

## Annual Feast in the Highlands dedicated to Blair Bernard



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Comments and questions are welcome. Email us at [info@uinr.ca](mailto:info@uinr.ca)



Blair J. Bernard Memorial Feast in the Highlands

On October 8, 2015, Unama'ki Institute of Natural Resources—UINR—dedicated the annual Feast in the Highlands to the memory of Blair J. Bernard Sr. The Feast is an annual event that brings together young and old, hunters, and enforcement personnel, government and non-government organizations, in the spirit of traditional education and community.

Blair was a long-time employee of UINR and enjoyed hunting, fishing, and eating, especially traditionally prepared foods. He was a quiet man with a gentle spirit and few enjoyed the Feast as much as Blair. We are honoured to be able to associate his memory with such a positive event.



Dorothy Denny, Sylvia Denny, Margaret Bernard, Peter Bernard.

Wikewiku's 8, 2015 UINR, Unama'ki Institute of Natural Resources, tepkisa'tu'tij na'kwek etl-wi'kipaltimk Espaqmikek wjit Blair J. Bernard Sr. ta'n tl-muiwalaten. Ula wi'kipaltimk i'ka'tumk te'sipunqek aqq mawo'lajik nutqo'ltijik aqq kisiku'k, netukuli'tijik aqq ta'nik anko'tmi'tij netuklimk, kaplno'l aqq pilu'e'l mtmo'taqne'l kulaman kis-kina'masiten netuklimk, ta'n telo'timk aqq maw-apoqmatimk.

Blairo'q sa'q etl-lukwetaq UINR aqq kesatkek netukulimk, ekwitamemk aqq welatalumk, maw-wiktiki'l L'nue'l mijipjewe'l. Paqsiipi-welmitoqaq aqq kise'kaq ula ji'nmaq aqq mawi-ksatkek wi'kipaltimk Espaqmikek. Welta'sultiek kisi-apatkuwi'tmnen ula wi'kipaltimk wjit Blair.



UINR Staff present the dedication to Blair Bernard's family.



# NEWS<sup>2</sup>

WWW

uinr.ca

Here's where we keep you up-to-date on new stuff online at uinr.ca

New on our website, besides all the news, photos, and employment opportunities, is our latest series of natural resources Fact Sheets on important Mi'kmaw plants and animals. Written in both Mi'kmaq and English, the twelve Fact Sheets give both scientific facts and traditional knowledge on everything from black bears to black ash.



If you are a Facebook user (and who isn't) be sure to LIKE our UINR page. It's growing fast and if you take a visit you'll see why! For example, if you like our page you have a chance to receive our 2016 calendar. Check out our albums of photos and see how many people you recognize! This is also the best place to stay tuned on employment and other opportunities that arise.



If you use Twitter, be sure to join our followers! It's the best way to stay informed on new additions to our website and all the latest updates.



Unama'ki Guardians received training in forestry practices and tree identification. One participant said, "I learned more about trees today than I did in my whole lifetime!"



Elders and community knowledge holders gather at a UINR workshop gathering traditional knowledge on oysters for an upcoming publication.



UINR's Climate Change Adaptation Project held a meeting of community members to discuss findings from the project.



Say hello to **Emma Garden**, the latest addition to UINR's research team. Emma holds a Masters degree in Water Resources Engineering from the University of Guelph, and a BSc in Environmental Studies from Saint Mary's University.

She has an advanced understanding of watersheds and their ecosystems and has worked at the Community-Based Environmental Monitoring Network in Halifax where she developed a training manual for volunteers to conduct water quality monitoring.

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Please join us in welcoming UINR's new Forestry Technician, **Garett MacVicar**. Garett has his Forestry Technician diploma from Algonquin College in Pembroke, Ontario where he graduated as a Dean's List Honour student, as well as being the Captain of the Algonquin College Lumberjack Team.

Garett has a Natural Resources and Environmental Technology Diploma from Nova Scotia Community College. He lives in Marion Bridge. Check out his profile in this issue.

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**Stan Johnson** is the new Coordinator for Bras d'Or Lakes Collaborative Environmental Planning Initiative—CEPI. Stan worked for over 10 years as an economic development officer and IT specialist before returning to study to earn a diploma in Energy Sustainability Engineering Technology at NSCC in 2010. He is currently completing an MBA in Community Economic Development at Cape Breton University and will graduate in 2016.

"I believe in sustainable development and, to be truly sustainable, we must first look at the consumption of natural resources and protect Mother Earth at all costs."



You might recognize **Jason MacLean** as our Forestry Technician for the past six years. Jason is now UINR's new Director of Forestry, in charge of the day-to-day operation of our Forestry Division. Jason is well-versed in the workings of the division and welcomes the new challenges!

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# WELCOME

2015 will be a year we remember for a long, long time!

It was like a roller coaster ride. From the highs of a very successful Feast in the Highlands and its dedication to our long-time friend Blair Bernard, to the controversy surrounding our partnership with Parks Canada and our traditional harvest in the Cape Breton Highlands National Park to help restore the boreal forest and protect the ecosystem there.

At the end of the day we used the controversy to help educate Mi'kmaw people and surrounding communities on our treaty and constitutional rights, and our role as stewards of the environment. Just do a search on Twitter or Facebook page for #tiamfacts or take a look through our website for plenty of information on the issue.

But it wasn't all about moose! We have continued our work on climate change in our communities, researched for new publications on oyster, held another successful youth camp, released a new video and publication on the American Marten and forest health, planted trees to improve salmon habitat, continued our research on salmon, unveiled an exhibit on salmon at the Margaree Fish Hatchery, met with youth and Elders, did a clean-up at Mala, hired new staff, worked on improving culverts to allow fish migration, participated in a joint patrol of the Bras d'Or Lakes, coordinated training for Unama'ki Guardians...It's been a busy and eventful year and we look forward to 2016!

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Mi'kmaw youth from around Unama'ki participated in a week-long camp in natural resources at Camp Rankin, St. Peters.

Nikani Awtiken gives youth an opportunity to explore careers and academic options in natural resources, while having practical hands-on experience in resource management and traditional Mi'kmaw perspectives of sustainability.

This was the fourth year for the camp and participants were very enthusiastic about their experience!



*My favourite part of the camp was the forestry. It was very interesting to learn about trees and nature and I would go again if I could and it was lots of fun...I feel like I have so much more knowledge about Mi'kmaw culture, and I feel a lot more wise about what I know from this camp. I feel inspired to continue on with my culture so maybe someday I can be the one to teach you...*

*This was the first time I attended a sweat lodge, that's something I'll remember for life....It's important to reconnect with the outdoors because in a way we are connecting with our Mi'kmaw roots and culture.*





Danny Paul



**Blair J. Bernard Memorial  
Feast in the Highlands**



Lawrence Wells



Judy and Joe Googoo

Our 10<sup>th</sup> Annual Feast in the Highlands was held in October and it's attracting more and more people every year.

It's not just the excellent food. Seeing old friends, meeting new ones, being outdoors in the Highlands with drumming and teepees and the smell of cooking combines into an experience that you never want to miss.

It brings together people of all ages, Mi'kmaq and non-native, Elders and youth, hunters and vegans!

If you'd like to see more photos that capture the people and highlights of this year's feast, check out our UINR Facebook page. You never know who you might see there! :)



Chief Leroy Denny



UINR's Clifford Paul and DNR's Tom Soehl



Chef Helen Dennis takes a break





# OYSTER garden by Charlie Dennis



Just about every dinner time I try to spend some time with Uncle Roddie and Janie Gould. Janie can cook a fantastic traditional meal. Dinner is ready every day at 11:45 AM even when nobody shows up. She gets disappointed when I have to go away for a meeting. But we don't get away with it too often! She would say we are having Telamu'kl Esmie'kl, words used jokingly in Mi'kmaq for leftovers from yesterday. This doesn't happen too often, it's usually a fresh meal every day.

Every day she tells a story from the past and today we were talking about L'nuiipisun-Mi'kmaw medicines, and she showed me a leaf she picked outside her home. "This leaf is good for small and large cuts and takes the infection away." She explained to me that last week she cut her finger with a tin can and went outside to find a leaf from this particular plant which she called Wijikanipkl. We compared the leaves to photos in UJNR's plant list and, in English, its common name is Plantain. According to Janie, it didn't take very long for her finger to heal and she mentioned that you can find this plant around your yard. Flo Young said she usually stores extra leaves in the freezer for the winter.

Today's story was about another plant she called Melkamu'kewey. According to Tom Johnson, it is called Elecampane. One time when we were growing up, we had a pig. In those days, everybody in Eskasoni had to make sure everybody had a supply of fresh or pickled pork for the winter. All summer long we all took turns feeding our pig so it would be nice and fat before the winter came. One day my father told my mother that there was something wrong with the pig and that it was lying on the ground in the pen. We all went to the pig pen to check out our pig and my father was right, he just lay there. We tried everything but he wouldn't get up. News travels very fast in Eskasoni and pretty soon people and cars started gathering around the pig pen, everybody with different ideas what was wrong with the pig. One person even brought smelling salts and placed it near the pig's nose and that didn't work. The general feeling with the audience was that the pig was going to die. What were we going to do for our winter supply of pork was my father's concern because it was late in the year, almost harvest season.

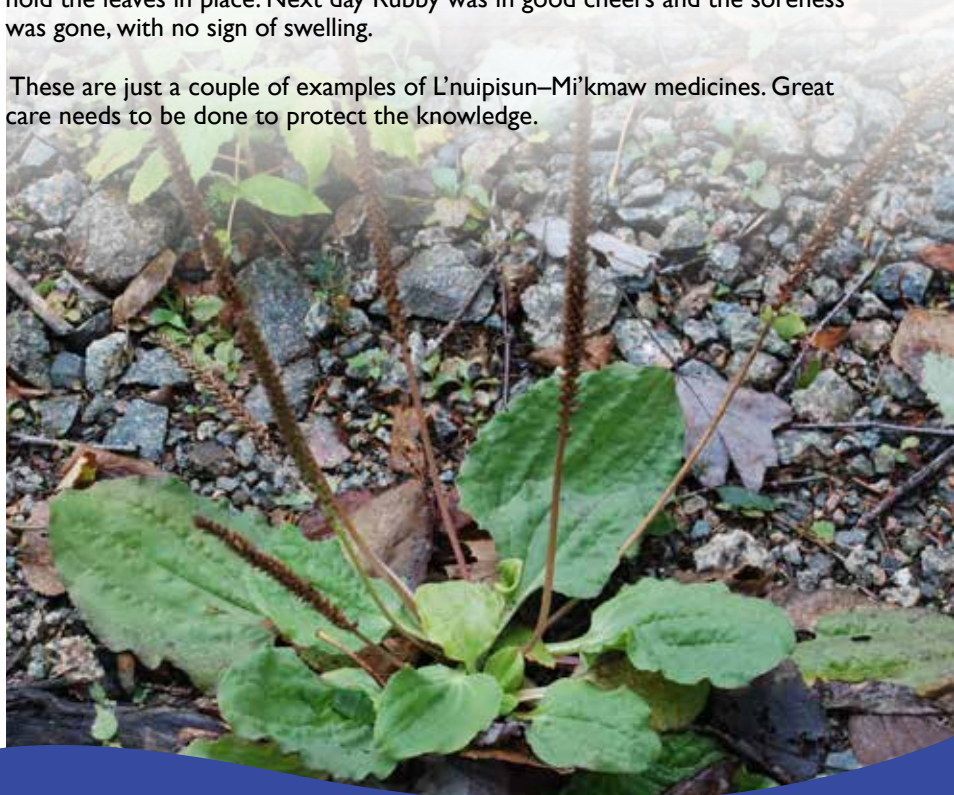
After everybody left my mother suggested we try finding a cure by using traditional medicines. The plant I used to hear that was good for all cures is Melkamu'kewey and I knew exactly where to get it. Janie told me, "You know where John Frank Toney's house is today?" Along the driveway is where we found it, and lots of it.

We made sure that we had enough because my mother said we have to cover the pig all over. As per her instructions, we covered the pig completely, even the tail. After we had nestled down at home, all of sudden my father told my mother there's noises coming from the barn and it sounded like a our pig. My father woke everybody up and we all headed to the pig pen. When we got there, the pig was walking around all excited like he was hungry. It was a great joy around the pen knowing my parents were happy and we didn't have to worry about pork for the winter. A few weeks later the pig was butchered and we had pork all winter.

Another part of the story was the time Francis Gould (Rubby) came to his store where Janie worked part-time as a cashier. Rubby was complaining about how sore his elbow was and Janie asked him to show her his elbow. As Rubby rolled up his sleeve Janie could see a big lump on the elbow loaded with fluid. At the same time Janie's sister, Clara, came in the store and Janie said, "We have to get some Melkamu'kewey for Rubby's elbow." Before Janie and Clara left Rubby hollered to them, "If you guys can treat a pig I'm sure you can treat me!"

So off they went to their favourite spot and got the medicine. They took the leaves and placed them on his sore elbow and wrapped them with a cloth to hold the leaves in place. Next day Rubby was in good cheer and the soreness was gone, with no sign of swelling.

These are just a couple of examples of L'nuiipisun-Mi'kmaw medicines. Great care needs to be done to protect the knowledge.



# *it's all about the people* **Garett MacVicar**

Growing up, when Garett was late for dinner, his mother didn't have to look far to find him. He was, as usual, out playing in the woods behind his home in Marion Bridge. Building cabins, sledding, fishing, Garett loved the great outdoors.

Today if you need to find him, do as his Mom did, check out the woods! As UINR's Forestry Technician, he spends most days analyzing forests, marking trees for cutting, monitoring contractor work quality, production and harvest block layout, while making sure that environmental guidelines are met. And he loves every minute of it.

After graduating from Riverview High School in 2008, Garett went to university in the hopes of becoming a Physical Education teacher, but he couldn't stand being inside all day and quickly realized that it wasn't the career for him. So he enrolled in the Natural Resources and Environmental Technology program at Nova Scotia Community College. And he excelled. After getting his diploma there in 2012, he went on to Algonquin College in Ontario where he earned his Forestry Technician Diploma in 2013. Besides being a Dean's List Honour student he also became the Captain of the Algonquin College Lumberjack Team.

Known for being extremely safety conscious, Garett holds a variety of safety certificates in addition to being certified as a Forestry Technician, Environmental Technician, and Forest Industry Firefighter.

No stranger to hard work, before coming to UINR, Garett worked as a Student Forestry Technician at Nova Scotia Department of Natural Resources, as a Park Attendant at Two Rivers Wildlife Park, and as a Landscape Technician, and Mineral Exploration Survey Assistant.

"I would just like to say that the staff at UINR has been very welcoming and friendly. UINR has a very well put together and professional team. I am very excited and proud to be a part of it."

"Without hard work, nothing grows but weeds."—Gordon B. Hinckley

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## Ten questions

**Chose an animal native to Unama'ki.**

The beaver—hard working and family strong

**Favourite season?**

Summer

**What is the best part of your work?**

Being outdoors, in the woods

**Choose a quality you admire in others.**

Honesty

**Favourite beach?**

Mira Gut

**Last thing you read?**

Cape Breton Post

**What's for supper tonight?**

Beef on a bun

**What is your favourite website?**

tsn.ca

**What did you do in the last week to help the environment?**

Stopped using coffee cups, switched to chaga tea from a thermos. I use rechargeable batteries.

**Chocolate or chips?**

Chocolate



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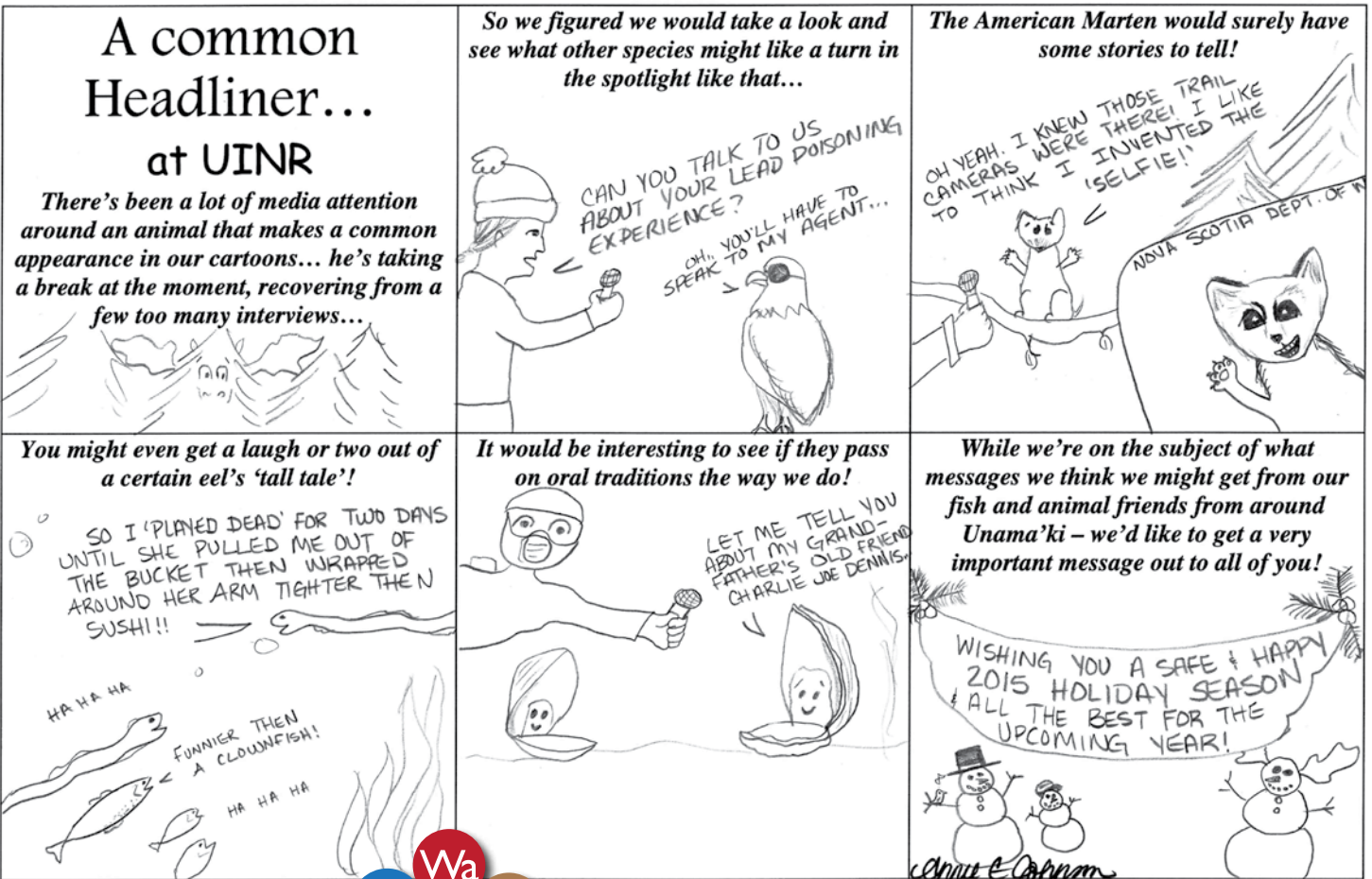
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