



**Cowichan Lake & River
Stewardship Society**

May is a Special CLRSS Month - Three Important Items to Note

CLRSS acknowledges and appreciates that our virtual newsletter is being shared on the unceded territories of the following nations:

Quw'utsun (Cow-ut-zun)
Pauquachin (Pak-quw-chin)
Ts'uubaa-asatx (Tsoo-bah-seht)
Malahat (Malah-hat)
Halalt (Ha-lalt)
Penelakut (Pen-EL-ah-kut)
Stz'uminus (Stuh-mee-nus)
Lyackson (Lay-ik-sen)
Ditidaht (Dee-tee-dot / Dee-tee-dat)
Pacheedaht (Pah-chee-da / Pah-chee- dat)

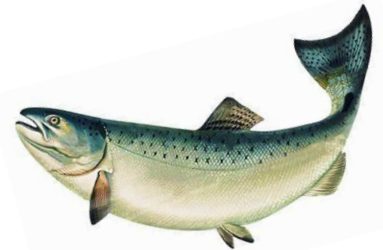
CLRSS will be emailing member newsletters every six weeks. Thanks to ongoing contributions from members: Judy Brayden (editor), Jacqueline Sherk, Genevieve Singleton, Jean Atkinson, Christoph Steeger, Dianne Flood, Maureen Quested and many others. Any questions, comments or feedback please see [Home | Cowichan Lake & River Stewardship Society British Columbia \(cowichan-lake-stewards.ca\)](http://Home | Cowichan Lake & River Stewardship Society British Columbia (cowichan-lake-stewards.ca))

ITEM 1:

CLRSS AGM is on Sunday, May 25th at the Lake Cowichan Sports Arena Curling Lounge at 1:00 to 2:45. Guest speaker from 3:00 – 3:45.

Bring your friends and come join us for a very important discussion about the future of CLRSS.

Love to see your faces!



Why CLRSS needs you now, *more than ever!*

We are seeking a secretary and a treasurer this term. If you have those skills, we'd love to hear from you! Judy @ 250 701-0570

**ITEM 2:**

AGM Guest Speaker, will be biologist, Christoph Steeger

Christoph has been working as a wildlife and habitat biologist for over 30 years in BC. His primary experience is on forest and riparian habitats, especially conservation of wildlife trees and species at risk. Locally over the past decade, He has gained experience on wildlife/habitat conservation issues and some understanding of key cultural needs of the Quw'utsun Mustimuhw (Cowichan People). As a resident within the Quw'utsun Sta'lo' riparian zone, Christoph is deeply connected to the natural environment of the valley.

What is “watershed”, merely a buzzword or an important concept to embrace? If you think about it, it is our home! A home with features and creatures that influence your life every day, for the better or worse, depending on how you treat it.

Christoph Steeger’s AGM presentation intends to draw attention to the important values of the Cowichan Watershed and how environmental stewardship can help to restore and maintain watershed health.

ITEM 3:

A special night...we are honored to hear T'uwahwiye Philomena Williams and Quw'utsun member, Richard Peter as they share their stories and words of wisdom.

The poster features a central photograph of two individuals, an older woman and a younger person, working with long, thin, light-colored strips of material, possibly traditional weaving or basketry. The background is a dark purple gradient. Text is overlaid in white and light purple.

Berries, Bannock, & Basketball: Stories of Indigenous Resilience & Sources of Hope for the Quw'utsun Community

Mon, May 12 • 7-8:30pm
FREE • VIU Cowichan
Lecture Hall 140

The Speaker Series by:

VIU COWICHAN

Cowichan WATERSHED BOARD

Berries, Bannock, & Basketball: Stories of Indigenous Resilience & Sources of Hope for the Quw'utsun Community

Mon, May 12 | 7-8:30pm | VIU Cowichan - Lecture Hall 140 | FREE

Regular guests of our Speaker Series will be excited to hear that we are turning the mic over to Elder T'uwahwiye Philomena Williams for our May event. Expect T'uwahwiye to share stories and language about native plants and local food that sustain us, learn from her nephew, Richard Peter, a multiple Olympic gold-medal winner for Canada, and enjoy some treats!

T'uwahwiye Philomena Williams is a Quw'utsun Elder, hul'q'umi'num

language teacher, knowledge keeper, inspiring speaker and champion of everyone working on becoming lulumexun (guardians) of the natural world.

Richard Peter is a Quw'utsun community member who began playing wheelchair basketball at age 15 after a team came to his school and introduced him to wheelchair sports. His athletic repertoire includes back-to-back Paralympic gold medals in 2000 and 2004, a Paralympic silver medal in 2008, a third Paralympic gold medal in 2012, and a world championship title in 2006. Peter was also a key component of a dominant British Columbia provincial team that won five consecutive national championship titles. He also won a national title in the United States. "Chiefs and Champions" is a 2007 documentary about Peter's career and successes as a wheelchair basketball athlete.

[📍](#) Vancouver Island University, Cowichan Campus: 2011 University Way, Duncan. Lecture Hall 140.

Our next regular CLRSS Board Meeting

Thursday, 5th, 2025, at 6:30

– IN PERSON

Country Grocer Meeting Room in Lake

Cowichan - Everyone welcome!

