his traditional beaded brooch. When we can get together and protect our coast at the same time it's a pretty special feeling.



## MEET YOUR COASTAL WATER PROTECTOR

# VANESSA PRESCOTT

I'm happy our team is expanding because water is sacred to life and we need to mobilize to protect it. We can't just benefit from extracting non-renewable resources from the Earth without giving back; that's not reciprocity, honour and care, especially in the environment of climate change. I walk with humility and gratitude in my heart, open-minded to listen to those who know a better way and those who have come before us. Like everyone else, I'm just doing my best each day, and a gentle reminder of how different that might look, person to person, day to day.

The older I get the less idealistic and more realistic I become about how to actively create the changes we want to see in life. Projects require funding, organization, planning and execution.

I would like to give a big thank you to Angel Fisher who does so much for us behind the scenes, as well as the Canadian Coast Guard and Fisheries and Oceans Canada (DFO).





## MEET YOUR COASTAL WATER PROTECTOR

# VANESSA PRESCOTT

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In the last few years with Coastal Water Protectors I've learned about and received certification in Emergency Management through Incident Command Systems 100, 200, and 300, Environmental Response to Oil Spills, Marine First Aid, and Intro to Emergency Management. I've also earned Wilderness First Aid certification through Indigenous Women Outdoors and recently successfully upgraded my 80h to become a Wilderness First Responder. I've kicked up my cowboy boots to the Red River Jig, enjoyed traditional acoustics and fiddle music, done beach clean ups, kayaked around Sleilwaut and shared many good times, wonderful food and beautiful places with my fellow Coastal Water Protectors.

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Life is a strange balance of taking care of ourselves, each other and the environment, and also freeing ourselves from time itself and just enjoying life while we have it.

I raise my hands to the First Nations peoples whose ancestors have lived in intimate relationships with the lands and waters that have raised me. I'm Cree Métis and Spanish on my father's side and Dutch and English on my mother's side of the family. The lands that I live, work and enjoy life on are not the traditional lands of my people. I say this as a reminder to respect those whose land you're on, respect their protocols and wishes. Be humbled and listen. I'm grateful for the teachings that have been shared with me in community and grateful for the laughter that's been shared when it's been deeply needed.

## MEET YOUR COASTAL WATER PROTECTOR

# VANESSA PRESCOTT


I was raised in Showe'luqun (Shawnigan Lake). My Métis blood is Plains and Woodland Cree, tracing back to Red River Manitoba. I currently live on x<sup>w</sup>məθk<sup>w</sup>əyəm (Musqueam), Sḵwxwú7mesh (Squamish), and Səlílwətaʔ/Selilwitulh (Tseil-Waututh) land and I am proud to be Métis.

Family, friendship and nature are the most important things in my life, and despite living with the lasting effects of intergenerational trauma (as many of us do), I've been blessed to have been raised with the values of family. I encourage all who know these values to lovingly welcome others with unconditional compassion as many people are living in isolation, pain, poverty and addiction. Our elders tell us to treat everyone like family, with dignity and respect. I'm also very thankful for our dog. Like my dad says, "a dog binds you as a family," and to live with a majestic creature is a real gift from Creator.



You know, I try my best to devote my life to bring healing to the human spirit by connecting to the natural world as much as I can and sharing my heart where it is needed most. The more I do this, the more important it feels to de-centre myself, and really listen to the person before me. To really see them, not as I see them, but as they are. I continually pray to the land, waters, and ancestors to bring strength, peace, and healing to our people.





# WHAT TO DO IN JANUARY

## COASTAL CONSERVATION SURVEY

The Coastal Conservation survey will be running until January 13th. Enter for your chance of winning one of four Visa prize packs, including a Coastal Water Protector recycled canvas tote bag, metal straws, reusable food wraps and more!

[www.bcmctis.com/conservationsurvey](http://www.bcmctis.com/conservationsurvey)

## COASTAL PUPS REGISTRATION

Contact the Director of Coastal Conservation, Angel Fisher, at [a.fisher@bcmctis.com](mailto:a.fisher@bcmctis.com) to register your five to ten year old for the first ever 'Coastal Pup' gathering in January 2023. Date to be announced soon.

## Take ICS - 100 for free!

ICS - 100 is the introduction to 'Incident Command System' and provides a basic understanding and foundation for higher level ICS training. Learn the history, features, principles and the organizational structure of the Incident Command System. Contact Angel at [a.fisher@bcmctis.com](mailto:a.fisher@bcmctis.com)






# HAPPY HOLIDAYS

## A MESSAGE FROM THE COASTAL WATER PROTECTORS



2022 has been an incredible year for the department of Coastal Conservation and the Coastal Water Protectors. The team work, friendship building, and conservation efforts have been outstanding and memorable. We had the opportunity to meet so many of you during the summer and fall months and we look forward to seeing you all again in 2023!

May this holiday season bring you love, laughter, and rest!



ANGEL FISHER, CLAIRE DESJARLAIS, CONNIE LOUIE, KASSANDRA SISON, ZIA YAZDANI,  
TANYA MELLISH, EARL BELCOURT, TANIA CARRIERE, NICK DESJARLAIS, KIM CAMPBELL,  
CATHY SINE, VANESSA PRESCOTT, EARL STOREY, GARY BESSE, BRAD GIROUX, TRACY RAGAZZI