

# YOUTH COMMUNITY ACTION PROGRAM

## WHAT IS YOUTH CAP?

The Government of Canada funds the Youth CAP through the Canada-British Columbia Workforce Development Agreement and Kiwanis Club of Duncan. The project includes 10 youth participants selected through an application process by the Project Coordinator Ray Anthony.

The project's objective is to provide participants with in-house, hands-on education opportunities to gain leadership/social skills such as team-building, communication, self-care/wellness, problem-solving, conflict resolution, goal setting, and action planning.

These participants are tasked with weekly community service projects and are currently working on Youth Action Week, partnered with the Shuswap Youth Launch.



TAKE A PEEK AT WHAT'S INSIDE:

Get to know what we've been up to! - 2



We were able to successfully  
clean for 2-3 hours!

## COMMUNITY CLEAN-UP

### A clean of AB Greenwell & Friendship Forest

On February 5th, 2021, All Youth CAP members commuted to Lake Cowichan, BC, to participate in a community clean. The community clean was run by Youth CAP members Rindhem Randhawa & Matthew Day and were supported by the Project Coordinator Ray Anthony and Youth 20/20 CAN coordinator Ali Davie.

The participants were divided into groups of two and were separated into two locations. Two groups cleaned the friendship forest, and four groups were located at AB Greenwell.

The purpose of the clean-up is to inspire other community members to keep the area clean and hopefully do the same.

All of the participants had an amazing time spending the day in beautiful Lake Cowichan. The clean was very successful, and many members hope to continue this practice in the areas they reside.





## LITTLE ZIMBABWE FARMS

### Helping out our local farms

On February 12th, 2021, Youth CAP members went to Little Zimbabwe Farms to help Darla Smith organize food drives to help feed community members during the COVID-19 isolation. The food will also be allocated to members of the First Nations Community. This Team Action Day was put together by Youth CAP members Susannah Coons and Jane Wright with support from the Project Coordinator Ray Anthony.

The Youth Cap members were split so half of the group can work on any other needs within the farm, and half can work in the kitchen. The kitchen group was making and cooking the pies delivered to Darla on Friday, and she refrigerated/froze them to distribute as required.

This was done to bring the Cowichan Tribes community together, provide a way to heal the community after the COVID-19 outbreak, and the following outburst of flagrant racism.

Youth CAP supports  
Cowichan Tribes





## THE HUB RESTORATION

### Help keep our businesses running

On February 19th, 2021, all Youth CAP members assembled at The Hub at the Cowichan Station to help support the services they provided. The Youth CAP members spent the majority of the 12th removing an invasive species known as common ivy.

They then all returned on the 26th with various types of native plants and to help out in the Cafe (which is now open on Fridays)! Youth CAP Project Coordinator Ray Anthony organized these Team Action Days with Ronn Stevenson & Other Staff's support at the Hub at Cowichan Station.

Youth CAP did this to support the HUB at the Cowichan Station, as during COVID-19, they were forced to shut down, decreasing their net revenue significantly. Many community members enjoy spending time using their disc golf course, pottery room, Cafe and woodshop. Helping keep their environment clean will allow them to continue their exceptional services.

Helping out Local Businesses!



## LAKE COWICHAN MEAL PREP FOR PEOPLE IN NEED

Help those who were significantly affected by COVID-19

On March 5th, 2021, all Youth CAP members met at the Lake Cowichan Community Centre to help cook for those in need. These meals were frozen and then distributed through a hamper system the Lake Cowichan Community Services had already organized. Choosing to do frozen meals was to create ease for families, as they are quick to prepare.

The group split up into two, one group had 2-4 people who baked cookies in the downstairs kitchen, and the rest were in the upstairs kitchen making a pot of chilli.

This initiative was set to support the families in Lake Cowichan that are struggling to make ends meet. During COVID-19, many people were laid off, forcing budgets to become tighter and tighter. Creating these meals allows for support, as many of those people have families to support as well.



Supporting those in need



## EVE'S PROVINCIAL PARK RESORATION

### Repairing our Ecosystems

On March 12th, 2021, all Youth CAP members met at Eve's Provincial Park to remove periwinkle, blackberry & Holly.

The effect of these species on an ecosystem is explained in the following. Periwinkle persists in shady areas of second-growth forests, usually near the site of the original planting. A single clone can spread vegetatively and form large matted areas covering woodland layers of vegetation beneath the forest's main canopy, crowding out all native herbaceous vegetation.

Blackberry thickets crowd out native species and alter soil chemistry which inhibits other plants from growing. If allowed to dominate, Himalayan Blackberry can eliminate most herbaceous species.

Lastly, Holly displaces native species. The berries act as a food source for birds which disperse the seeds with their droppings.

After performing the restoration, they gathered for lunch by the fire and a nature walk guided by Genevieve.

The purpose of this removal was to initiate the recovery of the ecosystem that was disturbed.



Giving back to Nature





## BOTTLE DRIVE AT THE HUB

### Raising money for our local businesses

On March 19th, 2021, all Youth CAP members arrived at the HUB at the Cowichan Station to hold a bottle drive! All proceeds were donated to the HUB to support their outstanding programs. As the HUB at the Cowichan Station is a community-minded organization that relies on donations to help keep its many ambitious projects.

Youth CAP primarily promoted the event through Social Media platforms and by distributing posters. The Bottle Drive was made COVID-19 friendly by asking all participants to wear masks and gloves when grouped up and having a designated drop-off location to minimize contact with the public.

Due to the tremendous amount of support received from members in the Duncan region, we donated \$658.75!



We Raised \$658.75!

## 5TH ANNUAL YOUTH ACTION DAY!

### Hosting a Virtual Event Surround Mental Health

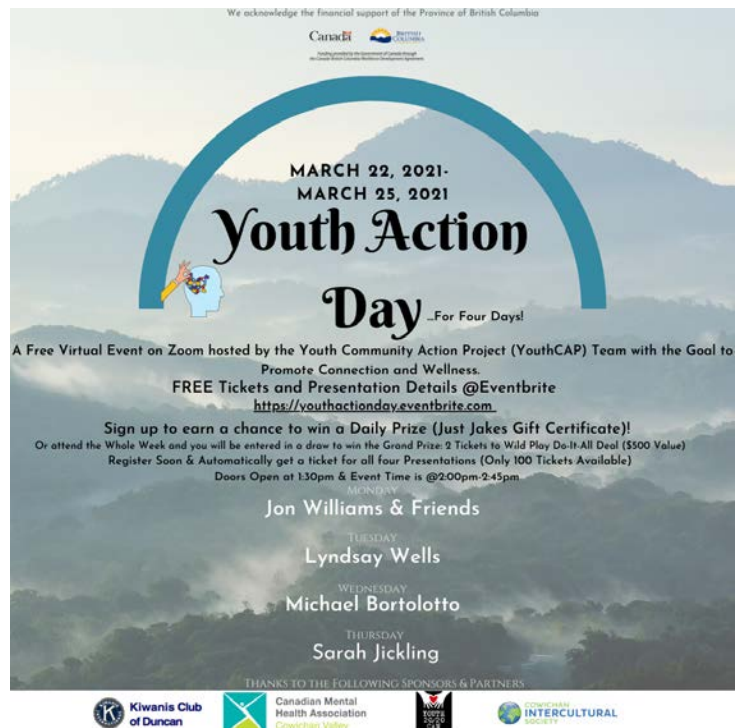
From March 22nd to March 24th, 2021, the Youth CAP members hosted Youth Action Day. The four days were filled with daily headliners who spoke to their personal experiences with mental health.

Monday, we were joined by Jon Williams, formerly of The Zone 91-3 and present host of Victoria's newest internet radio station, What Was That? Jon shared his mental health journey and invited some of his friends and artists to share their perspectives and some musical guests!

Tuesday Lyndsey Wells hosted the event by presenting on Self Care Strategies and Tools for Mental Wellness. A life-affirming, positive, and inclusive youth mental health presentation blends a mixture of current media, spoken word poetry, and story-telling, which encourages youth to create and personalize their coping and Mental Wellness plans. Lyndsey Wells is an educator, program developer, and crisis worker.

On Wednesday, we enjoyed being joined by Michael Bortolotto, who did a presentation on Looking Inside The Positive Rebel. Malala Yousafzai, Viola Desmond, Nelson Mandela, and Golda Meir are people who lead themselves using the positive rebel's frame of mind to cope with adverse challenges. Within this presentation, audience members learned how to become a positive rebel's frame of mind to use their passion, talent, and constructive actions to move beyond the present. Daily challenges and obstacles that are preventing them from achieving happiness and success. At the age of sixteen months, Michael Bortolotto was diagnosed with Cerebral Palsy, a condition caused by an interruption in oxygen to the brain during birth.

Finally, to close, we were Joined by Sarah Jickling, who spoke on Manic Depressive Pixie Dream Girl's presentation: getting creative with a mental illness. Sarah Jickling is a Vancouver-based musician, performer and mental-health advocate. Her first solo album, 2017's When I Get Better, is a marriage of shimmering pop melodies with candid lyrics about her recovery from bipolar disorder.





## COWICHAN BAY ESTUARY CLEAN-UP

### Keeping our Community Clean

On Saturday, February 27th, 2021, some Youth CAP members (Rindhem, Susannah, Kieran & Alexa), partnered with Youth 20/20 Cowichan and the Relax Collective, gathered the Cowichan Bay Estuary to perform another clean-up. They managed to clean up 1,144lbs of garbage!

## YOGA & MEDITATION WORKSHOP

### Helping community members stay active and calm

On March 4th, 2021, Youth CAP member Jayne & Sierra Hosted a Yoga and Meditation Workshop, partnered with Youth 20/20 Cowichan. Jayne & Sierra did this workshop to provide members with accessible practices of destressing.

## BICYCLE REPAIR WORKSHOP

### Sharing Bike Repair knowledge

On Saturday, March 6th, 2021, Youth CAP members Kieran & Steven Hosted a virtual Bike Repair Workshop. Kieran did this to provide basic bike repair knowledge to those in need, as many use bikes as their primary form of transportation within the island.

## TRIVIA NIGHT

### Hosting a fun night of Interaction!

On March 24th, 2021, Youth CAP member Susannah, partnered with Youth 20/20 Cowichan, hosted a Trivia Night on various Vancouver Island topics. The event was an astonishing success with over 40 attendees.

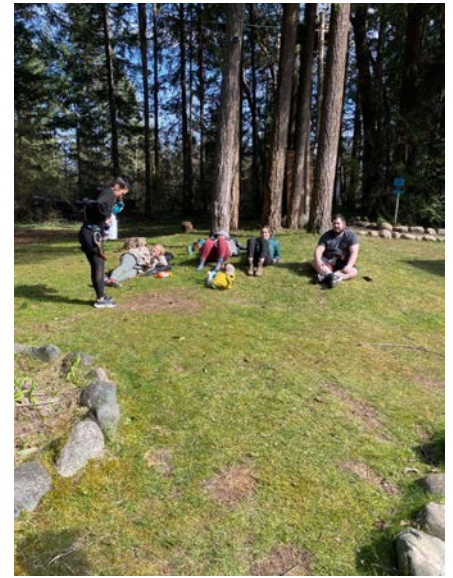




## A DAY OF TEAM BUILDING AND FUN AT WILDPLAY

A last Hoorah!

On our last Team Day, on 26 March 2021, all Youth CAP members headed to WildPlay for a much deserved day of fun and team building.



The Heights!