

# WILDERNESS SURVIVAL

## Basic Wilderness Survival Course

Come out and join a Search and Rescue (SAR) Manager on the Island in this SAR approved course. This workshop is for anyone who spends time in the wilderness with kids, enjoys adventuring alone or in small groups at any time of the year. This class will teach you the basics of what you need, what you should have with you, what you should do and should not do. We will also cover some intermediate skills in fire and shelter building. You will get some hands-on experience with a variety of survival equipment and learn the pros and cons of common survival items. Though not required, feel free to bring your own survival kit if you have one, as you will learn some handy items to put in it. If you are going to be out in the wilderness for any length of time, be prepared! There will be 48-hour wilderness survival kits available for purchase at the end of the class.

Saturday | Feb 1 | 9:00 am - 12:00 pm  
1/\$65 | Code: 87733  
Instructor: Island Girls

## Basic Wilderness Navigation

Come out and learn from a Search and Rescue professional with 30 years' experience. This course is for the day-hiker, back-country hiker, forager, hunter, fisher, or anyone who spends time in the wilderness off the beaten track. You will learn some basic and intermediate wilderness navigation skills, as well as some tips and hints on "how not to get lost in the woods". You will also learn map and compass skills with some hands-on practice and the various technology-assisted navigation aids, including GPS, SPOTs, inReach, satellite assisted, and others. We will review and try some of the common cell phone apps that aid in navigation (both online and offline). Learn which apps the Search and Rescue professionals use when they go hiking, and why. Please bring a compass if you have one.

Saturday | Feb 22 | 9:00 am - 12:00 pm  
1/\$65 | Code: 87737  
Instructor: Island Girls

## Advanced Wilderness Navigation

Take your skills to the next level under the direction of a Search and Rescue (SAR) professional with over 30 years' experience as a SAR manager. This class is for the day-hiker, forager, hunter, fisher or anyone who spends time in the wilderness off the beaten track. You will learn how to plan and plot routes on a paper and/or digital map while recording tracks and waypoints as well as how to upload your photos to your trip log. Advanced compass skills will be taught and there will be a short outside session to practice those skills, so dress for the weather. Bring your compasses with you.

Saturday | Mar 1 | 9:00 am - 12:00 pm  
1/\$65 | Code: 87739  
Instructor: Island Girls



## Basic Wilderness Survival, Basic Navigation & Handy Knots

Come out and join a Search and Rescue (SAR) Manager on the Island in this SAR approved course that combines the courses Wilderness Survival, Basic Navigation and Handy Knots into a one-day class. This class will teach you the basics of what you need to know to navigate and survive in the wilderness. Topics covered in this class will include fire and shelter building, survival equipment, map and compass reading, hands-on experience with knot tying and more.

Saturday | Apr 5 | 9:00 am - 4:00 pm  
1/\$150 | Code: 87741  
Instructor: Island Girls



# COWICHAN COMMUNITY CENTRE



## ADULT OUTDOORS

# COWICHAN COMMUNITY CENTRE

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# FORAGING & MEDICINAL PLANTS

## Helpful, Harmful & Medicinal Plants that Every West Coaster Should Know

This is an introduction to some of the common plants on our west coast that can be helpful, harmful and/or medicinal. If you spend time outside, start to become familiar with the 'best' plants and the 'worst' plants that are quite common in our area. You can save yourself a lot of grief if you are aware of what plants cause rashes, hives, and worse! We'll cover some common 'survival' edibles, and some non-toxic medicinal plants.

Saturday | Feb 22 | 1:30 - 3:30 pm  
1/\$50 | Code: 87738  
Instructor: Island Girls

## Herbal First Aid Kit

Take home a bounty of natural remedies from this practical, hands-on workshop! This class is designed to help you build your very own herbal first aid kit. You'll learn to prepare and use a variety of herbs and herbal medicines for common ailments and emergencies. By the end of the session, you'll leave with a collection of your own products. This workshop is perfect for those who want to bring holistic, plant-based care into their everyday lives!

Sunday | Mar 9 | 11:00 am - 2:00 pm  
1/\$150 | Code: 88471  
Instructor: Alicia Meek

## Intro to Wild Foraging

Explore the basics of foraging and plant identification in this introductory workshop! You'll learn to recognize and harvest wild edibles and medicinal plants safely and sustainably. This course covers essential plant identification techniques, so you can feel confident knowing which plants are safe to gather and use.

Sunday | Mar 16 | 11:00 am - 2:00 pm  
1/\$150 | Code: 88472  
Instructor: Alicia Meek

# GARDENING

## Earth Care - People Care - Fair Share

We will take a look at the guiding ethics and principles of Permaculture to see what it is and why this movement has grown exponentially since the 1970s. David Suzuki has said, "What permaculturists are doing is the most important activity that any group is doing on the planet..." This workshop will be interwoven with fun and interactive activities related to the principles. It is complete in itself, but is also the first workshop of the Regenerative Living mini-series that will be offered in the Spring.

Saturday | Jan 25 | 9:30 am - 3:00 pm  
1/\$25 | Code: 87586  
Instructor: Marilyn Swallow



## Introduction to Soil Biology Part 1

Participants will learn what the soil food web is, why it is important, and gain an understanding of the different types of biology, what they do and how to recognize them. We will also learn about thermophilic composting and the Johnson-Su Method, and practical tips for home composting. Participants are invited to bring in soil and compost samples to see what is currently living in their soil on the big screen.

Thursdays | Mar 27 - Apr 10 | 7:00 - 8:30 pm  
3/\$85 | Code: 86635  
Instructor: Amy Luck-MacGregor

## Introduction to Soil Biology Part 2

These sessions are for people who have completed Introduction to Soil Biology Part 1. We will build on knowledge gained so far and teach you how to turn your microbially diverse composts into liquid extracts and teas to restore soil biology both above and below ground. We will cover a variety of extraction, storage and application methods.

Thursdays | Apr 17 - May 1 | 7:00 - 8:30 pm  
3/\$85 | Code: 86636  
Instructor: Amy Luck-MacGregor

# GENERAL INTEREST

## Introduction to Fly-fishing

Our instructor is a well-known outdoor writer and photographer and will lead the class in all the basic aspects of fly-fishing, from equipment to techniques and everything in between. This class usually fills quickly, so register early. A three-hour practical casting day is included immediately after the classroom casting lesson (a Saturday or Sunday, date TBD).

Thursdays | Apr 3 - May 8 | 6:30 - 9:00 pm  
6/\$150 | Code: 86629  
Instructor: Bill Luscombe



## Weather Forecasting, Tides & More for the Outdoor Enthusiasts

This class is for hikers, kayakers, campers, and anyone who spends time outside. We will review some critical cloud interpretation to determine the short-term weather forecast, and explain when (and why) the forecast by the professionals is less dependable. We will also cover some "local, west coast, micro climate" specific weather situations, how to interpret tide tables for water levels and currents, weather forecast tools, and some of the popular weather apps for your device.

Saturday | Mar 1 | 1:30 - 3:30 pm  
1/\$50 | Code: 87740  
Instructor: Island Girls

## Handy Knots & Hitches for the Outdoor Enthusiast

Come learn some handy knots and hitches that can help you when you are enjoying the outdoors. Anyone who spends time in the outdoors can benefit from learning some great knots and hitches. Basic, intermediate, and advanced knot tying - there will be something for everyone. There will be lots of hands-on practice and resource material to help you. This is a fun, relaxed environment to learn some handy skills. Go home with handy reference sheets and links to the best 'learning' videos. Please bring a 4-6' length of rope/cord with you.

Saturday | Feb 1 | 1:30 - 3:30 pm  
1/\$50 | Code: 87734  
Instructor: Island Girls