



Free the Fern

February 2024 Newsletter

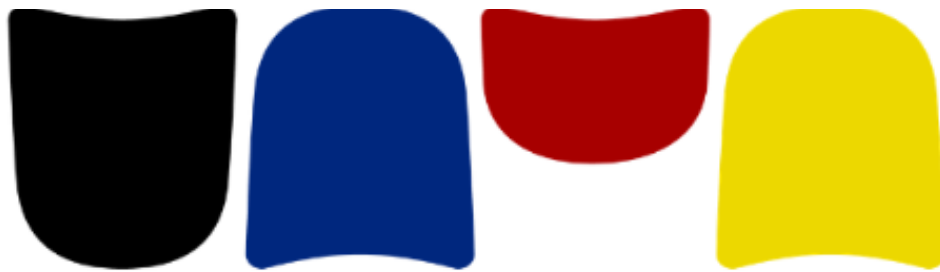


As part of our [Healing Forest](#) project 2024, we have partnered with Coast Salish artist, [Andrea Fritz](#) to create a beautiful fern image.



We then printed this design onto sustainable cotton shirts and bags at local printers, [Pressing Matters](#).

100% of all the funds raised from the sale of these shirts and bags will go to the [Urban Native Youth Association](#) (UNYA). The UNYA provides education, health, and housing support to Indigenous youth in Vancouver.



URBAN NATIVE YOUTH ASSOCIATION

\$30 is the recommended donation for the shirts and **\$20** is recommended for the bags. Shirts and bags [can be ordered from us](#) and then picked up at a Free the Fern event or directly from our Executive Director in South East Vancouver. Payment is by cash or e-transfer.

In the words of Indigenous educator, Matthew Williams, “the Squamish people measure wealth not by how much they have, but by how much they can give.” So, let’s be generous and support those who are giving back so much in our community.





Invasive Pull - February 3, 2024

Come help us [remove invasive ivy](#) from the Red Alder trail on Saturday, February 3, 2024, 10am-12pm. Following the removal we will also be planting some native shrubs. Gloves, tools, and complimentary refreshments provided. 2-zone transit passes available for those who arrive by bus. All ages welcome. Sign up on our [events](#) page.



Douglas Fir Watercolour Workshop - Feb 24, 2024

Join artist, [Marisa Pahl](#) for a [Douglas Fir Watercolour Workshop](#). Practice the art of noticing and explore painting as a way to tune into the present moment. [Beam paint](#) supplies provided. Ages 12+ WORKSHOP IS FULL - [WAITLIST IS AVAILABLE](#).



Park People - Cornerstone Parks

Free the Fern is grateful to [Park People](#) for their continued funding support. In January 2024, Free the Fern signed, along with local [Everett Crowley Park Committee](#), to receive 18 months of continued funding support from the Park People [Cornerstone Parks Program](#). The Cornerstone Parks program is Canada's only national network dedicated to maximising the impact and influence of Canada's large urban parks. Large urban green spaces across Canada, including Stanley Park (Vancouver), High Park Nature Centre (Toronto), and Darlington Ecological Corridor (Montreal), receive support through the program. This funding has allowed Free the Fern to hire an Executive Director, run free public walks and workshops, and continue the stewardship effort along the Champlain Heights Trail system. Thank you to Park People for your support!



Job Opportunity: Stewardship Coordinator

Our neighbouring Everett Crowley Park is hiring a [Stewardship Coordinator](#)!

The Stewardship Coordinator will coordinate and support stewardship activities, with the goal of working towards supporting resilient ecosystems in Everett Crowley Park. The work schedule has flexibility (being both online and in-person) but requires regular weekly work.

[Click here](#) to learn more.

Free the Fern Update

For the Month of January, 2024

Operational Activities:

5 stewardship areas

11 board directors

26 event volunteers

45 volunteer hours

22 native plants planted

4,560 L of invasive plants removed

Outreach & Education:

1 invasive pull

1 workshops or walk

2 total public events

19 workshop or walk participants



Neighbouring Nature Events

There are many other amazing groups in Metro Vancouver organising events this month. Check out what is happening below.

Friday, February 2, 3:30-4:30pm - [NFB Short Films: Nature & Family](#) - VPL Renfrew Branch, Vancouver

Visit the library and enjoy free, kid-friendly movies. These moves will be short films from the National Film Board of Canada on the theme of nature and family.

Saturday, February 3, 2-4pm - [Seed Saving & Exploration Workshop](#) - Britannia Community Centre, Vancouver

Join Master Gardener, Pablo Vimos, in exploring how seeds work and how to treat them right. In this hands-on workshop, you will look at seeds under the microscope to explore how they disperse.

Saturday, February 10, 10am-1pm - [Everett Crowley Park Stewardship](#) - Everett Crowley Park, Vancouver

Get dirty, have fun and help the environment! Join ECPC for monthly stewardship events to help remove invasive plants and learn more about the unique history and ecology of Everett Crowley Park.

Friday, February 16, 9am-4pm - [Pro-D Day EcoCamp: Forest Explorers](#) - Stanley Park, Vancouver

Embark on a single-day adventure filled with wonder and exploration in Stanley Park on the next Pro-D day.

Saturday, February 17, 1-2:30pm - [Felting Owls](#) - Lynn Canyon Ecology Centre, North Vancouver

Get crafty together this Family Day weekend! Learn the art of needle felting while creating a realistic, colourful, or imaginative needle-felted owl. Ages 5+

Saturday, February 24, 10am-1pm - [EcoStewards](#) - Stanley Park, Vancouver

Volunteer to help the Stanley Park ecosystem by managing and removing invasive plant species. You will learn about local ecology, take part in hands-on invasive species removal, and contribute to habitat conservation in the park.

If you know of a local event happening next month, let us know!

[READ MORE ON OUR WEBSITE](#)



www.freethefern.ca
[@free_the_fern](#)

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