



ICHAP Winter Event: Coast Salish “Rivers Event” - Cowichan River

Objective: We hope to bring up remediation and mitigation strategies, as well as current indigenous conservation methods for protecting watersheds and the land. The objective of this event is to encourage land stewardship, and to help deepen the connections of our residents (family members) to Coast Salish Territory.

Overview: We are planning four seasonal camps, each focused on our island-wide mandate to involve each of the 3 Tribal groups: the Coast Salish, the Kwakwaka’wakw, and the Nuu-Chah-Nulth, rooted in the Cultural teachings of each.

The Winter camp theme is "Rivers" so we would like to focus on the gifts that the river gives. Many of our housing members have ancestral ties to the area, and we would love to connect them to the traditional knowledge of the Cowichan Tribes, with a focus on the roles the Cowichan river plays as a life sustaining force. We would love to give back in some way by taking part in local restoration or climate action activities.

Activity Outline:

*Any insight into local projects happening in November, or contacts who may be interested in co-facilitating the events would be greatly appreciated :)

Climate Action Activity:

Action Ideas

- River clean ups and/ or other regenerative activities
- Participating in Salmon habitat restoration, learning about the Cowichan River and how it plays a role as habitat for Salmon
- Participation in Fish Counting on the River
- Estuary Restoration Activity

Education/ Reflection Pieces

- Knowledge sharing with the group about the relations between climate change and silt locally (how recent changes are noticeably exacerbating sedimentation in the area and affecting the health of the salmon)
- Education around the well-being of the Cowichan and Koksilah Watersheds
- How Human recreation impacts river health ie. Summer river float and sunscreen residue? Does this affect the fish and bugs populations?
- How can we better care for our rivers and the culturally important species and medicines that they sustain?
- Focus on Inidgenous ways of knowing and how the river has been impacted by climate change over the years.

Dates & Time:

Monday November 15th, Tuesday the 16th, Wednesday the 17th, Thursday the 18th

General Itinerary:

Date	Daily Itinerary
Monday, November 15th *From a Cowichan Elder/Knowledge Keeper to honor protocol. Note: Sunsets@ 4:30	10:30am - Leave ACEH 11:30am - Arrive at Cabins (Cowichan Lake Area) 11:30am - Unpack and set up & Wellness Checks 12:30pm - Lunch 1:30pm - Welcoming Ceremony* 4:30pm - Dinner & Fire 6:00pm Onward - Stories Around the Fire 8:00pm -Quiet Time
Tuesday, November 16th Climate Action	7:30am - Breakfast 9:00am - Rivers Restoration Event #1 12:00pm - Lunch 1:00pm - River Restoration Event #1 Cont. 4:00pm - Finish Activity 4:30pm - Dinner

River Activity Day from 9am to 4:00pm	5:30pm - Fire & Games 8:00pm - Quiet Time
Wednesday, November 17th Climate Action River Activity Day from 9am to 4:00pm	7:30am - Breakfast 9:00am - Rivers Restoration Event #2 12:00pm - Lunch 1:00pm - River Restoration Event #2 Cont. 4:00pm - Leave Restoration Site 4:30pm - Dinner 5:30pm - Sharing Circle (Debrief) 6:00pm - Fire & Quiet Time
Thursday, November 18th Return Home	9:00am - Breakfast 10:00am - Pack Up & Leave 12:00pm - Arrive Home

Attendees:

- 3 Staff, 5 Housing Members
1. LJ -Climate Health Action Coordinator (ACEH Staff)
 2. NW -Decolonized Practices & Mental Health Programming Manager (ACEH Staff)
 3. SC - Transition to Housing Advocate & Independent Housing Manager (ACEH staff)
 4. WS Family Member
 5. WS Family Member
 6. WS Family Member
 7. WS Family Member
 8. WS Family Member