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The People of the Lakes Speak



Bras d'Or Lakes Collaborative Environmental Planning Initiative (CEPI) leads the discussion on sustainable practices across industry sectors for the Bras d'Or Lakes with a special event this November, **The People of the Lakes Speak: 2016 CEPI Sustainable Practices Conference for Bras d'Or Lakes.**



"The conference is all about bringing people together from the Bras d'Or Lakes communities and discussing how we can develop this sensitive ecological area in a sustainable way."

Building on the current work of UINR—Unama'ki Institute of Natural Resources—stemming from two successful workshops held as a response to the Cape Breton First Nations Chiefs in 2003 and 2004, CEPI will host a conference November 8-10, 2016. The conference takes place in Baddeck at Inverary Resort and Wagmatcook Culture and Heritage Centre.

The event will bring stakeholders together to focus on defining sustainable practices for the communities of the Bras d'Or Lakes watershed, inspire movement towards best practices in sustainable development for communities, and examine how these best practices can be key drivers in economic development.

Dan Christmas, Chairperson of CEPI, is pleased the event will be held this fall and its outcomes will build on the work completed at the previous workshops.

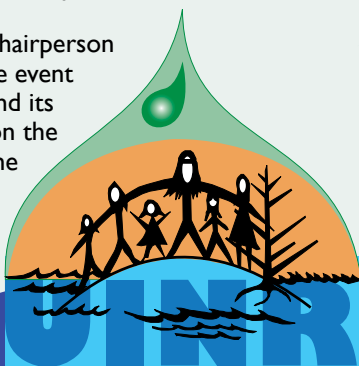


STOP THE PRESS!

Dr. David Suzuki has been announced as Keynote Speaker on November 10.

Bras d'Or Lakes
CEPI
Collaborative Environmental
Planning Initiative

For additional information contact Coordinator **Stan Johnson** at 902 379 3852 or email stan.johnson@brasdorcepi.ca





UINR met with Honourable Catherine McKenna, Federal Minister of Environment and Climate Change. On hand were UINR's Clifford Paul, CEPI Coordinator Stan Johnson, MP Mark Eyking, UINR Board Member Chief Leroy Denny, Honourable Catherine McKenna, UINR Board Chair Chief Terry Paul, UINR's Lisa Young, CEPI Management Committee Chair Dan Christmas, and UINR Director of Administration Annie Johnson.

Tristan Simon, Maureen Cameron-MacMillan, Annamarie Hatcher join UINR's Shelley Denny and Emma Garden for Bras d'Or Watch 2016.

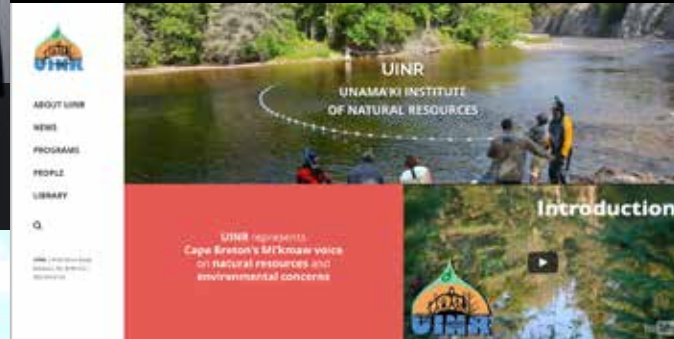


UINR's Clifford Paul went to Ghana this summer to share traditional Mi'kmaw management principles with the people there. Here he is with Dr. Stephen Ameyaw who presented Clifford with a traditional chieftain's smock, also known as 'batakari'.



Fisheries and Oceans Canada interns and St. Mary's University students Farrah Stevens, Pictou Landing/Halifax, and Shurenda Michael, Sipekne'katik (Indian Brook) First Nation, worked with UINR for a week this summer getting hands-on experience.

uincr.ca



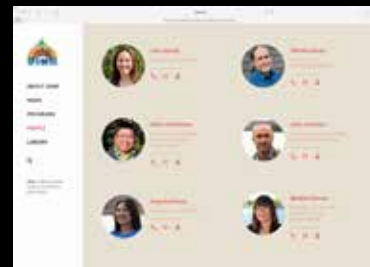
We're Back!

Here's where we keep you up-to-date on new stuff online from UINR.

After months of work and a whole new re-design, we are happy to report that uincr.ca is up and running and looking great!

We've simplified the Menus so now it's easier to find your way around. It has all the resources, videos, publications, and news that we always had but with a modern, easy to use design.

At UINR it's all about the people so we've made it easy to find out more about our staff and the projects they are working on.



We are pretty excited to show you what we've come up with!

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! We often give away free books and other publications just for liking us! Check out our albums of photos and see how many people you recognize! This is the best place to stay tuned on employment and other opportunities that arise.

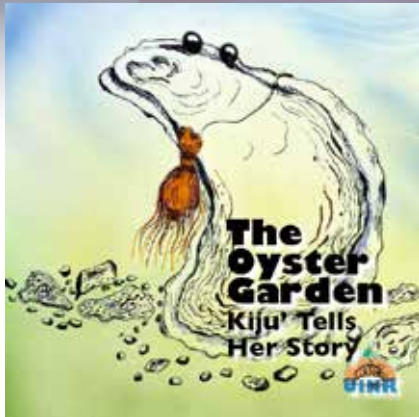


If you use Twitter, be sure to join our followers! It's the best way to stay informed on new additions to our website and all the latest updates.





WELCOME



New Books on Oysters

Please join us on November 16, 2016 at 11:00 am at Membertou Heritage Park when we launch UINR's latest publications: **Mn'tmu'k: Mi'kmaq Ecological Knowledge: Eastern Oysters in Unama'ki** & **The Oyster Garden: Kiju' Tells Her Story**.

There will be readings, refreshments, and free books to all in attendance. After the launch books will be available for free download at uinr.ca

The books were written by UINR's **Shelley Denny, Angela Denny, Emma Garden, and Tyson Paul**. Well-known artist **Dozay Christmas** illustrated **The Oyster Garden** which looks at things from the oyster's perspective. Dedicated to friend, mentor, and caretaker of the Bras d'Or Lakes, **Charlie Dennis**.

The Mi'kmaq Ecological Knowledge gathered for **Mn'tmu'k** was collected from Mi'kmaq harvesters through a series of interviews and workshops. The book looks at the oyster's history in Unama'ki, how they are prepared and used, and includes a map that illustrates areas where oysters were harvested. The book also looks at the current state of oysters in the Bras d'Or Lakes, concerns our people have for the species, and a call for action. Rounding out the story are some interesting observations that we learned while researching the book.

A quick look through this issue will give you an idea of UINR's commitment to youth in our Unama'ki communities and the importance we place on their futures.

Take a look at the photos from our fifth annual Nikani Awtiken summer camp. If the smiles and laughter aren't proof enough, read what participants have to say about their experience. Together, in nature, they find a special part of themselves. Every year our camp attracts more and more people and it is gratifying to see how much joy, knowledge, and understanding the youth take from it.

We just added to our library of books intended for a younger audience with the publication of **The Oyster Garden Kiju' Tells Her Story**. Written in English and Mi'kmaq, it is the latest in our series of stories that look at natural resources from a youth point-of-view. You can check out uinr.ca to download copies of the complete set after the book's official release in November.

UINR partners with other organizations to bring programming to our youth. From Parks Canada to Bras d'Or Biosphere Association we take every opportunity to help learn more about the environment and natural resources in Unama'ki.

lisa@uinr.ca



shelley.denny@uinr.ca

angela@uinr.ca

emma@uinr.ca

tyson@uinr.ca

A Summer to Remember at Nikani Awtiken

This year, 22 high school students from across Unama'ki participated in our fifth annual Nikani Awtiken summer camp that was held from August 8–15 at Camp Rankin in Richmond County.

The main goals of Nikani Awtiken are:

- To provide training for youth to pursue careers in natural resource management
- To help re-connect youth with nature
- To help re-connect youth with traditional Mi'kmaw values.

The eight days were filled with workshops and field trips facilitated by resource experts and Mi'kmaw Elders. Camp Coordinators **Karlee Johnson** and **Shanna Francis** were joined by Camp Counsellors **Garren Denny**, **Tania Gould**, and **Tristan Simon**. Together the team made sure that things ran smoothly and shared their skills and knowledge with the participants.

Among the many activities participants learned about career opportunities in natural resources. **Tara Marshall** talked to participants about working at Nova Scotia Department of Natural Resources, Forestry Technician **Chris Gloade** shared information on jobs in forestry, and **Ben Toney** Nova Scotia Department of Natural Resources talked about being a Conservation officer in Unama'ki.

It wasn't all talking and listening though, other hands-on activities included hiking the Skyline Trail in the Cape Breton Highlands and conducting tree planting assessments with Parks Canada, a medicine walk with **Judy and Joe Googoo**, building and participating in a sweat lodge with **Danny Paul**, and identifying trees with UINR's **Jason MacLean**.

Steven Augustine discussed Mi'kmaw creation stories, UINR's **Clifford Paul** talked about moose management and told some ghost stories, and Elder **Albert Marshall** talked about the importance of education for Mi'kmaw people.

There were courses on First Aid and Boating Safety, sweet grass picking, drum and basket making, talking circles, talent night, BBQs, and time at the beach. Tired yet!! :)



Nikani Awtiken



In the clouds at the end of Skyline Trail



Here's some of what this year's Nikani Awtiken participants had to say about their experiences:

This camp made me not shy anymore because I always had to keep talking out loud and this is my first time being away from home for eight days.

I am interested in planting more trees.

I liked everything about Nikani Awtiken—every single thing we did! And it all had meaning.

Because of Nikani Awtiken, I am interested in becoming a forest technician.

I felt a bit disconnected from my culture, but this camp helped me gain knowledge about things I had no idea about, such precious and valuable knowledge. And I will do my best to hold onto it for years to come.

I would 110% recommend this camp to a friend because I really enjoyed myself and I feel like I took a lot away in terms of the information we got from our workshops.

I would recommend this camp to a friend because you take a lot of this camp into your daily lives from the skills you learned and the teachings you were taught.

Yes, I benefitted from Nikani Awtiken. It helped me gain confidence and respect for the outdoors.

This camp benefitted me by making me ready for school and it boosted my confidence level.

This camp was the highlight of my summer!

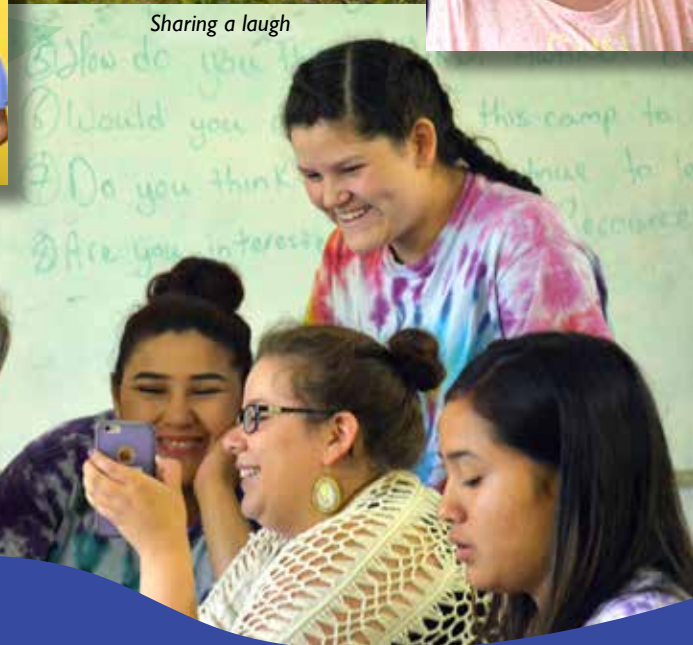
My favourite part of the camp was probably making drums or camping at the Highlands. I never thought I'd have that opportunity.

I benefitted from this camp in so many ways. It made me learn about first aid, boat safety. I did cultural activities which made me feel whole. I was independent, I had to be responsible, and I also even learned social skills by making new friends.

I liked the workshops and that we went to Highlands. I really enjoyed learning about our culture.

I don't think Nikani Awtiken should be improved because it is already fun the way it is.

Yes, I would continue to learn about my culture, especially if I can continue to come to this camp.



Commercial Fisheries in Unamaki: Jakejk/Lobster

John Couture is UINR's Commercial Fisheries Liaison Coordinator and in this column he will discuss some of the species of importance to the Unama'ki commercial fishery. In this issue he focuses on everyone's favourite crustacean, Jakejk or Atlantic Lobster.

Lobster provides employment— a skipper and two helpers per vessel. Employment allows our community members to be eligible for EI benefits, which is good for the community and its members. This year, lobster was a key economic driver for some communities. Anyone who had their licenses fished saw economic gains.

We have holdings in lobster fishing areas 27, 28, and 29. 27 is Cape North to Gabarus, 28 is the Bras d'Or Lakes, (Charlie Dennis once fished lobster there and he described it as not very good and caught many poaching his traps), and 29 which is around St. Peters/Arichat to the Causeway.

In the early days of our commercial communal (CC) lobster harvest, we were inefficient with our resources, unfamiliar with the areas we were fishing, and needed to be accepted in the ports. Today we are making good harvests and income that can be maintained for years to come with few issues regarding sustainability and conservation.

With the Marshall Decision in 1999, the government realized it would have to accept not just rights-based fishing of lobster by the Unama'ki First Nations, but it would have to either buy or licenses and make them CC.

At one time some people fished commercially in Unama'ki using small dories, rowing out to trap lobster. When Fisheries and Oceans Canada brought in updated regulations, these harvesters went from less than 100 traps to 275 traps.

In Unama'ki we harvest the hard-shell American Lobster, one of the best tasting lobsters in the world. Our lobster has the ability to travel, store, and survive shipment to overseas markets. We harvest six million pounds of lobster in about 81 days if the weather is good, although it could be fewer days as the season is set. Once the season begins...count 81 days and it ends.

Adding to the current demand for our lobsters are new menu additions such as lobster poutine and lobster macaroni. A low dollar gives markets an inexpensive but valued lobster. High prices can result in lower profit margins for local buyers and limited landings per day where fishers may not be permitted to land when they want, so they hold their lobsters due to a glut. Also the European Union is suggesting a ban on American Lobster as an invasive species. For decades the EU has been a very strong market and, if banned, this would be a big loss to our fisheries.

Lobster size is important. A decision by DFO that received support from 51% of the industry, raised the size of "legal" lobster to 85 mm to match the American standard. This means harvested lobsters are in the water longer while mature, adding to future populations of lobster. 2016 has been the most productive in decades.

Some markets are demanding Maritime Stewardship Council (MSC) certification. To access markets where this is required, our lobsters are being approved by the Lobster Council of Canada who represent our interests. Another idea going around is to add First Nation branding that could open new markets and bring additional employment and opportunities for our Unama'ki communities.

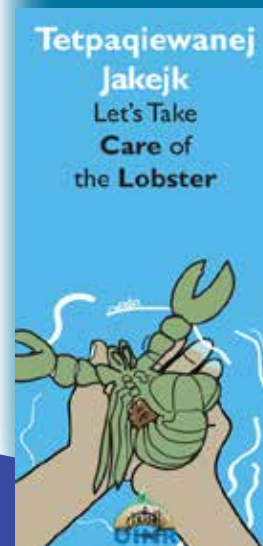


john.couture@uinr.ca

For more information on Jakejk, visit uinr.ca to read these publications:

**Unama'kik Jakejue'ka'timk
Food, Social, and Ceremonial**

**Lobster Fishery
Management Plan
for Unama'ki
and Tetpaqiewanej
Jakejk: Let's Take
Care of the Lobster**



Our Unama'ki forests

Our forests are more than just the trees that we harvest to make the hundreds of products we use every day. Forests are the homes for animals, medicines, plants, birds, insects, and some say, spirits.

Our forests provide us clean air and water and, in return, healthy salmon, trout, and eels. It's all connected!

Traditional Mi'kmaw lives were deeply rooted in the forests of Unama'ki and continue to be today. Understanding the forest, its diversity, its history starts with one tree.

Maskwi

For Mi'kmaw people, Maskwi (*Betula papyrifera*) was probably the most important tree in the forest and provided shelter and transportation. Its bark was used for everything from fabric to fibre to make wigwams, containers, and of course, canoes.

It's easy to spot white birch on older trees. Their white, papery bark peels off easily. Younger trees have striped bark that is smooth and reddish in colour.

Birch bark is harvested twice a year, at the beginning of the spring for durable bark for canoes and containers, and in summer for making small, delicate items.

Now-a-days Maskwi is mainly used for firewood but there's no better way to call a moose than with a traditional Maskwi caller!



jason@uinr.ca

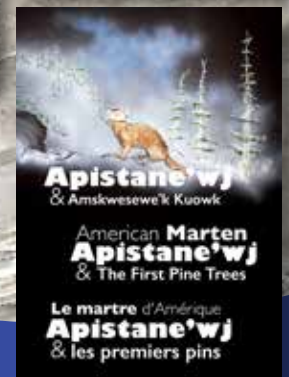
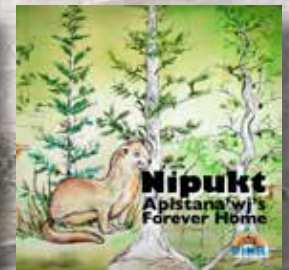


garrett@uinr.ca

Maskwi is so important to Mi'kmaw people, there are many words that refer to it:

- Alnaskwe peeled out of season
- Apknekwe peeled in season
- Msuikwe peeled from an old tree
- Pepku'kawa peeled in season
- Pu'jkju' birch basket
- Sinsekwan peeled in winter

Check out uinr.ca for video, books, reports, and other information on forestry in Unama'ki.



UINR Staff

Lisa Young lisa@uinr.ca
Executive Director

Weldon Bona weldon@uinr.ca
Director of Communications

Keith Christmas keith@uinr.ca
Guardian Program Liaison Coordinator

John Couture john.couture@uinr.ca
Commercial Fisheries Liaison Coordinator

Angela Denny angela@uinr.ca
Research Assistant

Shelley Denny shelley.denny@uinr.ca
Director of Aquatic Research and Stewardship

Emma Garden emma@uinr.ca
Research Assistant

Annie E. Johnson annie@uinr.ca
Director of Administration

Stan Johnson stan.johnson@brasdorcepi.ca
CEPI Coordinator

Jason MacLean jason@uinr.ca
Director of Forestry

Garett MacVicar garett@uinr.ca
Forestry Technician

Albert Marshall albert@uinr.ca
UINR Elder Advisor

Lorraine Marshall lorraine@uinr.ca
Community Drinking Water Quality Monitor

Clifford Paul clifford@uinr.ca
Moose Management Coordinator

Serena Paul serena@uinr.ca
Administrative Assistant

Tyson Paul tyson@uinr.ca
Research Assistant and FISH-WIKS Community Liaison Coordinator

Billy Taylor billy@uinr.ca
Finance Officer



Mailing Address
PO Box 8096
Eskasoni NS B1W 1C2

Street Address
4102 Shore Road
Eskasoni NS B1W 1C2

Phone
902 379 2163
Toll Free
1 888 379 UINR (8467)

Fax
902 379 2250

E-mail
info@uinr.ca

Web
uinr.ca

The Computers Are Down! at UINR
This edition of the cartoon is experiencing some technical difficulties...

WHAT THE?

OH, GOOD! I NEED THESE HANDS FOR FISHING!

meanwhile...

So the Campers get lunches packed for them and set off on a comfy bus for a fun tour of the Cape Breton highlands National Park!

THIS IS COOL BUT WILL WE GET TO SEE SOME ANIMALS?

The campers get to sleep in a campground in tents usually after a campfire and the best part- story-telling!!

By the next day all the lunches have long since been eaten, so the campers are left to forage for berries and clean stream water for lunch, you know, whatever you can find in the highlands..

OK GUYS, PIZZA'S HERE!

YAYYY...

And the bus ride back is. Well, lets just say if you want a good nights sleep, dont invite Clifford Paul to tell you ghost stories before bedtime!

annie@uinr.ca



uinr.ca