

VOLUME 5 | ISSUE 5



COASTAL CONSERVATION

JANUARY 2023 | NEWSLETTER



TOFINO, BC



COASTAL CONSERVATION DEPARTMENT UPDATES

The Coastal Water Protectors now have a [linktr.ee](#) which makes accessing updates, newsletters and social media as easy as a tap of your finger! Keep up to date and stay informed all in one place.

[Coastal Water Protector Linktr.ee](#)

The Coastal Water Protectors have rolled out a new QR code - the Coastal Conservation department has made a goal of reducing paper in 2023 and a QR code brings the department one step closer to their environmental commitment!

Are you on Instagram? Are you following the Coastal Water Protectors on there? The Coastal Water Protectors social platform on Instagram is your number one spot for daily posts, filled with updates on the Coastal Conservation department, what the Coastal Water Protectors are up to and of course stunning imagery showcasing the beautiful province!

[Coastal Water Protector Instagram](#)

Are you looking for some light reading and want to browse the previous Coastal Conservation newsletters? Now you can! The Coastal Water Protector's now have an e-library where you can see all the past newsletters.

[Coastal Water Protector e-library](#)



COASTAL WATER PROTECTORS ANNUAL GATHERING

The Coastal Water Protectors held their annual team gathering in Victoria on January 20th and 21st at the Magnolia Hotel & Spa.

It's always a challenge to get everyone all together at the same place and time with a busy team of eighteen members so this was an extra memorable weekend with everyone in attendance.

The Coastal Water Protectors met on Friday evening for a meet and greet dinner in downtown Victoria to get to know some of the new team members joining in from North Vancouver and Whistler.

The majority of Saturday was spent in a round table style discussion on the past year, project updates and mapping out the goals and objectives for the Coastal Conservation department and Coastal Water Protector's work heading into the 2023 | 2024 fiscal year.

The afternoon was spent making memories with a guided meditation paint workshop 'Create Your Spirit Animal', hosted by the lovely Louise Lambert of Wine Country Studios, followed by a team dinner hosted by The Courtney Room.

CONSTANCE

LOUIE

"FOR ME, THIS IS JUST THE BEGINNING OF MY JOURNEY AND I AM EXCITED TO BE IN THE POSITION I AM IN TODAY WITH FELLOW COASTAL WATER PROTECTORS TO HELP PROTECT AND HAND ON THE PLANET TO THE NEXT GENERATIONS."

- CONSTANCE LOUIE

STONE HILL, BC

CONSTANCE

LOUIE

'Uy' skewyul- good day. En' thuu Constance tun itsun' utl Quw'utsun.

My name is Constance and I am from the Cowichan Valley. I am currently living in Nanaimo while I study dental assisting and work as a care aide in long-term care.

I was introduced to the Coastal Water Protectors through Vanessa and Angel. I joined at the end of the summer of 2022. Water Conservation is new to me and I am eager to help and learn in any way I can. I am looking forward to doing more training and courses that are available to us. I am very grateful to be a part of an incredible group of people who are all working towards the same goal: to protect our beautiful coast.

I enjoy spending my free time outdoors either in the mountains hiking or visiting a nearby beach.

The ocean has always been close to me and having clean water is extremely important to me. In my younger teenage years, I canoe paddled with my local canoe crew in Cowichan Bay for a few years and we were on the water every day travelling up and down the coast to different war canoe races throughout the summer. Last year I began canoe paddling again and I didn't realize how much I missed being on the water and how healing it is for my soul. With climate change accelerating it makes me very sad to think our future generations won't have the same environment we grew up in.

"We often dismiss small changes because they don't seem to matter very much at the moment" is a quote from a book I recently read called atomic habits and it is a way that a lot of people, including myself. It has helped me think more optimistically about every aspect of my life. I had always felt helpless and discouraged when it came to climate change and how much waste is being produced and ending up in our oceans. Especially, working in health care and being forced to use so many single-use plastics for the sake of convenience. Since changing my career direction to dental care it has made me feel as if I could advocate for eco-friendly supplies because I will be working at a private dental clinic. The technology and supplies are there and continue to get better and more affordable therefore there is no excuse to not be making the switch over gradually. Small changes resembling this have given me hope and encouragement because it is something that I can do in my work life. After all, I will be there the majority of my time and hopefully, other clinics will follow along.



ANNUAL SURVEY

BOWEN ISLAND, BC

The Coastal Conservation department produced and distributed a provincial annual survey during the months of December and January.

The survey consisted of a wide range of questions, primarily aimed at gaining information on hunting, foraging, fishing and harvesting activities in the province of British Columbia.

In addition to this, the survey also took a dive into learning from members on a variety of other aquatic activities such as; boating, diving, water sports and water ceremonies. The Coastal Conservation department was also able to gain insight into the aquatic concerns and areas of interest in those who participated in the survey.

The Coastal Water Protectors will be dissecting the findings and compiling into a downloadable document.

"I INNOCENTLY BELIEVE
THAT SPRING COMES
FROM YOUR HEART."

- ALEXANDRA VASILIU

