

IN THE SPIRIT OF NETUKULIMK

Malikewe'j

Best Management Practices for the Well-Being of Malikewe'j

Malikewe'j Environmental Best Management Committee Established through UINR and UNSI

3/28/2011

Malikewe'j is an important communal ecological and historical site within Unama'ki. Malikewe'j needs our help to keep the land clean, the resources intact and the waters that surround the land and flow beneath protected. The following best management practices are based on the Mi'kmaq traditional practice of Netukulimk and modern ways of understanding human impacts to the environment. Best management practices are voluntary and do not infringe on Mi'kmaq Rights and Title. This document is endorsed by the Mi'kmaq communities of Eskasoni, Membertou, Potlotek, Wagmatcook and Waycobah, the Mi'kmaq Grand Council, and the Unama'ki Elders' Senate.

Contents

Acknowledgements.....	3
Malikewe’j: Cultural and Historical Significance.....	4
Malikewe’j Needs Our Help.....	5
Malikewe’j Environmental Best Management Practices Committee.....	6
Honouring Netukulimk: Best Management Practices for Malikewe’j.....	6
Privileges.....	7
Notification.....	7
Sacred Environments.....	7
Lot Size.....	8
Clearing of Land and Erosion Prevention.....	8
Wells.....	9
Placement.....	9
Maintenance.....	9
Monitoring.....	9
Outhouses and Septic Systems.....	10
Placement.....	10
Outhouse Construction.....	10
Maintenance of Outhouse and Septic Systems.....	10
Cabin Construction.....	11
Civic Address.....	11
Heating.....	11
Waste Management.....	11
Pollution Prevention.....	12
Wharves.....	12
Resource Use.....	12
Hunting.....	13
Fishing.....	13
Trapping.....	13
Gathering.....	13
Annual Review of BMPs.....	13
Appendices.....	14

Appendix A. Map of sacred environments in Malikewe’j 14

Appendix B. Recommended outhouse (pit privy) design from the Nova Scotia On-site Sewage Disposal System Regulations..... 15

Appendix C. Residential sorting information for recycling. 16

References 17

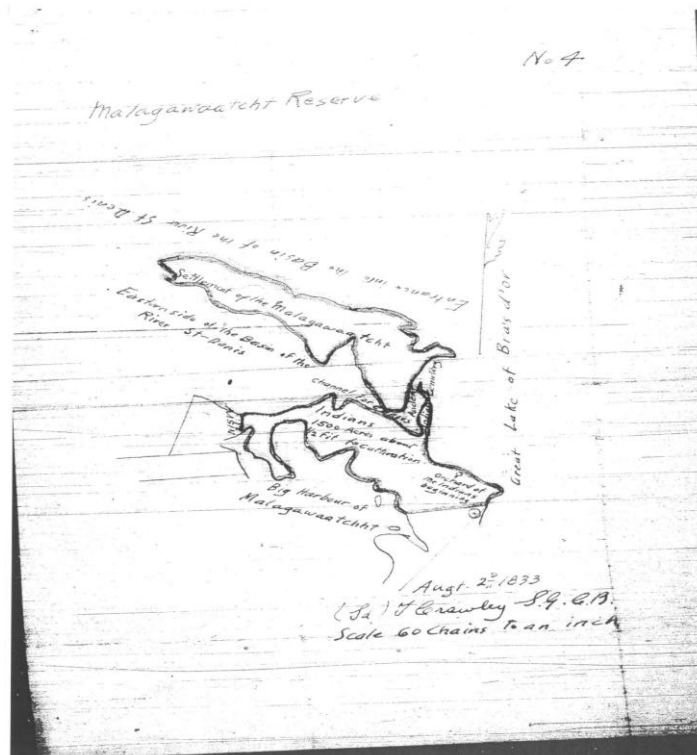
Acknowledgements

We would like to those who have provided guidance, support and expertise: our partner, the Union of Nova Scotia Indians, the communities of Eskasoni, Membertou, Potlotek, Wagmatcook and Waycobah, UINR Communications, the Elder’s Senate, and the Mi’kmaq Grand Council. We are especially grateful to the residents and those concerned for the well-being of Malikewe’j who have come together to develop solutions to some of the issues that are facing their community.

Malikewe’j: Cultural and Historical Significance

Malikewe’j is a communal piece of land in Unama’ki (Cape Breton) in the Western portion of the Bras d’Or Lakes. Its official name is Malagawatch 4 and is jointly shared by the five Mi’kmaq reserves in Unama’ki. Malikewe’j was designated a reserve in 1834 although Mi’kmaq have been residing here since the early 18th century (G. A. Allen, personal communication, April 13, 2011). The total area of Malikewe’j reserve measures 661.3 hectares (Sylliboy, T., n.d.). There were many names that refer to this area throughout history. The English called it Malagawatch; French referred to it as Mirliguech; and the Mi’kmaq named it Malikewe’j, which translates to “Mary’s Place” (The History of the Mi’kmaq Presence on the Bras d’Or Lakes From the Written Record, p11). Today, we often refer to this area as “Mala”.

Malikewe’j played a prominent historical role in establishing and maintaining relationships with the French and was one of four main gathering places of the Mi’kmaq people (Sylliboy, T., n.d.). Mi’kmaq Grand Council meetings were held here after moving from their gathering point of Minas in 1722 as a result of the war between the British and the French. Malikewe’j became the base for Mi’kmaq warriors as well as the site for the Mission (G. A. Allen, personal communication, April 13, 2011). In 1723-26, a church was built and became a gathering place for the Grand Council until 1750 when the meeting place was moved to Chapel Island (Sylliboy, T., n.d.). Mi’kmaq remained settled at Malagawatch even after the mission moved to Potolek (G. A. Allen, personal communication, April 13, 2011).



The missionary priests that would come to assist the Mi’kmaq people in the 1730s learned how to speak Mi’kmaq. As an aid for teaching prayers, a French Missionary priest developed a system of hieroglyphic characters which are still recognized today (A history of the Catholic Church in Eastern Nova Scotia, p 73). It remained a wintering camp for many families and it was during this time when religious instruction and practice took place. This reflects the close relationship between the French and Mi’kmaq people in regards to Catholic religion.

There is some confusion as to where the name River Denys came from. It is believed that River Denys is named for an important figure in the early history of Cape Breton Island, the French explorer,

entrepreneur, administrator, and author Nicolas Denys, 1598 – 1688 (Dictionary of Canadian Biography Online). There are also accounts of a line of hereditary Chiefs in the 18th and 19th centuries: Grand Chief John Denny, Jr., who was the son of Grand Chief John Denny and great-grandson of Grand Chief Tomah Denny (Mi'kmaq Grand Chiefs). The spelling of Denys varies from Denny, Dennis and Denys.

Clara Dennis NSARMI accession no. 1981-541 www.gov.ns.ca/nsarm/ c 2010



Federal Indian Day School operated from 1910-1917 and 1923-1942.

Transportation to and from other reserves around Malikewe'j was by canoe and a route existed between current day Boom Island and the mainland (Netukulimk GIS Management Project). A portage route from Whycocomagah to Denys Basin also existed where people would carry their canoes to avoid a 30-40 mile journey around the peninsula (G. A. Allen, personal communication, April 13, 2011).

Permanent and seasonal residents attended mass on special occasions such as Christmas and Easter at the old school in Malikewe'j until it was torn down in 1942 (Netukulimk GIS Management Project). Students were taught by missionary priests before the school was built in 1910. The school foundation still exists today (L. Paul, personal communication, March 28, 2011). Many residents left Malikewe'j due to Centralization in 1942, however, people often left prior to Centralization if an illness occurred to avoid becoming sick (G. A. Allen, personal communication, April 13, 2011).

Malikewe'j remains a culturally significant area to our people in Unama'ki (Cape Breton). It continues to serve as our traditional hunting, trapping and fishing grounds. Medicinal plants are largely undisturbed and continue to be harvested here. It remains a burial area for those who wish to be buried there. A cross, alter and monument was erected in 1985 to recognize the historical significance of several people to the discovery and restoration of the land. In 1992, clay pottery (bowl) was found when the shoreline experienced great amounts of erosion. This artefact was dated to the 1730s and likely came from Louisburg. An outdoor mass is held annually in Malikewe'j.

In addition to being an ecologically and historically important area, Malikewe'j is a great place to experience solitude and relaxation, as well as a gathering place for family and friends.

Malikewe'j Needs Our Help

All of our actions directly impact the land, air and waters (surface and ground). The land we clear for cabins leaves less trees and habitat for animals and may permanently remove some of our sacred medicines. Our outhouses, septic systems, dumpsites, cars and recreational vehicles are a potential source of pollution to our wells, surface water, and land. The shoreline is eroding quickly because we are cutting away too much land close to the water. Ideally, we would like to integrate ourselves with the

Ecological integrity is the ability of the ecosystem to support and maintain life while being able to heal itself from disturbances caused by man.

natural environment of Malikewe’j so that the ecological integrity of our community is respected and preserved. Eels and other aquatic species will have a healthier environment if we take care of our land.

We can achieve this by incorporating our traditional practices as Mi’kmaq people. Malikewe’j is held in communal ownership and is not owned by one individual or Band. As Mi’kmaq, we believe that land was inherited from our ancestors and will be passed down to our grandchildren for use and survival. At present, we are the caretakers of Malikewe’j. Water is sacred and must be treated with respect as all life on earth needs water to survive. We must not alter the ability of the land and water to heal it’s self and

Netukulimk is rich in meaning and encompasses many concepts. It is the Mi’kmaq way of harvesting without jeopardizing the integrity, diversity, or productivity of our environment.

must ensure that the gifts are there for future generations. This is the concept of Netukulimk that has been embraced by our people since time immemorial.

Today, the concept of Netukulimk can be partially expressed through the use of Best Management Practices. Best Management Practices, or BMPs as they are often referred to, are guidelines or recommendations designed to reduce impacts

to the environment as a result of human interference or actions. BMPs can become the standard to follow in cases where there are few controls in place or enforcement to protect the environment. BMPs are voluntary and rely on the good will of the people to carry them through.

Malikewe’j Environmental Best Management Practices Committee



In 2010-2011, the Unama’ki Institute of Natural Resources (UINR) partnered with the Union of Nova Scotia Indians (UNSI) to form a committee to develop best management practices for Malikewe’j. In August 2010, a community survey was developed to gauge interest in committee membership and to determine what types of actions and issues are impacting eel habitats in Malikewe’j. On January 17, 2011, the committee developed a terms of reference,

reviewed the results from the community survey and provided the recommendations for Best Management Practices we could adopt. Members of this committee include UINR, UNSI, elders and councillors from Eskasoni, Membertou, Potlotek, Wagmatcook and Waycobah, seasonal and permanent residents of Malikewe’j and members of the Mi’kmaq Grand Council.

Best Management Practices, also referred to as BMPs, are generally accepted ways of doing things that have proven themselves over time.

Honouring Netukulimk: Best Management Practices for Malikewe’j

Netukulimk is the foundation for Mi’kmaq resource management. This concept is the guiding principle we use to ensure that the land, water, air, and all of Mother Nature’s gifts are there for the benefit and enjoyment of future generations.

The following practices were recommended by Malikewe’j Environmental Best Management Practices Committee and are endorsed by the five Mi’kmaq Chief and Councils, UINR’s Elder’s Senate, and the Mi’kmaq Grand Council. **These practices are *voluntary* and do not infringe Mi’kmaq Rights and Title.**

Before you build or decide on an area, take a close look at the land. Make sure that it is suitable for your purpose while maintaining the natural beauty and wildlife of the area. Some of the things to consider are:

- Is this area rich in medicinal plants?
- Is it area far enough from the water so there is no damage to my cabin or home?
- Will my outhouse affect my cabin, the water or the wells, or my neighbour?
- Is it there enough natural drainage?
- Is there enough room between my lot and my neighbours?

If you are not sure, ask your potential neighbour or anyone who lives in the area. They are the ones who are most informed about the history and location of wells, dumps, and outhouses and were involved in developing the BMPs.

Privileges

The privilege to take residence, seasonal or permanent, in Malikewe’j extends to members of Unama’ki Bands. This means that you must have a valid band number from Eskasoni, Membertou, Potlotek, Wagmatcook or Waycobah in order to clear land and/or take residence in Malikewe’j.

Notification

Notify the Chief and Council and Land Manager of your Band before you clear land in Malikewe’j.

Sacred Environments

The following areas are not recommended for development or to be cleared for development:

- **Shorelines.** This includes 20 m (66 ft) from the end of the bank or shore. Erosion increases when there are no plants, shrubs or trees to stabilize the shoreline and results in exposure from storm surges.
- **Marshy areas, ponds, streams or brooks.** This includes 20 m (66 ft) of land on its banks. This distance will help to protect the quality and quantity of the water and plants and animals who depend upon specific habitats for survival.
- **Sand bars.** Sand bars are moving area of sand and rock. They are easily flooded and will move over time.
- **Boom Island.** Boom Island is rich in medicinal plants which have habitats specific to this area. These plants many not be easily moved or re-established when their habitat is destroyed.
- **Graveyard.** The graveyard and monument area is sacred grounds of our ancestors. According to historical accounts, the graveyard may be larger than we realize.
- **Wells for Drinking Water.** Leave a distance of 61 m (200 ft) between community wells and your lot. Ensure that your septic system or outhouse is 30.5 m (100ft) from any well.

Lot Size

Recommended lot sizes are 30.5 m x 45.7 m (100 feet x 150 feet) for an average size family.

Leave at least 24.5 m (80 ft) between cabins as a fire safety precaution.

Clearing of Land and Erosion Prevention

Leave as many trees and shrubs as you can in your lot. Clear cutting is one of the biggest contributors to erosion and loss of habitat for wildlife.

When clearing land, leave a naturally-occurring 20 m (66 ft) buffer zone of trees, shrubs, grass and groundcover between your lot and the water to hold the soil in place. This will help to minimize future erosion and reduce the effect of surface water run-off. This will also protect water from accidental leaks from oil, provide habitat for wildlife and shade for fish.

If your land is on a hill or slope, there is greater chance for erosion. Create a buffer wider than 20 m (66 ft).

Clear land when there is little chance of rainfall. Exposed sediments during rainfall are the largest cause of pollutants entering the water.

Ideally, have building materials ready once the land is cleared. If you cannot build within 12 months of clearing land, then it is best not to clear at all. If the land is cleared and you cannot build or have changed your mind, re-plant the area.

Re-plant any bare areas immediately. Grass cover is the best way to keep sediments out of the water.

If you are clearing an area to the shore, use curved pathways so there is no direct run-off into the water. Share paths with your neighbour instead of creating many along the same shoreline.

Any ditches that are created should be re-vegetated. To keep sediments from entering the water, plant grass immediately. If the ditches are steeply sloped, consider lining them with 20 cm (7-8 inch) sized rock.

If land is removed, find out who needs clean fill in Malikewe'j and distribute to them.

Refrain from setting grass fires as they contribute to erosion by destroying groundcover that holds the soil in place and can be catastrophic for the community if they spread. Mulching is a better alternative and returns the nutrients to the soil. It also helps to stabilize sediments so they do not create run-off to the water. If you have to burn, do so during the fall (September to December) and prevent burning of natural vegetation by using lined fire pits (rock lined and away from the trees and woods) instead of open fires.

The soils of Cape Breton and Malikewe'j are susceptible to erosion. This characteristic, combined with prevailing southerly winds for most of the year, make this area susceptible to greater occurrences of natural erosion. By developing the land too close to the shores of the Bras d'Or, we are speeding up the natural process.

Wells

If you are planning to have a well, identify a suitable location before constructing your cabin, septic system or outhouse. Wells can be contaminated by many things, including sewage, seepage from dumps, oils from cars and oil tanks, and soaps and cleaners.

Placement

All types of wells should be located at least 61 metres (200 feet) from any landfills or garbage dumps and on higher ground than your home, septic or outhouse. Survey the land to make sure that there are no dumping areas within this distance. Ask local residents if there were historical dumps in the area.

Placement of wells depends on their type. There are three types of drinking water wells: dug wells (3-9 metres deep), bored wells (9-15 metres) and drilled wells (over 15 metres). Ensure that dug and bore wells are placed at least 30.5 metres (100 feet) from an outhouse or septic tank; place drilled wells at least 15.25 metres (50 feet) from any outhouses or septic tanks. Currently, the majority of Malikewe'j wells are dug wells which are regularly contaminated by bacteria. The water from those wells is not suitable to drink. Consider bored or drilled wells as an alternative to dug wells or budget for water treatment such as UV sterilization systems.

Maintenance

Maintain your well to reduce or prevent contaminants from entering it.

Remove pet wastes from any areas near wells.

Keep chemicals such as fuel, oil, pesticides and fertilizers away from the well vicinity.

Mound the ground around well casing and maintain a grassy area of 3 metres (10 ft) around the wellhead.

Ensure that well casings are at least 30-40 cm (1-1.3 ft) above the mound and are never buried.

Inspect well caps for any damages such as cracks, stains, and rust regularly.

Plug and seal unused wells using a licensed well contractor to prevent pollutants from entering the water supply.

Monitoring

Sample your private wells (with less than 5 connections) 2-3 times per year for bacteriological parameters and every 2 years for water chemistry.

Signs are posted at the well locations to inform residents of the condition of the water. If there is a boil advisory, boil water for at least one full minute before using it for drinking, cooking, brushing your teeth, and making tea or coffee.

Maintaining your well is essential to protect the water and your health.

Outhouses and Septic Systems

Placement

Outhouses (also known as pit privies) and septic systems should be at least 30.5 m (100 ft) away from any water source, including wells. Keep outhouses 6 m (20 ft) from any foundation and away from flood plains.

Consider installing compostable toilets if you camp frequently.

Outhouse Construction

The preferred outhouse is one that has an enclosed pit that is 1.3 (4 ft) by 1.3 m (4 ft), has ventilation to control odour and promote decomposition, and can be moved when the pit becomes full. There are many environmentally friendly alternatives as well, such as home-made composting systems and those that can be purchased.

The Province of Nova Scotia has excellent recommendations on how to build an outhouse. Construction plans are found in Appendix B. Ensure that the materials used are durable and weather proof. Line the sides of the pit with reinforced walls. Grade the surface of the ground so that surface water will drain away from the pit. This can be done by ensuring that the soil around the outhouse is raised or mounded to a height of 15 cm (6 inches) above the surrounding ground. Install a screened ventilation duct to promote decomposition and reduce odour. Use self closing door hinges to keep flies and wildlife out. Put in a screened window for ventilation. Paint the interior of the outhouse so that it can be easily cleaned.

Maintenance of Outhouse and Septic Systems

For outhouses, put used toilet paper in the trash rather than the pit. This speeds up the decomposition process.

To control odour, use wooden ashes or a sprinkle of sawdust, rather than lime, after each use. This also facilitates decomposition. Keep the door closed when not in use to keep out the wildlife and flies.

Use only biodegradable, phosphorous free and plant based cleaners. Cleaners like bleach create a poisonous gas when mixed with ammonia present in urine and kill the bacteria needed for decomposition.

Create another pit when it becomes full (about 45 cm or 18 inches below ground level). Use the dirt from the new pit to cover the old one. Make a mound of dirt about 61 cm (2 feet) over the old pit so that water will not accumulate. It will take about a year to decompose if there is no toilet paper or lime in the waste. Meanwhile, plant a tree in the pit and watch it grow!

Have your septic tank pumped every 3-4 years. Remember to flush only human waste and toilet paper. Anything else can lead to malfunctions and release of raw sewage. Conserve water.

Cabin Construction

Build cabins at least 1.25 m (4.1 ft) above the high water mark and 20 m (66 ft) from the edge of the water to protect your cabin from flooding, sea level rise and storm surges, the water from potential contaminants, and the land from erosion.

Civic Address

To obtain assistance for obtaining a civic address, contact Albert Marshall Jr., Land Manager for Eskasoni at 379-2800.

Heating

For seasonal residences, consider alternate sources of heat such as solar panels or wood stoves. This reduces the risk of contamination from oil heating and tanks during the time when you are not occupying your cabin.

For permanent residences that choose oil for heat, install furnace oil tanks according to Canadian Standards Association B139 Installation code for Oil-Burning Equipment. Your Band will be able to assist you with finding the standards before installation.

Consider installing a Tank Tub if you chose to heat with oil. Tank Tubs (see photo, right) are a way to protect your tank from the elements and the environment from an oil leak or spill. They are approximately \$2,200 to purchase. The cost to clean up an oil spill can amount to hundreds of thousands of dollars. Another less expensive option is to have a bladder bag inside the tank.



Waste Management

Keep Malikewe’j clean. It is not a dumping site for any type of garbage, big or small.

Sort your recyclables according to Inverness County’s Recycling Guidelines. These guidelines can be found in Appendix C.

Use compostable or biodegradable plates when camping.

Garbage and recycle day is early Thursday morning.

Take old medications back to the pharmacy for disposal instead of putting them in the garbage or flushing in the toilet. They can contaminate the fish we eat and affect their reproduction.

Take old furniture or appliances to a transfer station. The nearest transfer station is the Kenloch Waste Management Facility (258-3646) near Lake Ainslie. Call for hours of operation and items accepted. Alternatively, you can take these items back with you for proper disposal within your municipality. Baddeck also has a transfer and recycling station and Port Hawkesbury has a recycling centre.

*Garbage and
recycle day is
early Thursday
morning.*

Refrain from burning garbage, tires, Styrofoam and pressure treated lumber. Harmful chemicals eventually reach the land and water through rainfall.

Take paint cans with paint, batteries, fluorescent light bulbs, aerosol cans to a recycling depot for disposal. Take these items back with you and dispose of properly within your municipality.

Invest in compost bins (\$25 from ACAP, Charlotte Street, Sydney) for non-meat and non-dairy food scraps. You can also make your own. Use the compost for your garden or lawn. Share it with your neighbour or others who could use it.

Pollution Prevention

Leaks from furnace oil tanks contaminate soil and water supplies. Maintain your oil tank by looking for damage, rust or signs that it has moved. Remove leaves and other debris and protect the oil supply line from the weight of the snow and ice. If your tank has moved, level it immediately. Left over furnace oil can be dumped back into your tank.

Use environmentally friendly, phosphate free and bio-degradable products including shampoos, conditioners, body wash, dish detergent and laundry detergent. Phosphates are responsible for algal blooms which can lead to depleted oxygen and fish kills.

Use natural alternatives for maintaining your lawn. Refrain from using pesticides as they are poisonous to other animals like birds who may be feeding on your lawn.

Turn off your car or recreational vehicle when idle. Exhaust contributes to acid rain and climate change.

If you notice an oil spill, call 1-800-565-1633 immediately. Notify your Band immediately.

Old or derelict vehicles can be towed to a salvage yard. Call Don's Auto (1-888-588-0888) for free pick up.

Fill fuel tanks and mix oil for boats on land and away from the water. Take special care not to spill oil, diesel or gasoline.

Wharves

To reduce impacts to eel grass and the shorelines, share a wharf with your neighbour. Consider putting in a removable wharf if it is necessary to have one. Use fish-friendly lumber and make sure that all materials are prepared in areas away from the water. Remember to remove it and store for the winter.

Permits from the Nova Scotia Department of Natural Resources (NS DNR) are needed before installing any type of wharf, even if you live on a reserve. Fines can be given for installing wharves without a permit. Applications can be picked up from your local NS DNR office. For more information, refer to www.gov.ns.ca/snsmr/paal/dnr/paal066.asp.

Resource Use

Hunt, fish, trap and gather according to the principle of Netukulimk. Remember to take what you need and share what you cannot use.

Rotate hunting, fishing, trapping and gathering areas so that the gifts you seek will have time to replenish the area.

Pay attention to the laws of Nature. Animals need time to reproduce and tend to their young. Let Nature's cues guide your fishing, hunting, trapping and gathering times rather than the calendar.

Non-natives do not have the privilege to trap, hunt or gather in Malikewe'j. Report unauthorized hunting or trapping to the RCMP (call 911).

Hunting

Remember to wear hunter's orange.

Think and act safely when hunting, fishing or trapping.

Notify your neighbours if you intend to hunt.

Ensure that your gun is not loaded if you are in the car or on a recreational vehicle.

Hunt at least 182 m (597 ft) away from a cabin or home if using a shot gun; and at least 402 m (1319 ft) if using a gun with rifle cartridge.

Ensure that you are 30 m (98.4 ft) from any portion of the highway before hunting with a bow or gun.

Fishing

Use naturally occurring species for bait rather than purchasing it from other areas. This reduces the risk of introducing invasive species and disease to our waters.

Take care not to destroy eel grass. When approaching land, lift outboard motors and land boats in areas where there is less eel grass. Eel grass is important to many species of fish, including eels.

Follow Pollution Prevention practices (above) when operating your boat or recreational vehicle.

Trapping

It's good practice to let others know the general area where your traps are to prevent accidental injury.

Ensure that traps are in areas where they cannot harm children or pets and are 61 m (200 ft) from any dwelling.

Gathering

Tread lightly so that other plants are not damaged when you are gathering.

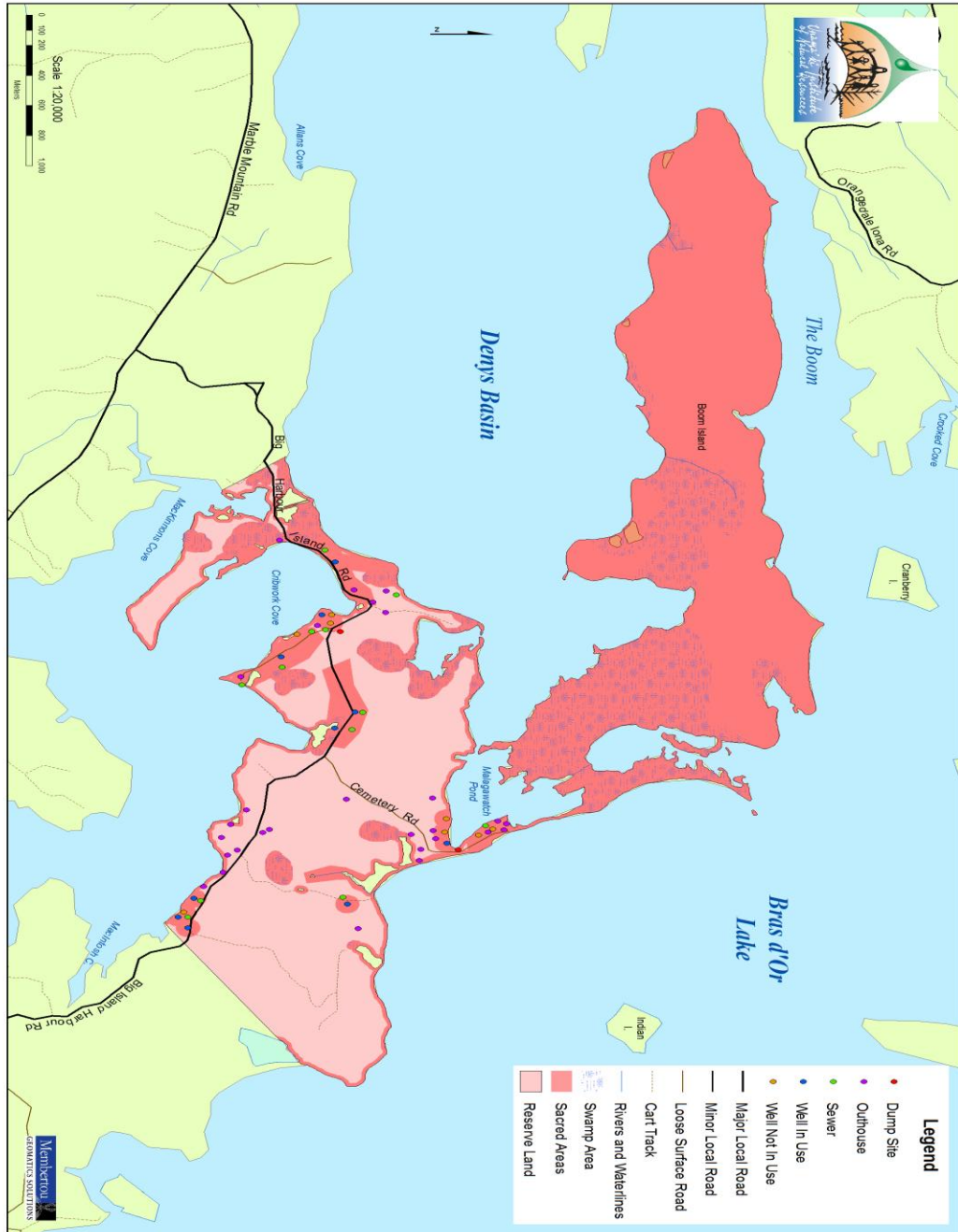
Ensure that you have the correct plant before removing. If you removed the wrong plant, please re-plant it.

Annual Review of BMPs

The recommendations in this document will be reviewed annually to ensure they are adequate and applicable to the current situation in Malikewe'j. Notifications to any revisions to the document will be posted in each community, through the UINR website, and in the UINR quarterly newsletter.

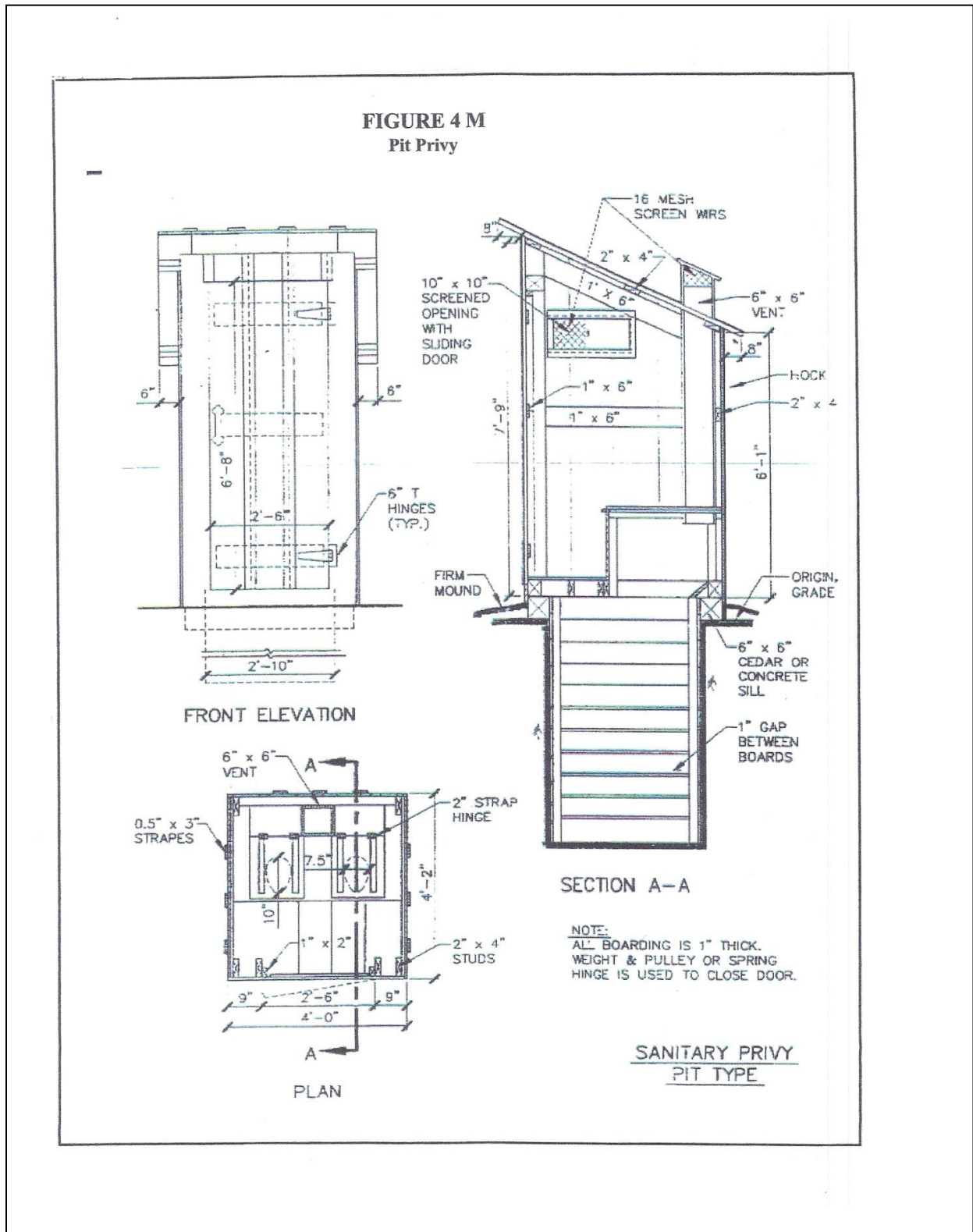
Appendices

Appendix A. Map of sacred environments in Malikewe’j.



Sacred Environments of Malikewe’j

Appendix B. Recommended outhouse (pit privy) design from the Nova Scotia On-site Sewage Disposal System Regulations.



Appendix C. Residential sorting information for recycling.

**All Recyclables
Must be
Clean & Dry**

INVERNESS COUNTY RECYCLES

Residential waste can be separated into four separate waste streams:
recyclable containers, paper products, compostable materials and regular refuse for disposal.

**Please post on
your refrigerator
door as a handy
reminder for
your family**

Blue Bag #1
Containers Including:

- Glass jars & bottles
- Beer & liquor bottles
- Wine & juice bottles
- Aluminum pie plates
- Steel/tin/aluminum cans (labels included)
- Milk & juice cartons
- All Plastic Containers & Packaging**
- Pop & water bottles
- Plastic bags (grocery & bread)
- Cookie & sweet trays
- Shampoo & conditioner bottles
- Cleaning fluid bottles

Blue Bag #2
Paper Products Including:

- Newspapers
- Paper egg cartons
- Cereal boxes
- Phone books
- Paper (including shredded paper)
- Envelopes (including windows)
- Paper back books
- Flyers & glossy flyers
- Magazines & catalogues
- Cigarette packages (without foil)
- Paper towel rolls
- Boxboard
- Corrugated cardboard (Flatten, tie in bundles & place beside blue bag)

Backyard Composter
Compostables Including:

- Fruit & vegetable peelings
- Bread & baked goods
- Rice, grains & pasta
- Egg shells
- Tea bags & coffee grounds
- Shredded paper
- Leaves & grass clippings
- Hay
- Soiled napkins, paper & cardboard
- Place in Garbage:**
- Meat, fish, shell fish, chicken & bones
- Dairy products (milk, cheese, yogurt)
- Mayonnaise & salad dressings
- Cooking oil & fat
- Pet waste

Garbage Bag
Everything Else Including:

- All styrofoam products
- Chip & cookie bags
- Candy wrappers
- Coffee cups
- Frozen drink containers
- Disposable diapers
- Broken bottles
- Broken toys
- Spray cans
- Light bulbs
- Feminine hygiene products & bathroom tissue
- Oil & antifreeze containers
- Waxed cardboard
- Wrapping paper & waxed paper
- Toothpaste tubes
- Laundry detergent boxes
- Empty paint cans (lids removed)
- Gift wrap
- Photographs

INVERNESS COUNTY RECYCLING QUESTIONS
CALL 787-3503

References

Allen, G. (2011). The History of the Mi'kmaq Presence on the Bras d'Or Lakes From the Written Record. p. 11.

CT Green Scene. 2009. Available [On-line]:
http://ctgreenscene.typepad.com/ct_green_scene/2009/12/there-are-drugs-in-my-water.html

Department of Environment. Available [On-line]:
<http://gov.ns.ca/nse/petroleum/docs/OilTankGuide.pdf>

Dictionary of Canadian Biography Online. 2011. DENYS, NICOLAS, one of the leading figures in Acadia for over half of the 17th century; b. 1598 in Tours; d. 1688. Available [On-line]:
<http://www.biographi.ca/009004-119.01-e.php?Bioid=34290>

Environmental Design and Management Ltd. 2008. Bras d'Or Lakes Development Standards Handbook. 11 pp.

Homeowners Guide to Heating Oil Tank Systems. Environmental Home Assessment Program. Nova Scotia

Johnston, A. A. (1960). A history of the Catholic Church in Eastern Nova Scotia (Vol. 1). Canada: St. Francis Xavier University Press.

Mi'kmaq Grand Chiefs. 2011. Grand Chief John Denny, Jr. p. 25. Available [On-line]:
<http://hrsbstaff.ednet.ns.ca/ltemplin/mikmaq10/governance/grandchiefs.pdf>

Nova Scotia. 2010. Before You Construct a Water Well. Facts a homeowner should know. Available [On-line]: http://www.gov.ns.ca/nse/water/docs/droponwaterFAQ_WaterQuantity.pdf

Nova Scotia. 2010. The Drop on Water. Water Quality. Available [On-line]:
<http://www.gov.ns.ca/nse/water/docs/constructwell.pdf>

Nova Scotia. 2010. The Drop on Water. Wastewater-Septic Systems. Available [On-line]:
http://www.gov.ns.ca/nse/water/docs/droponwaterFAQ_Wastewater-Septic.pdf

Nova Scotia. 2010. The Drop on Water. Well Decommissioning. Available [On-line]:
http://www.gov.ns.ca/nse/water/docs/droponwaterFAQ_WellDecommission.pdf

Nova Scotia Hunting and Fur Harvesting Licence & Summary of Regulations. 2010. Available [On-line]: <http://www.gov.ns.ca/natr/wildlife/laws/>

Paul, et al., n.d. Netukulimk GIS Management Project.

Sylliboy, T., n.d. Malagawatch Project.