

Bringing healthy lifestyle ideas North of Smokey

by Michelle LeBlanc, Dietitian
Buchanan Memorial Hospital

A healthy living program was offered North of Smokey in 3 different communities this year: Ingonish, Neils Harbour and Bay St. Lawrence.

This was a 10 week program focused on lifestyle changes ... healthy eating, increasing physical activity, lowering cholesterol, losing weight and feeling better.

The program included menus and

recipes for participants to follow as well as a variety of education sessions, such as Appropriate Portion Sizes, Label Reading, Fat, Fiber & Flax, & Move & Improve to name a few. The Programs were very well attended at each venue.

Financial support for the program was provided by the Community Health Board which allowed this program to be offered in all three communities and to be such a success.

Biodiversity at the international level



L-R Emily MacDonald, a summer student the Bras d'Or Stewardship Society has hired and suconded to the Bras d'Or Lake Biosphere Reserve; Dr. Suzanna Fuller, Guest Speaker at the Bras d'Or Stewardshp Society Annual Summer Review and Pat Bates, Chair of the Bras d'Or Stewardship Society.

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Lake to be published over the year.

Guest speaker, Dr. Suzanna Fuller, spoke on her experience working at the United Nations and seeing the international approaches being taken to biodiversity beyond national jurisdictions.

"Basically we were working on stewardship issues at the international level," she told the well attended meeting.

Continuing her association with Ecology Action Centre in Halifax, Dr Fuller said

she hopes to translate the lessons learned from working with international policies into local issues.

The Stewardship Society prides itself on not soliciting government funding as it sometimes has to deal with government agencies which have jurisdiction over land-use issues with which the Stewardship Society may become involved as intervenors.

Treasurer Henry Fuller said that membership has fluctuated over the years buthas been able to maintian fiscal solidity.

Will biomass extraction fall outside of Forestry Strategy?

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principles, guidelines and technical recommendations for the sustainable management of Nova Scotia's forests; review and reallocate resources so more species at risk can be recovered; conduct research into how to best reclaim land affected by mining operations; help publish a Mi'kmaq interpretative plan for provincial parks to increase awareness and understanding of Mi'kmaq heritage and culture; carry out a detailed visitor survey to collect information on the park system.

The forestry panelists commented that the idea of forests as a natural resource for human use is a singular perspective that might seem egotistical and foreign to a Mi'kmaq person, a barred owl, a moose, a trout, or a salamander; perhaps even a trained ecologist.

Most of the information written on biomass takes a narrow, utilitarian focus on the amount of wood volume available for fuel, and overlooks the fact that forests are home to many species of dependent flora and fauna. (Hence a committee assigned to thoroughly and objectively examine biomass must be well represented with biologists from a variety of research domains, in addition to foresters and people from economic, and energy backgrounds.) The most common reason for species being designated at risk is habitat loss. The ability of some

groups of species to survive and flourish, particularly those requiring late seral stages and continuous canopy conditions, is the summation of all environmental factors.

A Code of Forest Practices will develop rules for whole-tree harvesting as part of an ongoing legislative and policy review, consultation, and engagement. Requirements for the use of tree stems—for electricity generation only—have been completed and added to regulations and policy documents. Regulations under the Forests Act will be revised to ensure that harvesting practices (i.e., whole-tree harvesting) and the use of forest biomass for energy and fuel will meet commitments made in the Policy Framework for the Future of Nova Scotia's Forestry. Other regulatory changes will be made to include biomass users as registered buyers. This will require their following the same rules as other buyers in the forestry sector. Standards for removing forest biomass from sites will be clearly identified in the Code of Forest Practice.

Biomass harvesting usually constitutes an intensive harvest regime, and to be successful in Nova Scotia private woodlot owners will have to be involved. Even if the biomass cut is limited to 350,000 dry tonnes there is some suspicion that amount of wood fibre will not be found at the prices currently being offered.

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