



Pacific Spirit Park Society -- ALL PROGRAMS

The organization of our programming is shown below.

If you're interested in any of these programs, [email Laura](#) (PSPS Volunteer and Program Coordinator, contractor) and **she will add you to the mailing list** for those particular programs. You will then be contacted when a session is upcoming. For example, for the EcoTEAM, there is a weekly "ask" email (sent Tues. or Wed.) that describes the upcoming Saturday's work session (location & other logistics). If you'd like to attend, you can respond to me (yes, I'll participate!). If you haven't already filled out the [volunteer application form](#), please do so.

We generally have **pre-registration for all our programs** (except as noted).

Further, please [sign up for our newsletter](#) as it also provides info as to when programs are happening. The format for the newsletter is currently in flux but the aim is for a monthly newsletter with brief versions as needed for updates every 1 to 2 weeks. Admittedly, the newsletter hasn't been produced lately (due to lack of internal capacity) but it will be coming out again when possible.

A. Stewardship and Habitat Restoration

1. EcoTEAM

- Session timing: Year-round, on Saturday afternoons (12:30 to 3:30pm) at a variety of sites.
- Run by our EcoTEAM Leader Paige Roper (other PSPS part time contractor).
- Usually involves removal of invasive plants & planting natives, but may also include other tasks that relate to stewardship (e.g., vegetative staking, spreading mulch, etc.).
- Work Sites -- we work on invasive species removal (etc.) both in our current restoration project area (every year we have a new restoration project), and in areas that were previously restored and now need some "retreatment".
- All tools including gloves are provided, and there will be a break time with snacks and sometimes drinks (bring your own water bottle).
- Clothing: weather dependent but generally rough clothes (ok to get dirty and/or torn!), hat in summer, toque in winter.
 - Some sites require heavy-soled footwear
 - We work rain or shine – sometimes raingear is necessary!
- New volunteers taken at (almost) any time.



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Camosun Bog Restoration Group (CBRG)

- Session timing: Year-round on Saturday mornings, 9:30 to 12:00 (snack time = 11:30 to 12:00).
- Run by a small group of experienced volunteers with 4 "mentor" leaders.
- Involves very detailed, careful work in this fragile ecosystem
- More like gardening (vs. EcoTEAM)
- Accepting new volunteers but prefer volunteers who can make longer term commitment (6 months or more)

B. EcoWATCH = Monitoring

Data collection and citizen (community) science type programs

1. Eagle Nest Monitoring – "Eaglers"

- Program starts in ~Feb./March as pairs of eagles are establishing their territories, building their nests and mating. Goes until ~beginning of August.
- We are watching a series of eagle nests, located in or near Pacific Spirit Regional Park, throughout the eagle nesting season with an aim to determine nest productivity, and to report eagle behaviour.
- After an initial training including a couple of field sessions, volunteers monitor independently, and check nests once/week & record some info.
- This program can accommodate a number of volunteers as we're always happy to get more 'eyes on the eagles'!
- Group visits to certain active nests will take place at regular intervals allowing participants an opportunity to observe nests using a scope, etc.
- Ok to start up anytime in season with training from the Leaders
- Leaders: Laura, Peter, Jenny, Keta and Kathy

2. Ecological Restoration Monitoring

- Session timing: flexible but usually occurs on a weekend morning for 2 to 3 hrs (~9:30 to 12:30).
- The program generally runs spring, summer and early fall.
- Data collection on previously restored sites tracks long term progress.
- Volunteers monitor fixed area, permanent sample plots and record data on tree condition and all other plants found in the plot, etc.
- This program offers good opportunities to learn to identify (or review identification of) native and invasive plants.



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3. Camosun Bog Water Monitoring

- Year-round, session timing is flexible but generally takes place every 2 weeks on Saturday mornings, starting at 9am and running for ~ 1.5 hours.
- Ground water levels are measured in wells scattered throughout the bog.
- This program used to include a ~4-hour water chemistry analysis session every 4 weeks, but this is currently paused.

4. Invertebrate & Other Monitoring

- On occasion we do other specialized monitoring
- Currently (until ~mid April 2023) we are doing invertebrate monitoring on Sunday afternoons. Invertebrate monitoring is finished for this season.
- Other potential monitoring projects coming up
- [Email Laura](#) for more information.

5. Invasive Species mapping

- Takes place from October to April; not offered currently due to lack of capacity.
- supports current restoration work -- where would be best place for EcoTEAM to work next, etc.

C. EcoEDUCATION = Environmental Education

- Helping to connect groups of all ages to the nature within the park at the small to wide scale scope.
- EcoEDUCATION Committee – conceives new ideas: develops activities & helps with programs: Let Laura know if you're interested in being a member of this committee.

1. EcoTABLE

- Session Timing: Pop-up style but generally Saturday mornings 10am to 12pm.
- Volunteers set up an outreach table with nature displays & share with visitors.
- No formal training – GREAT way to learn from others at Table, & park visitors!
- Always happy to get new ideas for ways to connect with visitors of all ages!
- If there are enough volunteers, we are hoping to include mini EcoWALKs as an offering from the EcoTABLE.



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2. **EcoWALKS** (in Forest and Camosun Bog)

- Volunteers guide/help guide groups on a walk in the forest or bog.
- Training for this occurs at regular intervals either in an organized session or "on-demand". Check with Laura for info on training sessions.
- schedule for walks = a combination of pre-planned and on-demand (individual groups ask for a walk)
- Examples of events: - "Family Day Forest Walk" (Forest EcoWALK style) and "Family Day Forest Art" (creating art from natural materials); Camosun Bog EcoWALK for grade 2 class from Mt. Pleasant.
- A number of private groups have also participated in EcoWALKs
- Training happens regularly. Check with Laura
- One regular EcoWALK is our First Sunday EcoWALK that generally takes place on the first Sunday of the month – at a variety of times (depends on topic and leader). Feel free to participate and/or volunteer to help.

3. **EcoKITS** = box of great teacher resources for Forest or Bog.

- At this point not requiring volunteers but as KITS are expanded, volunteers can help with ideas, making stuff for kits, testing, marketing, etc.
- We hope to convene an EcoKIT Committee with an aim to review our current 2 kits and look at ways they could be updated. We're looking for volunteers to help on this Committee. [Contact Laura](#) if you're interested to help out.

D. Other Miscellaneous Volunteering Opportunities

1. **Photographers/Videographers** – always looking for volunteers who could specifically photograph or video at any of these programs (could be combination of participating and photographing/videoing).
2. **Instagrammers** – relates to above – share photos/videos on our PSPS Instagram. Help with graphic design of certain posts.
3. **Newsletter** – help write special articles, graphic design, etc.
4. **Website** – we currently planning for revamping (spring 2022). Once "bones" are in place, we would love to have volunteers who could help with website updates.

Please [contact Laura](#) if you are interested to help with any of the above.