



Jill Thompson <jill@cowichanwatershedboard.ca>

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## Please share with the Board

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genevieve singleton <twinflower4@gmail.com>

20 January 2023 at 11:36

To: Jill Thompson <jill@cowichanwatershedboard.ca>, Lisa Fox <lisa@cowichanwatershedboard.ca>

Hi Jill and Lisa, here are upcoming free events that I would like watershed board members to know about.

Hello Board members, due to some grants made available to the Cowichan Stewardship Roundtable there are a several upcoming walks that I wish to invite you all to attend. I so appreciate Jill Thompson, Lisa Fox and Stephanie Cottrell for overseeing the funds under the hats of the Cowichan Watershed Board and the Cowichan Community Land Trust.

I particularly planned Fred Roland's walk with the Board in mind.

Please note you must register directly with me. [twinflower4@gmail.com](mailto:twinflower4@gmail.com). I will then provide the meeting location and directions. This is to keep the numbers under 20. Please only sign up for a walk IF you have NOT attended a walk by these experts before. We want to give an opportunity for as many new people to learn from these experts. Fred Roland's walk might be up to three hours long and may involve some rough walking. The other walks will be about two hours long with easier walking. Each walk will be led by a Quw'utsun knowledge keeper and myself. Proper walking gear, water and a snack are suggested. We are on rain or shine.

Genevieve Singleton has had over 50 years of sharing her passion for nature with children and adults. She is a trained nature interpreter, biologist, and has a keen interest in ethnobotany which she will share on the walks.

### ALL EVENTS ARE FREE>

**Monday, Feb 6, 9-12:** walk with **Fred Roland** and Genevieve in the lower reaches of the river "Learn About Historical Quw'utsun Sta'lo' (Cowichan River) Water Movement". Fred is well known for his cultural knowledge and excellent teaching skills. He is the owner and manager of Sacred Cedar Centre. He has lived along the lower reaches his whole life and has intimate knowledge of the area.

**March 8, 10-12:** **Jared Qwustenuxun Williams** and Genevieve will have a walk near the estuary and will be discussing a wide variety of topics. Qwustenuxun is known as an indigenous foods expert, writer and knowledgeable on a wide variety of topics. We will be investigating issues of the very lowest ends of the Quw'utsun Sta'lo' (Cowichan River).

**Sat., March 18, 10-12:** **Hyamiciye, Della Rice Sylvester**, medicine woman, culture keeper, and Genevieve will lead a medicine and plant walk along the river close to Duncan. Hyamiciye is well known for her deep knowledge of ethnobotany and has studied with Nancy Turner. She makes her own medicines, which will be available for sale.

**Sat., March 25, 10-12:** **Q'utxulenuhw, Tim Kulchyski**, biologist, cultural knowledge keeper and Genevieve will lead a walk in the mid reaches of the river. Both Q'utxulenuhw and Genevieve have eclectic interests so the walk will reflect this with a focus on Stseelhtun (Salmon).

It is important if you register to show up. If plans change please let Genevieve know so that people can attend from the wait list.

Please direct all questions to me, [twinflower4@gmail.com](mailto:twinflower4@gmail.com) 250-701-1054. Thank you to the Federal Government and BC Parks for making this project possible.

In stewardship, Genevieve Singleton, co-chair Cowichan Stewardship Roundtable

Genevieve R. Singleton, B.Sc., Biology; M.Ed., Counselling Psych.,  
Nature Interpreter, Biologist,

"...rivers are the veins of the earth through which the lifeblood returns to the heart."

Roderick Haig-Brown