



**Watershed Connector:**  
**Elizabeth Aitken**  
**Cowichan Valley Regional District**

<b>Qualifications and Focus:</b>	Elizabeth Aitken holds a BSc in Geography and Environmental Studies and has taken a number of additional courses on environmental stewardship. She works to engage volunteers in meaningful experiences in parks throughout the Cowichan region.
<b>Works with:</b>	Cowichan Valley Regional District – Parks & Trails Division
<b>Current programs:</b>	CVRD Parks & Trails Volunteer Program. Elizabeth coordinates volunteer opportunities in parks throughout the CVRD for the public and for school groups. Activities include invasive species removal, native planting, and park cleanups. There are regularly scheduled volunteer opportunities throughout the year. We accommodate school group volunteering requests whenever possible.
<b>Reason for Teaching:</b>	Elizabeth believes that hands-on experiences in nature create important life-long learning. There are so many benefits to volunteering in parks including enjoying the beauty of nature, getting exercise and socializing. It is also important to learn about the rich history of the places we now know as parks and care for them for future generations.
<b>Contact</b>	<a href="mailto:Parks.volunteers@cverd.bc.ca">Parks.volunteers@cverd.bc.ca</a> , 250-746-2649, <a href="https://cverd.ca/parks-and-recreation-culture/volunteering-in-cverd-parks/">https://cverd.ca/parks-and-recreation-culture/volunteering-in-cverd-parks/</a>