

All activity at Birkdale Farm, 1836 Guthrie Road, Comox. Please park and meet on Guthrie Road.

If you are late please text Mikala 613-532-7020.

| Date | | Strenuity Level (1-4)* | Volunteers |
|-------------|------------------|---|---|
| 30-Aug | 12-2pm | fish capture/release - training (1) | Dave A., Jane A., Chris A., Mike B., Brittany B., Judy B. |
| 31-Aug | 8-10am | fish capture/release (1) | Bob B., Helen B., Andrew B., Cathy B., Alison B., Liz C. |
| 01-Sep | 8-10am | fish capture/release (1) | John C., Dave C., Jim C., Peter C., Robert D., Ken D. |
| 06-Sep | Morning 8-12pm | Fish, pump, net and material management (3-4) | Sydney D., Fran N. |
| 06-Sep | Afternoon 12-4pm | Fish, pump, net and material management (3-4) | Jean D., Mickie D. |
| 07-Sep | Morning 8-12pm | Pump, net and material management (3) | Virginia E., Helen F. |
| 07-Sep | Afternoon 12-4pm | Pump, net and material management (3) | Dave G., Judy G. |
| 08-Sep | Morning 8-12pm | Pump, net and material management (3) | Jennifer G., Simon G. |
| 08-Sep | Afternoon 12-4pm | Pump, net and material management (3) | Carl G., Mike G. |
| 11-Sep | Morning 8-12pm | Pump, net and material management (3) | Gary G., Jim H. |
| 11-Sep | Afternoon 12-4pm | Pump, net and material management (3) | Christine H., Wendy H. |
| 12-Sep | Morning 8-12pm | Pump, net and material management (3) | Mary J., Margaret K. |
| 12-Sep | Afternoon 12-4pm | Pump, net and material management (3) | Jonathan K., Julia K. |
| 13-Sep | Morning 8-12pm | Pump, net and material management (3) | Stephen K., Ralph L. |
| 13-Sep | Afternoon 12-4pm | Pump, net and material management (3) | Kent L., Deborah L. |
| 14-Sep | Morning 8-12pm | Pump, net and material management (3) | Jon L., Lewis L. |
| 14-Sep | Afternoon 12-4pm | Pump, net and material management (3) | Chris L., Tara M. |
| 15-Sep | Morning 8-12pm | Cleanup of above activities (3-4) | Glenn M., Brad M. |
| 15-Sep | Afternoon 12-4pm | Cleanup of above activities (3-4) | Dave M., Renee Mc. |
| 18-Sep | Morning 8-12pm | Tentative: as above (3) | Melissa Mc., Brigitte Mc. |
| 18-Sep | Afternoon 12-4pm | Tentative: as above(3) | Jim Mc., Kerri M. |
| 19-Sep | Morning 8-12pm | Tentative: Cleanup (4) | Allan M., Ian M. |
| 19-Sep | Afternoon 12-4pm | Tentative: Cleanup (4) | Kiridan M., Merissa M. |

***Strenuity Level Descriptions**

- 1 Easiest - Standing or walking for short periods, little no lifting required with options for breaks/sitting as needed.
- 2 Moderate - Traversing shallow streams, navigating up potentially steep stream banks with buckets and traps, carrying materials, bending over repeatedly, digging shallow holes for plants, walking or standing for extended periods of time.
- 3 Moderate/difficult - Daily operations of moving and using fire hoses, removing invasive vegetation, moving sand bags and nets.
- 4 Difficult - Ability to lift 50lbs, build and move sandbags, moving pumps and hoses with assistance. Not overly strenuous, but can be physically demanding especially in heat or rain.