

Youth Watershed Leadership and Mentoring Program Upper Fraser

Leadership Retreat

Friday 12th – Sunday 14th November 2010
Ness Lake Bible Camp and Conference Centre
Prince George, BC



Participants in Lower Fraser program, 2009



Fraser Basin Council

Fraser Salmon & Watersheds Program



Fraser Basin Council

Living rivers
TRUST FUND



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Welcome to the Fraser Basin Council's Watershed Leadership and Mentoring program!

This program is designed to build your skills and enhance your knowledge and understanding of watersheds, environmental health and the connection to our communities. The program will help you to explore your interests and identify key actions you can take now and into the future that will enhance stream and watershed health in your community. It will also allow you to meet like-minded individuals from across the Upper Fraser and Cariboo-Chilcotin regions, and to connect with and gain valuable career-skills from stewardship groups and environmental leaders.

This program will be interactive and hands-on and has been designed to complement your existing knowledge, understanding and watershed experience. This will form a key part of the program as you share your knowledge and experiences with other program participants.

The program is a time for you to get to know other like-minded youth through dialogue, learning and action.

Enjoy!

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Fraser Basin Council
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The Fraser Basin Council is a charitable non-profit society that brings people together to advance sustainability in the Fraser River Basin and throughout British Columbia. The Council works in support of healthy ecosystems, vibrant economies and strong communities, reports on progress towards a more sustainable river basin and facilitates the resolution of complex sustainability issues.

The Fraser Salmon & Watersheds Program aims to inspire human behaviour change for the benefit of salmon and the watersheds they depend on. The program is jointly managed by the Fraser Basin Council and Pacific Salmon Foundation and funded primarily through the provincial Living Rivers Trust Fund, the federal Fraser Basin Initiative and the Pacific Salmon Endowment Fund.

Retreat Agenda

Friday 12th November 2010

Time	What	Where
6:00pm	Meet shuttle bus in Prince George	Books & Co, 1685 3 rd Ave
7:00pm	Arrive at Ness Lake, site orientation	Welcome Centre
7:30pm	Accommodation setup and weekend expectations	Waterfront Lodge
8:00pm	Fireside meet n' greet & smores (weather permitting)	Rose Bowl

Saturday 13th November 2010

Time	What	Where
8:00am	Morning Activity	Waterfront Lodge
8:30am	BREAKFAST	Dining Hall
9:00am	Introduction to the Program and Watersheds 101	Fireside Lounge
10:00am	Group activities and discussions	Fireside Lounge
12:30pm	LUNCH	Dining Hall
1:30pm	Low ropes course (weather permitting)	Outside
2:30pm	Free time	Anywhere
3:30pm	Climbing Wall	Gym
5:30pm	DINNER	Dining Hall
6:30pm	Group activities and discussions	Fireside Lounge
8:00pm	Fireside get together (weather permitting)	Rose bowl

Sunday 11th October 2009

Time	What	Where
8:00am	Morning Activity	Waterfront Lodge
8:30am	BREAKFAST	Dining Hall
9:00am	Goal Setting, Action Planning and Wrap-up Discussion	Fireside Room
10.30am	Snack Break – check out of rooms	Waterfront Lodge
11.00am	Depart	

Participant List:

Name	Community	Email
Allison Bray	Prince George	Braya@unbc.ca
Chayna Coghill	Vanderhoof	Chayna_-20@hotmail.com
Jenna Lawrence	Williams Lake	jdlawrence@shaw.ca
Jeremy Pahl	Prince Rupert/Prince George	Jeremypahl7@gmail.com
Jillian Merrick	Prince George	jmerrick@fraserbasin.bc.ca
Kara Varley	Vanderhoof/Prince George	Varleykl@cnc.bc.ca
Kayla McColl	Quesnel	Kayal_mccoll@hotmail.com
Laura Sapergia	Prince George	laurasapergia@gmail.com
Lindsey Lemieux	Prince George	lindseylemieux@gmail.com
Mark Nasu	Prince George	Mark.nasu@gmail.com
Mary Forbes	Williams Lake	info@dandelioninterp.ca
Samantha Teed	Saik'uz	Samantha_teed@hotmail.com
Samuel Lawrie	Prince George	lawries@telus.net
Selena Demenoff	Prince George	demenoff@unbc.ca
Shannon McGinty	Prince George	mcginty@unbc.ca
Simran Lehal	Williams Lake/Prince George	lehal@unbc.ca
Sophia Iliopulos	Prince George	iliopul@unbc.ca

Information about Ness Lake Bible Camp and Conference Centre:

The Ness Lake Bible Camp and Conference Centre is located approximately 40km northwest of downtown Prince George, on the shores of Ness Lake. This beautiful lakeside setting is found within the Stuart River Eskers Complex, a large stretch of terrain with sinuous ridges, created when sand and gravel were deposited in the meltwater channels of ancient glaciers that once blanketed this northern region.

The Ness Lake Bible Camp and Conference Centre was established in 1953 and is managed locally by a group of dedicated volunteers. The 70 acre site has 500 metres of waterfront, 30 buildings and many recreational opportunities.

More information at: <http://www.nlbc.bc.ca/>



Our accommodations at the Waterfront Lodge

What to Bring

- Pillow
- Sleeping Bag
- Twin fitted sheet
- Towel
- Toiletries
- Clothing for outdoors
 - o Warm and dry footwear
 - o Toque and mitts
 - o Jacket
- Clothing for indoors
 - o Shoes for indoors
 - o Warm and comfortable is key
 - o Don't forget pajamas!
- A watch or portable clock
- Reusable water bottle
- Reusable mug
- Tupperware for leftovers
- A small day bag or backpack
- A notebook and writing tools
- An item for 'show and tell' that reminds you of your community
- Signed waivers
- An eagerness to learn, discuss and participate and lead

Extras:

- Snacks
- Camera
- Musical instrument
- Items or hobbies, especially those you can share or exchange
- Information about watershed issues in your community (i.e. posters, brochures, stickers etc)

What Not to Bring

- Electronics
- Vehicles
- Drugs or alcohol
- Pets and siblings
- Toxic waste
- A bad attitude



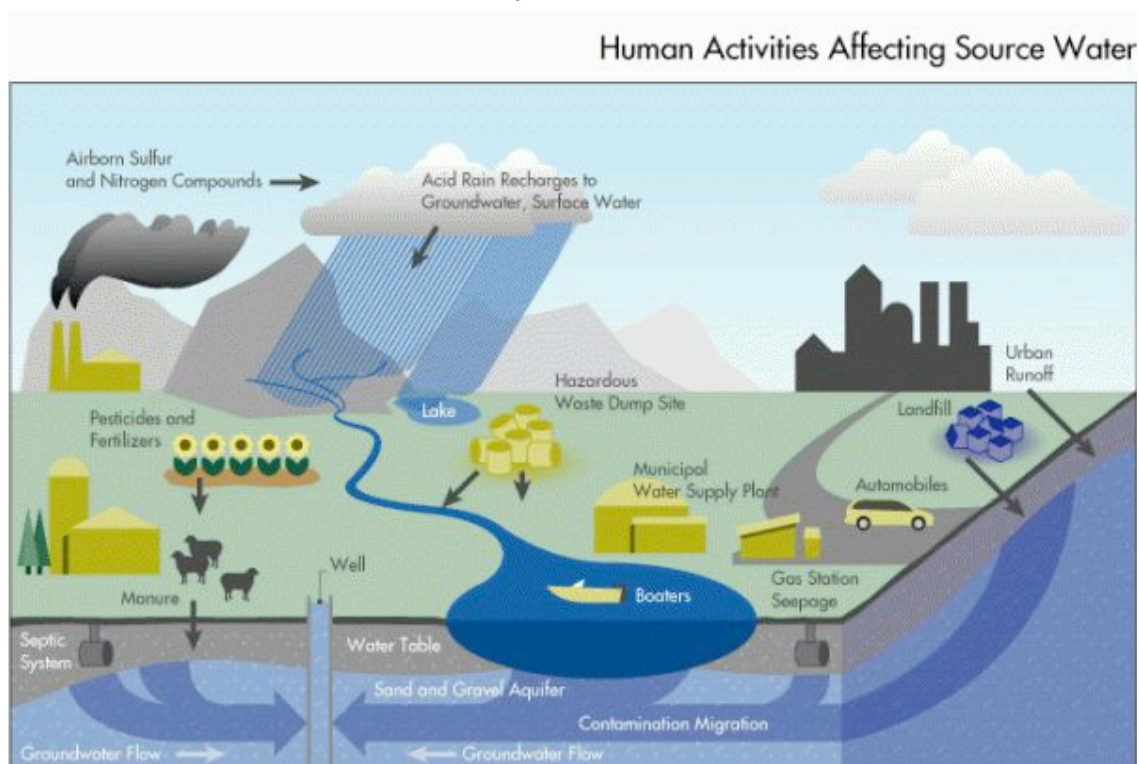
What is a Watershed?

A watershed is an area, which acts as a funnel, collecting water and shunting it into the ocean or into inland lakes and seas. Watersheds are also sometimes called catchment areas or drainage basins, and they are a very important part of the world's ecology. Because they cross regional and national boundaries, watershed management can be extremely challenging, especially when neighboring nations have differing views about the best way to manage the natural environment.

A watershed can be relatively small, or quite large, and in all cases, watersheds are interconnected systems. They collect rain, snow melt, springwater, and groundwater in the form of tributaries, streams, and rivers which eventually join up in a single large river or body of water. Because everything in a watershed is interconnected, small acts in one area of a watershed can have a profound impact on the entire region that the watershed covers.

Just as political areas are defined by municipal, provincial and national boundaries, ecological systems are often defined by watershed boundaries. With water at the centre of all life on the planet, exchanges of energy, nutrients, plants, animals, and humans tend to follow the flow of water system. Have you ever noticed how most of our highways follow river valleys? In many ways human economies, cultural and political identities are also defined by watershed boundaries.

Please visit <http://waterlife.nfb.ca/>



From the Ottawa-Gatineau Watershed Atlas

About the Fraser River Basin

From the 2009 State of the Fraser Basin Report

High atop Mount Robson, small streams trickle down, merge, and transform into the headwaters of the Fraser River. As the river takes shape, it begins to reveal a character as stunning as the landscapes and communities it traverses. From small mountain river to raging rapids, the river proves its might at every turn, travelling 1,400 km to meet the Pacific Ocean at the Strait of Georgia.

On its journey, the Fraser carves an S-shape across British Columbia's heartland, anchoring an arterial network of tributary rivers and streams that fan out across 240,000 square km and carry fresh water to the land, the people and the animals and plants. The Fraser is BC's longest river, and the Fraser Basin is the province's largest watershed.

The Basin has been home to the first faces of sustainability – those of First Nations, the original occupants – for more than 10,000 years. First Nations people bring a tradition of respect for the water and land and their inhabitants and an ethic of stewardship. These hold lessons for everyone who cares about sustainability.

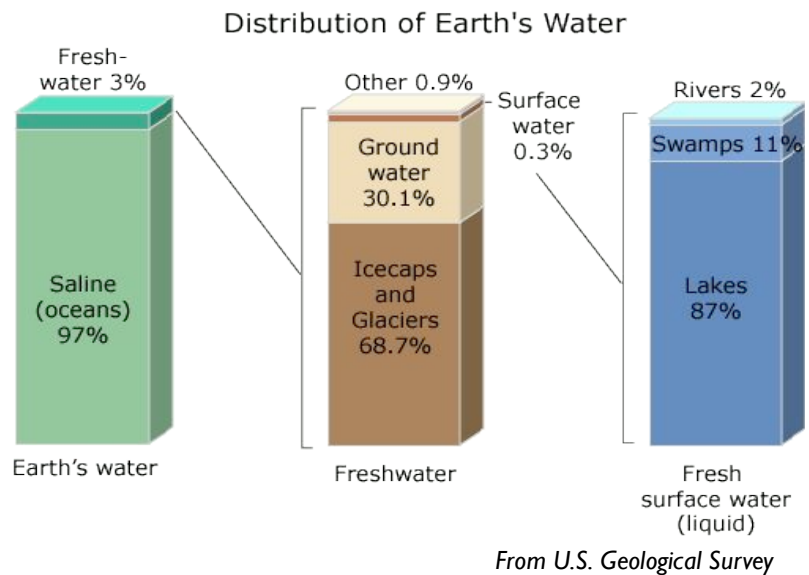
The past 200 years have brought about rapid change. Today the Basin is home to 2.7 million people – two-thirds of BC's population – the faces of many cultures, languages and religions. Mutual acceptance, understanding and collaboration among different peoples is key to living peacefully together and ensuring all can fulfill their potential.

From Vanderhoof to Prince George, Williams Lake and Kamloops to the most populated stretches of the Fraser Valley and Greater Vancouver, the Fraser Basin is a place where many communities thrive. There are numerous natural resources, and many livelihoods directly or indirectly depend upon forestry, agriculture, tourism, transportation, industry and businesses of all kinds.

Yet there are social, economic and environmental challenges that confront communities of the Fraser Basin: rapid urban expansion, resource consumption, pollution, waste, water shortages, public health problems, economic uncertainties and disparities, social inequity, loss of biodiversity, and over-arching threats from global climate change – such as changes in air and water temperature, extreme weather events, sea level rise and changes in natural habitat, forest viability and agricultural productivity. All of this calls for a shift from short-term to long-term thinking, and for action that respects the well-being of future generations. In essence, it calls for sustainability.

Why is Water Important?

Water is life. It is the most precious natural resource on earth. Every known form of life on earth relies on waters. Water is essential to our survival as individuals and to the survival of the planet as whole. Bodies of water absorb and store heat and energy from the sun and help to regulate the earth's temperature. Water's ability to dissolve and transport nutrients, minerals, dissolved salts and trace elements is central to ecosystem health.



As Canadians, we are often blind to the global water crisis. Almost a billion people on the planet don't have access to clean drinking water. Unsafe water and a lack of basic sanitation cause 80% of all diseases and 42,000 deaths each week. In just one day, women around the world spend more than 200 million hours collecting water. This lost productivity is greater than the combined number of hours worked in a week by employees at WalMart, UPS, McDonald's, IBM, Target, and Kroger.

As Canadians, we hold a special responsibility to protect and enhance our water resources. 50% of the world's wetlands have been lost since 1900, and today in Canada we have approximately 25% of the world's wetlands – the largest wetland area in the world. Canada's rivers discharge 7% of the world's renewable water supply, making it the third largest water supply in the world. Canada has more lake area than any other country in the world. Water is central to our energy supply in Canada, especially in BC. Water power meets about 62% of Canada's electrical needs. Canada is the world's largest producer of hydroelectricity, followed by the United States and Brazil.

We tend to squander our precious resources. Per capita water consumption in Canada is the second highest in the world, exceeded only by the United States. The average Canadian uses 328 litres of water per day in his or her home. Here's how we use our water: 35% Bathing, 30% Toilet flushing, 25% Laundry and cleaning, 10% Cooking and drinking

Not every Canadian has unlimited access to clean water. Many First Nations communities lack running water and basic plumbing. Approximately 5000 residents of Island Lake, Manitoba live in homes with no taps or bathrooms. Health problems related to water pollution in general are estimated to cost Canadians \$300 million per year.

Why am I Important?

As the generation that will inherit the challenges and opportunities of our society over the next several decades, it is imperative that you are involved in the processes that shape our future. Decisions are being made today that will affect you 10, 20, 30 or even 50 years from now. It is important that you are involved in the governance and decision-making of your community.

Moreover, young leaders possess an energy that is seldom harnessed by elder generations; youth tend to lead by example. Youth of today have grown-up in a fast-paced world – a world that is interconnected in more ways than ever before. The sense of urgency needed to address many of our global problems is understood well by youth, and it is your leadership that can help propel your community into action. By pairing the energy and creativity of youth with the wisdom and experience of elders in the community, great changes can take place.

Unfortunately, in challenging environmental, economic and social times it is easy for our communities to forget how important youth are in the equation. With growing distractions and responsibilities, it is easy for youth to feel overwhelmed with the challenges they face. Don't be discouraged! Not every opportunity will be handed to you, but the simple act of reaching out to engage in your community can create a larger ripple effect than you could ever dream of. Opportunities abound for those who take the initiative. You will find that being an active member of your community is rewarding for body, mind and spirit.

The United Nations has declared August 2010 to August 2011 the International Year of Youth, and the Fraser Basin Council is pleased to run our Youth Watershed Leadership and Mentoring Program to help support the role of youth in the decision-making process of local watershed activities. Use this program to connect to your community locally, while developing your thoughts on watershed issues globally.

You are important because you have the ability to create real change and to inspire others.
You are important because you took the time to be here today.

