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## Schedule of BLBRA Meetings for 2017-2018

Location	Date
West Bay	Thurs., Aug. 17
Big Pond	Thurs., Sep. 21
Ross Ferry	Thurs., Oct. 19
Boisdale	Thurs., Nov. 16
Baddeck	Thurs., Jan. 18
Potlotek	Thurs., Feb. 15
Whycocomagh	Thurs., Apr. 12
St. Peter's	Thurs., May 10
Iona (AGM)	Thurs., Jun. 21

NOTE: Meeting times are 1:30 -4:30 pm. No meetings are scheduled for December, March or July.

**Please join us when we meet in your community. Our meetings are open, and we'd appreciate your participation.**

**Consider joining the Bras d'Or Lake Biosphere Reserve Association to help connect people and nature to inspire a positive future.**

### Annual Membership:

Individual	\$10.00
Family	\$25.00
Business	\$30.00
Indiv. Lifetime	\$125.00

The BLBRA is a registered charity.



( Photo: E. Crosby)

## Our Biosphere in Brief

The unique ecosystem of the Bras d'Or Lake and its watershed was designated as a United Nations Educational, Scientific and Cultural Organization (UNESCO) Biosphere region in 2011. The designation recognizes the need for a respectful relationship between humans and the rest of the natural environment. Biosphere regions around the world are showcases for best practices in agriculture, aquaculture and development that minimize future environmental impact; places where people and nature are working in harmony. **UNESCO Biospheres promote the relationships among a healthy environment, a healthy society, a healthy economy and a healthy culture.** The Bras d'Or Lake Biosphere Association (BLBRA) is a group of volunteers focused on promoting a viable future in a special place for generations to come.

The Cape Breton Post recently published an informative article by Dr. Annamarie Hatcher entitled ***Reasoning behind making the Bras d'Or Lake a Biosphere Reserve.*** To read it, click on the link below.

<http://www.capebretonpost.com/opinion/columnists/2017/6/14/annamarie-hatcher--reasoning-behind-making-bras-d-or-lakes-a-bio.html>

## Videos

Biosphere Reserves in a nutshell

<https://www.youtube.com/watch?v=Gkzar079rKI>

Did you know that Nova Scotia has a another biosphere reserve at the other end of the Province?

<https://www.youtube.com/watch?v=FzB4cVme6Gg>

## Volunteer

Consider volunteering for one of our projects. We need your help!

- At special events...
- Monitoring & collecting data about the lake and its surroundings
- Fostering & supporting sustainable rural development
- Developing a connected trail around the lake
- And more!

Contact us to find out how you can give the gift of your time. Thank you.

## Contact Us

web site - <http://www.blbra.ca>

Bras d'Or Lake Biosphere Assoc.

532 Chebucto St.

P.O. Box 711

Baddeck, NS, B0E 1B0

Or email us at: [contact@blbra.ca](mailto:contact@blbra.ca)

Follow us on Facebook & Instagram



## Richmond Adventure Planning - An example of sustainable tourism in our Biosphere



“**Sustainable tourism** may be defined as the concept of visiting a place as a tourist and trying to make only a positive impact on the environment, society and economy. **Tourism** can involve primary transportation to the general location, local transportation, accommodations, entertainment, recreation, nourishment and shopping.

We at Richmond Adventure Planning can help you achieve your goal of sustainable tourism by using the wind to power us on your lake or ocean adventure. We also provide nourishment from foodstuffs produced from our own garden and greenhouse.

We care about sustainable tourism, which is why we are a proud supporter of the UNESCO Bras d'Or Lake Biosphere Reserve Association.” (G. Kerr, owner and sailing devotee; board member of the BLBRA)

## Notes from The Chair (Dr. Bruce Hatcher)

On August 17<sup>th</sup>, our West Bay meeting host, John MacLennan, county councillor, provided an insightful description of the recent history and current situation in the West Bay Community, focusing on the patterns and potentials of economic development. Two key messages from John's presentation and the lively discussion that ensued were that:

1. We should be careful not to consider the watershed (Biosphere) boundary as a limit of human interest or activity in the Biosphere: many people earn their livelihoods outside of the boundary (e.g. Port Hawkesbury, Inverness), but live or play within it. So when we talk about economic development in the Bras d'Or Biosphere, we must consider and include economic engines that are outside it as well as those within.
2. The “Business of the Biosphere” is a concept we should make real. What are the economic drivers and opportunities for the people of the Biosphere? What do the natural and cultural assets of the ecosystems and communities of the Biosphere contribute to economic development? (Not just communities of residence, but communities of vocation and communities of interest). What is the value proposition of the Biosphere to profit-driven businesses?



## Latest Happenings

### Bras d'Or Watch



### Did You Know...



that blueberries served as a key plant source in the winter diet of the Mi'kmaq. PKUMANAQSI or Low Bush Blueberries were picked in large quantities then dried. The drying process removed the water which concentrated the sugar and raised the caloric content of the berries by weight. One cup of dried blueberries has roughly 540 calories and 50 grams of sugar while a cup of fresh berries has only 85 cal. and 14 g of sugar.

Pictured above is a Mi'kmaq buckskin berry bag adorned with beadwork depicting blueberries.

(Photo: Monica Alexander (Métis, Mi'kmaq))

**Bras d'Or Watch 2017**

Join us for the 3rd annual Citizen Science Field Day of the Bras d'Or Lake shore - **no experience required!**

**Come Explore the Bras d'Or!**

**Saturday, July 22** (rain date July 23)  
**10:00am - 2:00pm**

Locations:  
**Grand Narrows, St. Peter's, Eskasoni**

Like **Bras d'Or Watch** on Facebook for location updates!  
All ages welcome - family-friendly games & activities

Logos: United Nations Biosphere Reserve, TD Friends of the Environment Foundation, ACAP Cape Breton

Another successful Bras d'Or Watch, our Citizen Science Field Day with over 160 participants in three locations, was achieved this year with help from ACAP staff, Biosphere members and a generous grant from the Toronto Dominion Bank. Resource people, scientists and their gear help to direct people in activities to measure the health the Lake and its shoreline. A "report card" on this year's findings will be available next month. Planning for Bras d'Or Watch 2018 has begun and we welcome volunteers to this and any other of our projects.

Here's a great gift idea for just about anyone which helps support our Biosphere at the same time.

**Buy the series Today On DVD or Blu-ray**

Get All 8 Episodes Of Season One

**Support Canada's Biosphere Reserves**

Looking for a copy of Striking Balance? Our Biosphere is featured as one of the 8 episodes. The Bras d'Or Lake Biosphere is currently selling DVD and Blu-ray copies of the entire 8-episode "Season One" of Striking Balance at two locations: The gift shop at the A.G Bell Historic Site in Baddeck and at The Curiosity Shop, Charlotte St., Sydney. Striking Balance is also available from our web site. At least \$10 from each sale goes to support the Biosphere Reserve organization you purchase from.

**Cost: \$30.00 (DVD); \$35.00 (Blu-ray)**

**Please note:** The September BLBRA meeting will take place in the Big Pond Community Centre / Fire Hall, 7193 NS Highway 4, Big Pond. Time: 1:30- 4:30pm

The BLBRA welcomes your comments or suggestions. Let us know if you do not wish to receive this newsletter. Address your comments or suggestions to: [m.eileencrosby@gmail.com](mailto:m.eileencrosby@gmail.com)