



Multispecies FSC Harvest Plan



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Background and Principles

Netukulimk is a Mi'kmaq understanding of our interconnectedness with every life form that brings with it a cultural responsibility to engage in and with the world in a respectful, caring, and sustainable manner. Netukulimk recognizes our reciprocal relationship with the natural world and demands that we take only what we need from the natural environment without compromising ecological integrity today and seven generations from now.

Millbrook First Nation community members are united that any food, social and ceremonial fisheries must be guided by the concept of Netukulimk. They've also expressed concern with the Department of Fisheries and Oceans (DFO) approach to date, which attempts to regulate a constitutionally protected Aboriginal Right to fish and imposes unjustified restrictions on aspects of the Food, Social and Ceremonial fishery (FSC) for Millbrook community members.

Back in October 2013, a community meeting explored the existing arrangement with DFO. A Millbrook Harvest Committee, comprised of the members of the Millbrook Community and Millbrook Chief and Council began to explore how access to food, and social and ceremonial fisheries could be improved. A survey was circulated early in 2014 to determine the level of interest in certain species among Millbrook Community members and this survey has helped focus our efforts in identifying priority species and any potential conservation concerns that may shape a plan of access to that species.

This plan is an interim step and is not meant to be the final say in how we harvest food social and ceremonial species. The work of the Millbrook Harvest Committee is ongoing and will take some time. Chief and Council have firmly declined to sign an AFS agreement with DFO since 2018 and are moving forward instead under a self-government approach to community fisheries management.

We intend that this proposed plan, with substantial community input, will eventually serve to re-establish all our food, social and ceremonial fisheries on the concept of Netukulimk, to ensure the protection of our natural life resources. Millbrook implemented the Multi-Species Fishery Management Plan outside of an Aboriginal Fisheries Strategy signed Agreement with the DFO. This Plan addresses the priority access, conservation and management issues associated with our community accessing the various species for FSC purposes.

In the meantime, and through community authority, this Plan will be the guide by which Millbrook First Nation community members will harvest various species for sustenance for themselves, their families, and their community.

I encourage all Millbrook community members to carefully read this Multi-Species Harvest Plan and if you have any questions, be sure to get in touch with the Millbrook Fisheries office immediately for answers to your questions at (902) 897-0402.



Jonathan Lowe
Director of Fisheries

FSC Fishery Management Objectives

The Fishery Management Objectives have been defined by Millbrook First Nation (MFN) and approved by Millbrook First Nation Chief and Council. These objectives form the basis for fishery decision-making within Millbrook First Nation. The Objectives for the Millbrook First Nation Fishery are as follows:

To protect and exercise the Mi'kmaw Treaty and Aboriginal Rights ¹ to harvest natural resources to benefit the community and its members.

To provide an opportunity for Millbrook Community Members to participate in fishing activities.

To provide food to meet the nutritional and social needs of local Millbrook Community Members who cannot fish themselves.

To contribute to the community's well-being by providing opportunities for social, cultural, and educational activities related to the fishery.

To maintain harmonious relationships with adjacent governments. ²

Millbrook First Nation seeks to promote gender equity in the fishery. Accordingly, efforts will be undertaken to ensure full representation of all genders in implementing all fishery-related activities.

How to get started

Every Millbrook Community Member has a right to harvest natural resources for food, social and ceremonial purposes. Each Millbrook Community member also has a responsibility to practice Netukulimk and follow the Netukulimk harvest guidelines set by Chief and Council and community members.

To get started, please review the Millbrook Multi-Species FSC Harvest Plan. This plan is in effect from 2024–2025. As part of the plan, each Millbrook community member shall fill out a registration card and a harvester reporting card.

To get started, please get in touch with the Fisheries Administration Coordinator / Admin. Assistant. We look forward to helping you get started!

Fisheries Admin. Coordinator / Administrative Assistant

The Fisheries Admin. Co-ordinator/Admin. Assistant works with each Millbrook Community member to get started on the Millbrook Multi-Species FSC Harvest Plan, the Millbrook Atlantic Salmon/Plamu Harvest Plan, and the Millbrook Lobster/Jakej Harvest Plan. The Fisheries Administrator/Coordinator also supplies the harvester registration cards, harvester report cards, and tags for all species.

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¹ Protection of Treaty and Aboriginal Rights is dependent upon the sustainability of the resource; therefore, resource conservation, as embodied by Netukulimk, is a priority management objective.

² One way to meet this objective is through negotiated agreements with the Department of Fisheries

Food, Social and Ceremonial Fisheries and Our Rights

Section 35. (1) of the Constitution Act states that the *existing aboriginal and treaty rights of the aboriginal peoples of Canada are hereby recognized and affirmed*. When the *Constitution Act* was passed, section 35 was included after some intense political wrangling. Though section 35 marked a turning point for the recognition of Aboriginal Peoples in Canada, the provision did not explain much about what those Aboriginal and treaty rights were.

It was intended that Aboriginal and treaty rights would be defined through further constitutional amendments, but that did not happen and instead, interpretation has fallen to the courts. *R v. Sparrow* was a seminal case dealing with the issue of whether a practice is a treaty or Aboriginal right and whether a government could justify infringing that right, based on certain factors.

The facts of the *Sparrow* case are familiar to us in Mi'kmaki: The Musqueam inhabited the Fraser River delta and depended on this river and fishing for sustenance for generations, but their rights were infringed upon as non-Aboriginal fishers and various levels of government took increasing control of the fishing industry. The provincial and later federal government introduced fishing licenses & restricted Aboriginal Peoples to "food fishing," which means fishing strictly for their consumption. Despite these restrictions, Musqueam continued to fish - for food - as they always had.

In 1984, Ronald Sparrow was arrested for fishing with a drift net of 45 fathoms in length, 20 fathoms longer than permitted by the band's fishing license under the *Fisheries Act*. Sparrow defended himself because he was exercising his Aboriginal right to fish under section 35(1) of the Constitution Act, 1982.

In *R. v. Sparrow* (1990), the Supreme Court of Canada ruled that First Nations have an Aboriginal right, as defined in the Constitution under section 35.1, to fish for food, social and ceremonial purposes. It also ruled that this right takes priority, after conservation, over other users.

You need to understand as you harvest and as we go forward in designing our food, social and ceremonial fishery plans that our collective right is not absolute and will always be subject to conservation concerns. So, if a Millbrook community member was caught fishing in an area closed for conservation & these conservation issues were made known to the community member, arguing you were simply exercising your rights will not help your defense.

Msit No'kmaq – Msit No'kmaq is another key Mi'kmaw belief. It has been translated as "all my relations". The Mi'kmaw viewed the entire created world as members of his/her own family or kin; be it birds, trees, insects, fish, water or the four-legged ones. We are all related. They are not just things or inanimate objects. There are living beings with their own life and spirit within them, a life we all share. If we harm them, we harm ourselves. (Former Senator Dan Christmas)

Netukulimk – Netukulimk is the Mi'kmaq understanding of our interconnectedness with every life form that brings with it a cultural responsibility to engage in and with the world in a respectful, caring, and sustainable manner. *Netukulimk* recognizes our reciprocal relationship with the natural world and demands that we take only what we need from the natural environment without compromising ecological integrity today and seven generations from now.

Netukulimk – A Mi'kmaaway concept which includes the use of the natural bounty provided by the Creator for the self-support and well-being of the individual and the community at large.

Netukulimkwe'l – Refers to the practices, customs and code of conduct governing the way Netukulimk is exercised.

Netukli'tite'wk – Refers to the hunters, fishers, gatherers, trappers, and those others exercising Netukulimk.

Two-Eyed Seeing – Two-Eyed Seeing refers to learning to see from one eye with the strengths of Indigenous ways of knowing and from the other eye with the strengths of Western ways of knowing and to using both of these eyes together. (Bartlett, Marshall, & Marshall, 2012, p. 335) Two-Eyed Seeing intentionally and respectfully brings together our different ways of knowing, to motivate people to use all our gifts so we leave the world a better place and do not compromise the opportunities for our youth (Bartlett, Marshall, & Marshall, 2007). The concentration on the common ground between Indigenous and Western ways of knowing means that one does not have to relinquish either position but can come to understand elements of both.

What can Millbrook community members fish for food, social and ceremonial purposes?

Millbrook community members can harvest most fish and shellfish as needed for food, social, and ceremonial purposes. A few types of fish and shellfish have conservation issues. Millbrook may impose limits on FSC harvest for conservation reasons. These management and conservation measures will help ensure that all types of fish and shellfish are there for future generations.

Please refer to the Netukulimk Guidelines section of this document to learn about the responsible harvest for each fish and shellfish. These include guidelines on harvest amount, methods, areas, and gear.

Types of Fish and Shellfish

Millbrook community members can harvest fish, shellfish and other aquatic species from freshwater, tidal areas, coasts, and the ocean.

Freshwater species – Those that spend some or all their lives in freshwater, such as rivers and lakes, with a salinity of less than 1.05%.

Anadromous species – Fish born in freshwater who spend most of their lives in saltwater and return to freshwater to spawn, such as salmon and some species of sturgeon.

Catadromous species – Catadromous fishes hatch or are born in marine habitats but migrate to freshwater areas where they spend most of their lives growing and maturing. As adults, they return to the sea to spawn. The word "catadromous" means "downward-running," and refers to the seaward migration of adults.

Diadromous species – Is a general category describing fish that spend portions of their life cycles partially in fresh water and partially in salt water. These represent both anadromous and catadromous fish. Anadromous fishes spend most of their adult lives at sea but return to freshwater to spawn.

Marine species – Any of numerous animals inhabiting the sea including e.g. fishes mollusks and many mammals. synonyms: marine animal, sea animal, sea creature. types: by-catch, bycatch. unwanted marine creatures that are caught in the nets while fishing for another species.

Species at risk – Species that are at risk of disappearing. Species at risk are protected by law by the Government of Canada. When there is a conservation risk as determined by Millbrook, FSC fishing for species at risk may be limited.

Species at Risk

Atlantic brook floater	Species at risk. Currently no access for food, social and ceremonial purposes in the Millbrook Multi-Species FSC Harvest Plan.
Atlantic mud-piddock	Species at risk. Currently no access for food, social and ceremonial purposes in the Millbrook Multi-Species FSC Harvest Plan.
Atlantic salmon	Species at risk. <i>Atlantic salmon is a species at risk.</i> Please refer to the Millbrook Atlantic Salmon/Plamu Management Plan which provides details on FSC access by river.
Atlantic whitefish	Species at risk. Currently no access for food, social and ceremonial purposes in the Millbrook Multi-Species FSC Harvest Plan
Atlantic wolffish	Species at risk. Currently no access for food, social and ceremonial purposes in the Millbrook Multi-Species FSC Harvest Plan.
Dwarf wedge mussel	Species at risk. Currently no access for food, social and ceremonial purposes in the Millbrook Multi-Species FSC Harvest Plan.
Lake Utopia Rainbow smelt	Species at risk (Lake Utopia Population, New Brunswick). Currently no access for food, social and ceremonial purposes in the Millbrook Multi-Species FSC Harvest Plan.

Fishing Gear

Millbrook community members may use a variety of fishing gear under the community guidelines.

Hand-held Gear

Hand-held gear is any fishing tool that you hold in your hands. Hand gear includes fishing rods and spears.

Fixed Gear

Fixed gear is any fishing tool that is left in place. Fixed gear includes traps, pots, fyke nets, hoop nets, and stationary gillnets.

Please note that all fixed gear must be tagged. Please contact the Fisheries Administrative Coordinator for guidance on how to fish sustainably.

The following gear is only permitted under the Millbrook community plan with tags:

Gillnets - only permitted with a valid special FSC Tag issued from Millbrook Fisheries and only in tidal waters of the Bay of Fundy, the Northumberland Strait, and the Atlantic Ocean

Traps, trap nets, fish traps, lobster traps, eel pots, crab traps, and hoop nets – are only permitted with a valid special FSC Tag issued from Millbrook Fisheries.

Seine in non-tidal waters.

Atlantic Salmon Gear

Any fixed gear used for Atlantic salmon requires a special FSC Tag issued from Millbrook Fisheries. The following are not permitted:

Any untagged non-hand gear used for harvesting Atlantic salmon.

Untagged kept/retained Atlantic Plamu (salmon).

Please refer to the Millbrook Atlantic Salmon Plamu Harvesting Plan.

Mobile Gear

Mobile gear is any fishing tool that you move around by boat to harvest fish. Mobile gear includes longlines, gillnets, and so on. Please note that all mobile gear must be tagged. Please contact the Fisheries Administration Coordinator for guidance on how to fish sustainably.

Unsustainable Fishing Gear and Methods – Not Permitted

Unsustainable fishing gear and methods are not allowed under Millbrook's Plan. The following fishing methods are considered unsustainable and are not permitted and not allowed:

- Harvesting (fishing) within 22.86 meters (75 feet) of a recognized fish ladder or obstruction (e.g. dam, natural obstruction, waterfall, hung culvert).
- Untagged gillnets or gillnets in freshwater
- Gillnets are only allowed when a valid special Tag has been issued from Millbrook Fisheries to allow fishing in the tidal waters of the Bay of Fundy, the Northumberland Strait, or the Atlantic Ocean.
- Untagged trap nets, fish traps, lobster traps, eel pots, crab traps, hoop nets, and untagged kept/retained Atlantic Plamu (salmon).
- Traps are only allowed when a valid Millbrook FSC tag has been issued.
- Seine in non-tidal waters (freshwater).
- Firearms (crossbow/speargun to be consulted on)
- Electric Shock Devices.
- Dynamite or other explosive devices.
- Poison.
- Any other method or equipment that causes the unnecessary destruction of fish and or fish habitat or negatively impacts and jeopardizes the integrity, diversity, or productivity of our native environment.

Breaching Community Guidelines

When harvesting under a plan approved by the Millbrook Community, the harvester consents to routine inspections by Millbrook's Fish and Wildlife Officers or their designees of the vessels, cars, catches, and logbooks/paperwork. A major violation of the Community Plan will result from noncompliance, in which case all information will be sent to the Director of Millbrook Fisheries and handled appropriately.

If a Millbrook Community Member is accused under reasonable grounds of harvesting contrary to these community guidelines or where the reported conduct of a Community Member in the exercise of their food, social and ceremonial harvesting, amounts to a breach of these guidelines, the Millbrook Harvest Committee shall strike a panel of its members to investigate such allegations. The panel shall make recommendations to the Harvest Committee as to any sanctions against the community member, including, but not limited to, suspension or cancellation of tags, restorative, and educational measures to ensure the community member understands and remains in compliance with these guidelines.

MFN is currently collaborating with the Millbrook Fish and Wildlife Conservation Team to develop a process to ensure all required information on such incidents is reported in a formalized and timely manner so that a reasonable and timely resolution can be reached. MFN in the interim will follow the below process:

- A Millbrook Community Member is accused under reasonable grounds to be harvesting contrary to these community guidelines or reported conduct of a community member in the exercise of their food, social and ceremonial lobster harvesting, which amounts to a potential breach of these guidelines.
 - Millbrook First Nation Fish and Wildlife Conservation Team personnel who identify the potential breach will complete a written report of the incident detailing all details (date, time, those involved, tags, area, alleged activities, etc.)
 - The incident details are then forwarded to the Millbrook Harvest Committee.
 - The Millbrook Harvest Committee will then immediately strike a panel to review the alleged community guideline breach details.
 - The panel will make recommendations to the Harvest Committee as to any sanctions against the community member including, but not limited to, suspension or cancellation of tags, restorative, and educational measures to ensure the community member understands and remains in compliance with these guidelines. External parties, including the Fish and Wildlife Team as resource co-managers, input into such recommendations will be welcomed at this stage.
 - As a last resort, MFN reserves the right to proceed with any court action regarding the incident deemed necessary under a competent court of jurisdiction.

Frequently Asked Questions

I want to fish for my family. What do I need to do?

All Millbrook community members who request to harvest under this plan must first complete a Multispecies Harvester Registration Card for the applicable year and be approved by the Millbrook Fisheries Office to be issued a Harvester card.

Millbrook community members who register to harvest and are issued a Harvester Card by the Millbrook Fisheries office are responsible for Multi-Species Monthly Harvest Report Cards that were provided to them at the time of tag issuance.

These report cards must be submitted to the Fisheries Office at least once a month even if the harvester was not successful in their harvest efforts. If a community member fails to submit a report card, their harvester card could be cancelled. In addition, if a community member refuses to submit a monthly report, he or she **WILL NOT** receive any further tags/cards from Millbrook Fisheries for any future food social and ceremonial fisheries until such time they become compliant with these guidelines.

What if my family or a friend cannot fish their tags because they do not have a boat, or because they cannot do the physical work associated with harvesting? Am I allowed to fish for them?

Some Millbrook community members have noted certain limitations when harvesting such as not having a suitable boat, not being physically strong enough to pull traps, having certain medical conditions that require a companion present or not having proper boat navigational knowledge. To address these safety issues, we are open to allowing a *“harvest on behalf of”* or a *“special circumstance”* Multi-Species harvesting arrangement, under certain criteria and with some limits. Processes are currently being developed in collaboration with the Conservation Team and all community members will be notified when these processes are completed and available to be used.

When and where can I fish? How much can I catch?

Please see [Appendix 1](#) for each species covered by these guidelines. The appendix will give you information on when, where, and how much you can catch for each species.

What if I lose my card or my card is stolen?

A replacement card will be issued to community members who report their card lost or destroyed. The member must agree to not fish the old card as it will be voided when the replacement card is issued, with notice to the.

Why do I need to report my harvest?

Under this plan, a list of all FSC Multi-Species Harvest cards issued to or replaced for Millbrook community members will be collaboratively shared with DFO in a format and period that is agreed to. Also, as a condition of receiving a Harvest Card for food social and ceremonial fisheries, you must report your harvesting efforts every month, even if you do not catch anything. This will assist us in developing Millbrook-specific data on our food, social and ceremonial fishery. We also need to strengthen our reputation and capacity for self-management. By doing so we will address many lingering misconceptions about our management and conservation.

What if I do not report my catch?

MFN community feels that there should be a penalty for this and in addition to the reporting responsibilities of community members covered above, additional sanctions for lack of reporting may be considered by the FSC Harvest committee or the disciplinary panel if non-reporting by members becomes a pattern.

What if I only like a part of the species that I am harvesting? Can I catch one, take the parts I like and then throw the rest back?

No. The catch in your possession must remain intact until you get home or process the food for consumption. Possessing parts is not permitted. MFN Fish and Wildlife Team or anyone designated under this plan to monitor your catch would not be able to determine whether what you had in your possession was legal. Additionally, the principles of Netukulimk dictate that we use what we need but that we are mindful of the need to not harvest with unnecessary waste.

Can I sell any of the harvests that I catch under this plan? Is a food, social and ceremonial fishery part of my right to fish for a moderate livelihood under this plan?

No. Three distinct fisheries schemes are commonly discussed in the context of Aboriginal fisheries, and it is important to understand the differences. The three types of fisheries are commercial fishing, treaty livelihood fishing, and food, social and ceremonial (FSC) fishing.

Millbrook First Nation has had access to **Commercial Fishing** licenses for over 22 years. These are commercial licenses which have been bought with our source revenue and fishes through various arrangements. The commercial fishery we operate is not based on nor is intended to have any bearing on collective Aboriginal or treaty rights to fish.

You may have heard much about our right as Mi'kmaw to fish for a **"Moderate Livelihood"** stemming from *R v. Marshall*. The Millbrook community has developed a Treaty Jakej livelihood plan. Please note that currently, the food, social and ceremonial harvest plans and Treaty Jakej harvest plans are different and separate.

Food, Social and Ceremonial fishery will allow you to fish for yourself and your family, for food, social and for ceremonial purposes only.

Netukulimk Guidelines by Species

Capelin

Location: Inland and tidal waters of NS (Nova Scotia)

Quantity: As needed for FSC Purposes

Minimum Sizes: 10cm

Allowable gear/method: As per page 14 permitted gear allowed



Chain Pickerel (Invasive Species)

Location: Inland and tidal waters of NS

Season: All Year

Quantity: As needed for FSC Purposes

Allowable gear/method: As per page 14 permitted gear allowed



Clams/E's

Bar, Bay Quahaugs, Razor Clams and Soft-Shell Clams

Location: All tidal and inland waters of NS

Season: All year

Allowable gear: handheld tools and diving

Quantity: As needed for FSC purposes



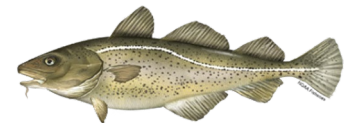
Cod/Peju

Location: Inland and tidal waters of NS

Season: All year

Quantity: As needed for FSC Purposes

Allowable gear/method: As per page 14 permitted gear allowed



Cusk/Brosme brosme

Location: Inland and tidal waters of NS

Season: All year

Quantity: As needed for FSC Purposes

Allowable gear/method: As per page 14 permitted gear allowed



Eel/Ka'tew – See fish consumption advisory

Location: Inland and tidal waters of NS

Season: All year

Quantity: As needed for FSC Purposes

Allowable gear/method: As per page 14 permitted gear allowed



Flounder – Witch, Summer and Yellowtail/Anakwe’j

Location: Inland and tidal waters of NS
Season: All year
Quantity: As needed for FSC Purposes
Allowable gear/method: As per page 14 permitted gear allowed



Gaspereau/Kaspalaw

Location: Inland and tidal waters of NS
Season: All year
Quantity: As needed for FSC purposes
Allowable gear/method: Angling, Gill net, Drift net, square net, trap net



Green Crab (Invasive Species)/Stoqnamu’k Nmjinikej

Location: Inland and tidal waters of NS
Season: All year
Quantity: As needed for FSC Purposes
Allowable gear/method: As per page 14 permitted gear allowed



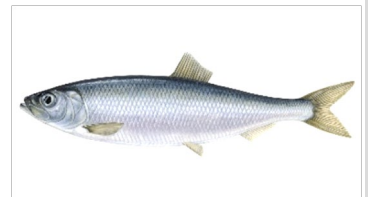
Haddock/Putomaqanel

Location: Inland and tidal waters of NS
Season: All year
Quantity: As needed for FSC Purposes
Allowable gear/method: As per page 14 permitted gear allowed



Herring/Alanj and Mackerel/Amlmew (Bait)

Location LFA 26A-LFA 35
Season: All year
Quantity: As needed for FSC Purposes
Allowable gear/method: As per page 14 permitted gear allowed



Blood Worms

Location: Inland and tidal waters of NS
Season: All year
Quantity: As needed for FSC Purposes
Allowable gear/method: As per page 14 permitted gear allowed



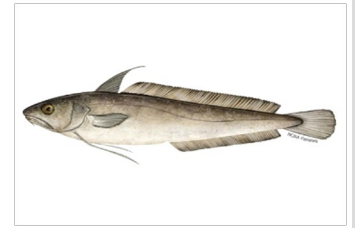
Monkfish

Location: Inland and tidal waters of NS
Season: All year
Quantity: As needed for FSC Purposes
Allowable gear/method: As per page 14 permitted gear allowed.



Red/White/Silver Hake

Location: Inland and tidal waters of NS
Season: All year
Quantity: As needed for FSC Purposes
Allowable gear/method: As per page 14 permitted gear allowed



Rock and Jonah Crab/Mnjinikej

Location: Inland and tidal waters of NS
Season: All year
Quantity: As needed for FSC Purposes
gear/method: As per page 14 permitted gear allowed



Allowable

Lobster/Jakej

Please refer to the Millbrook Jakej/Lobster Harvesting Plan



Oysters/Mntmu

Location: 25-35. No oyster fishing in Cape Breton Island or the Bras d’Or Lake.
Season: All year
Quantity: As needed for FSC purposes
Size: 76mm or greater
Allowable gear: As per page 14 Permitted gear allowed
How do I measure an Oyster? Measure from the hinge to bill along the longest part of the shell.



Plaice

Location: Inland and tidal waters of NS
Season: All year
Quantity: As needed for FSC Purposes
Allowable gear/method: As per page 14 permitted gear allowed



Pollock/Pestam

Location: Inland and tidal waters of NS
Season: All year
Quantity: As needed for FSC Purposes
Allowable gear/method: As per page 14 permitted gear allowed



Plamu/Salmon

Please see the Plamu/Salmon Harvesting Plan



Scallops/Sata'siw

Location: Inland and tidal waters of NS
Season: All year
Quantity: As needed for FSC Purposes
Allowable gear/method: As per page 14 permitted gear allowed



Smallmouth Bass/Ji'kaw

Location: Inland and tidal waters of NS
Season: All year
Quantity: As needed for FSC Purposes
Minimum size: 10cm
Allowable gear/method: As per page 14 permitted gear allowed



Smelts/Kaqppesaw

Location: Inland and tidal waters of NS
Season: All year
Quantity: As needed for FSC Purposes
Minimum: size 10cm
Allowable gear/method: As per page 14 permitted gear allowed



Squid/Sete'su

Location: Inland and tidal waters of NS
Season: All year
Quantity: As needed for FSC Purposes
Minimum size: 10cm
Allowable gear/method: As per page 14 permitted gear allowed



Striped Bass

Location: Inland and tidal waters of NS
Season: All year
Quantity: As needed for FSC Purposes
Minimum size: 10cm
Allowable gear/method: As per page 14 permitted gear allowed



Trout

Location: Inland and tidal waters of NS
Season: All year
Quantity: As needed for FSC Purposes
Minimum size: 10cm
Allowable gear/method: As per page 14 permitted gear allowed



Fishing Safety

1. Impaired boating is just as serious as impaired driving. It is an offence under the Criminal Code to operate a boat when one has a blood alcohol level exceeding 0.08 mg. Penalties for impaired boating include fines, imprisonment, prohibition from operating a boat, and loss of your vehicle operator's license. Harvesters are expected to comply with Transport Canada regulations regarding vessel size & safety regulations. As per Transport Canada regulations" as each size vessel requires different equipment.... We can access books with the regulations from TC for the membership.
2. Several deaths each year in Canada are attributed to Fishing in Waders and Ice Fishing. Harvesters are to ensure that sufficient ice thickness exists (i.e., at least 8") before commencing ice fishing. Extreme caution must be exercised during thaw periods, around open water, moving water and during the spring of the year. Harvesters should carry a long pole while ice fishing and never ice fish alone.
3. Over 90% of all anglers who die in water-related accidents are not wearing life jackets or personal floatation devices (PFD).
4. Alcohol is a contributing factor in almost 1/3 of all fishing fatalities.
5. Most fishing deaths result from capsizing or falling overboard from a boat.
6. More people die while fishing than from all hunting and trapping activities combined.

Pleasure Craft Operators Regulations

Proof of Competency Requirements

In addition to meeting the age and horsepower restrictions, operators also must meet these proof of competency requirements from the *Competency of Operators of Pleasure Craft Regulations*.

- All persons who operate a pleasure craft must carry proof of competency on board if the pleasure craft has any type of motor, including an electric trolling motor, and is used for recreational purposes. The only exception is persons operating a pleasure craft in the Northwest Territories or Nunavut.
- Proof of competency shows that you have at least the basic level of boating knowledge that is necessary to operate a pleasure craft safely.

Proof of competency can be:

- A Pleasure Craft Operator Card that you receive after passing a boating safety course approved by Transport Canada *or...*
- Proof that you passed a boating safety course in Canada before April 1, 1999, *or...*
- A certificate from the List of Certificates approved by Transport Canada *or...*
- A completed safety checklist for a rented boat—good only while the boat is rented.



Government
of Canada

Gouvernement
du Canada

Shellfish Safety Tips



Bivalve shellfish such as oysters, clams, scallops, mussels, and cockles feed on microscopic plankton in the water. Changes in water quality can cause bacteria, biotoxins, or viruses to build up in the shellfish tissue and make those who eat it sick.

Contaminated shellfish do not necessarily smell, taste or look different from uncontaminated shellfish.

Harvesting Shellfish

Only Harvest in Open Areas

Before harvesting shellfish, here is how to check that an area is open:

- Signs are posted at closed locations
- Public notices may be placed in newspapers and on radio
- Information is posted on our website <http://www.dfo-mpo.gc.ca/shellfish-mollusques/index-eng.htm>
- Call your local Fisheries and Oceans Canada office
- Scan the QR Code on your phone



It is dangerous and illegal to harvest shellfish in closed areas. Closed areas are:

- At least 125 metres (400 feet) away from a wharf, aquaculture operation, or floating accommodation
- At least 300 metres (1,000 feet) away from sources of pollution, sewage or wastewater treatment plants
- Contaminated with bacteria, viruses, toxins or harmful chemicals

Always harvest at the water's edge when the tide is going out.

WHEN IN DOUBT, DON'T HARVEST!

Keep Your Shellfish Cold

- Keep your shellfish cooled between 0°C and 4°C (32 to 40°F) at all times
- Use a clean and open container with ice packs
- Keep the container in the shade or under wet burlap
- Never keep shellfish in a sealed container or in freshwater as they will suffocate and die
- Do not mix different species of shellfish or fish



 0-4°C
32-40°F
(SAFE TEMPERATURE)



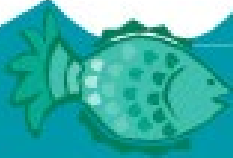
If you feel sick, call your doctor!



More information

Learn more about shellfish safety at <http://www.dfo-mpo.gc.ca/shellfish-mollusques/index-eng.htm>

Canada 



Eat a Variety of Fish

* = A serving size may not be the same size as the portion you eat in a meal. One Canada's Food Guide Serving is 75 grams or 2.5 ounces or about half a cup.

* = High omega-3 fats (good for your heart)

Safe to Eat Every Day (Very Low Mercury)

- 1 serving* a day for children
- 2 servings* a day for women who are pregnant, breastfeeding or who could become pregnant, including teenage girls
- Unlimited servings* for men, teenage boys, and women over 50

- | | |
|--|---|
| • Basa | • Pollock |
| • Capelin | *Salmon, Canned |
| • Kamaboko (Fish Cake, Processed White Fish) | *Salmon (Chum, Coho, Pink Wild Pacific) |
| • Milkfish | • Sea Urchin |
| • Octopus | • Silver Pomfret |
| • Oysters | • Tilapia |

Safe to Eat Often (Low Mercury)

- 2 servings* a week for children
- 4 servings* a week for women who are pregnant, breastfeeding or who could become pregnant, including teenage girls
- Unlimited servings* for men, teenage boys and women over 50

- | | |
|----------------------------|---|
| *Anchovies (Fresh/Frozen) | *Salmon (Chinook, Sockeye, Steelhead) |
| *Arctic Char | *Sardines |
| • Atlantic Cod | • Scallops |
| *Atlantic Mackerel | • Sea Cucumber |
| • Clams | • Shiner |
| • Flounder | • Shrimps/Prawns |
| • Grass Carp | • Smelt (Atlantic, Lake) |
| • Haddock | • Sole (Dover, Perrale) |
| *Herring | • Squid |
| • Mussels (Blue) | *Trout (Rainbow) |
| • Porgie | • Tuna, Canned Light, (Skipjack, Tongol, Yellowfin) |
| *Salmon (Atlantic, Farmed) | |

Safe to Eat Sometimes (Medium Mercury)

- 1-2 servings* a month for children
- 2-4 servings* a month for women who are pregnant, breastfeeding or who could become pregnant, including teenage girls
- 4 servings* a week for men, teenage boys and women over 50

- | | |
|---|---|
| • Atlantic Halibut | • Perch |
| • Black Pomfret | • Red Snapper |
| • Bluefin Tuna Steak | • Sablefish (Black Cod) |
| • Catfish | • Skate |
| • Gouper | • Snapper (Various Species) |
| • Halibut | *Trout (Lake, Various Species) |
| • Jackfish | • Tuna Steak (Skipjack, Southern Yellowfin) |
| *Kingfish (King Mackerel, Spanish Mackerel) | • Tuna, Canned White (Albacore) |
| • Lake Whitefish | • Whiting |
| • Mahi Mahi | |

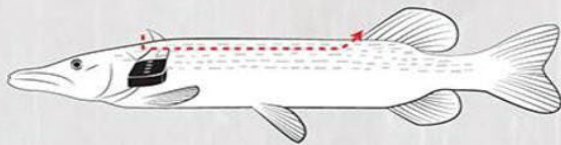
Avoid or Eat Rarely (High Mercury)

- Less than 1 serving* a month for children
- Less than 1 serving* a month for women who are pregnant, breastfeeding or who could become pregnant, including teenage girls
- No more than 1 serving* a week for men, teenage boys and women over 50

- | | |
|--|---|
| • Barracuda | • Tilefish |
| iu Buffalo | • Tuna Steak (Various Species, Bigeye) |
| *Escolar (Snake Mackerel) | |
| • Marlin | iu = Not high in mercury but high in PCBs |
| iu Pickerel (Pike, Sauger, Walleye, Yellow Pickerel, Zander) | |

FILLET TECHNIQUE FOR PIKE

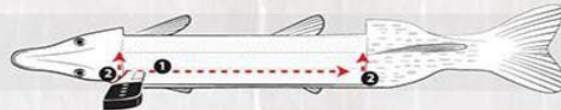
NORTHERN PIKE,
CHAIN PICKEREL



1 | Position the pike belly down on the cutting board. Hold the fish's head down against with your gloved off hand. With the center of the blade, cut down behind the skull to the backbone, but not through it. Turn the blade 90 degrees toward the tail of the pike, and following the backbone, cut back to the front of the rear fin. Turn the blade up and cut out the top creating boneless fillet #1.



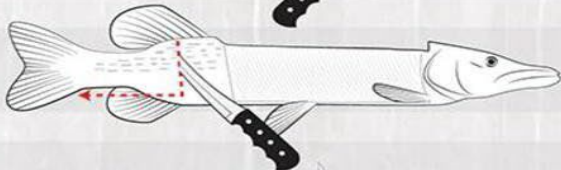
2 | Turn the pike on its side with the cut you've just made facing you. You will see three sets of bones. With the curved portion of the blade follow along outside top set of bones carefully carving the back end of your first cut. Cut down to the bones behind the gill and ahead of the rear fin to remove this slab of flesh for fillet #2.



3 | Flip the pike over and repeat steps 1 and 2 on the other side to create fillet #3.



4 | With the pike still positioned on its side, cut straight down at the front of the adipose fin until you contact the backbone. Turn the knife 90 degrees, and cut back following the backbone through the tail for fillet #4.



5 | Turn pike over, and repeat step 4 on the other side for fillet #5.



Note: Skin all five fillets by laying a fillet skin side down on the cutting board. Hold the very back edge of the fillet with your off hand, and carefully slide the edge of the knife between the flesh and the skin. This is where the sharp, flexible blade of the knife is critical. Flexing the blade so it is flat with the skin and the cutting board, slide the knife toward the front of the fillet separating it from the skin.

EQUIPMENT

CUTTING BOARD - the bigger the better. Surface should be smooth to allow for easiest skinning and cleaning.

VACUUM SEALER - for any fillets you're not going to cook and eat immediately, vacuum sealing is by far the best way to preserve quality in the freezer for the longest time.

TRASH RECEPTACLE - for offal.

FILLET KNIFE - must have a flexible blade that will hold its edge. Grip of hard material such as wood, plastic, etc. is desirable as it provides the best feel. Some filleting techniques especially require "feel" which soft grips inhibit. Shorter blades are also more sensitive, but for filleting it's better to have a blade that's too long rather than too short; 8- to 10-inch blades are most common.

FILLETING GLOVE - the same kind of glove used in commercial meat processing prevents nicks and cuts to the off hand and enhances grip on slippery fish and fillets.

SOURCES:

PAUL POWIS, BASS PRO SHOPS, THUNDERMIST LURES

BassProShops **1** SOURCE™

FRESH CLAMS BUYING GUIDE

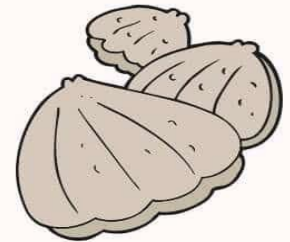
What to look for at the market and at home

1 IN THE CASE

Fresh, live clams will be kept on ice at the market. They will either be sold loose or in a **netted bag with a tag** indicating harvest location, date, and use by date.

Tip: Buying loose clams with no tag?

You can ask your fishmonger to show it to you.



2 CHECK THE SHELLS

At home, inspect the clams. Discard any with chipped or cracked shells. **Hard shell clams** should be **tightly closed**. Tap any open clams on the counter and discard if they don't close. **Soft shell clams** often don't fully close, so tap or touch the siphon or shell and **check for movement**. If there's no reaction, discard.

3 AROMA

Clams should smell like the sea and salt air: fresh, and briny. **There should not be a strong fishy odor.**

Always let your nose be your guide!



HOW SHOULD I TRANSPORT CLAMS HOME?

Bring clams home from the market in a bag that allows them to breathe. **Tightly-closed bags will risk smothering the clams, making them unusable.**
Use as soon as possible after buying.

HOW TO STORE LIVE CLAMS

Clams should be used as soon as possible after buying, but can be held 24-48 hours in the refrigerator. Place them in an **open container** and loosely cover with a damp paper towel so they don't suffocate.

Any clams that do not open when cooked should be discarded.

Eel Preparation and Uses

The size of the eel caught determines how it is prepared. Eels used for stews and soups (katewapu'l) are 45 to 60 cm (about half the length of a baseball bat) in length. These eels tend to weigh less and are noticeably "skinnier" than those eels that are used for baking. They are cleaned and skinned before they are used in traditional meals, especially during wakes, salite'* and mid-winter feasts. Baking eels (pqwasaw) weigh more and have more meat on their bodies (thick bodies). This type of eel is not categorized by length but by weight and muscle content. They tend to be reserved for baking and will be gutted, the tail cut to drain the blood, and hung to dry, sometimes with the addition of a salt rub. The head is not removed as it would be for stews and soups and is used to hang the eel. The skin remains on during cooking (baking, barbeque, or hanging over an open fire) and forms a crispy layer when baked, but some may be skinned so the skin can be used for other means. Eels are also cooked on cedar planks, smoked, salted, and dried, and used in boiled dinners.

Katewapu'l is prepared more than pqwasaw. This is because of the greater number of smaller eels in the population. An offering of eel stew when visiting means that you are held in high regard. To capture an eel for pqwasaw is a special gift. There is a sense of pride when a larger eel is caught. When one is caught, the fisher does not take it for himself. It is shared with the respected elders in the community.

One large eel can feed many people. The flavour of eels is also related to their size. Smaller to medium-sized eels are considered to have a milder flavour while the larger eels will have a stronger flavour. This is believed to be a result of the greater quantity of oil present in larger eels.

It is important to clean and prepare the eel properly. The renal gland (kidney and arteries) must be removed, or it will taint the taste of the meat. When skinning an eel, the eel should be rolled on sand or a table before skinning. It is important to take your time when separating the skin from the meat by getting a good hold of the skin. The skin is pulled off the body, starting from the head, in one continuous motion. Newspaper, paper towel, and dried eelgrass provide good grips, as do one's teeth.

All parts of the eel can be used. Eel skins have been used as boot/moccasin soles, ties, bindings, and to stabilize limbs that are sprained or broken. The tail of the eel is used as bait for other fisheries and may be preserved until needed. The skins were also used as fat to cook other foods and as medicine. Npisun, or Indian medicine as it is commonly referred to, was taken as part of regular maintenance of the body (preventative rather than as a treatment or cure). Oils from larger eels were used to treat ear infections and loosen ear wax. The fresh skins of larger eels were used to set bones and relieve joint pain.

* Salite' is a form of tribal consciousness where the Mi'kmaq engage in the births and deaths of its members. Salite' occurs after the burial where the community gathers to feast and hold an auction. Funds from the salite' are used to cover funeral expenses.

Gaspereau (Kaspelaw)

Gaspereau is a bony fish that is typically smoked. This fish is often referred to as Kiack, alewife and blueback herring, or river herring.

Herring (Alanj) and Mackerel (Amalamek)

All you do is cut along the belly of the fish with scissors, snipping off the head, fins and, if you need to, the tail, then place its flesh side down on a flat surface. Now, using a rolling pin, give the fish a few sharp taps to flatten it out. Next press very firmly with your thumbs or the handle of a wooden spoon all along the backbone of the fish, to loosen it. Now turn the fish skin side down and, using a sharp knife and starting at the head end, gently ease the backbone away: as it comes away, all the little bones will come away with it. Any that cannot be removed afterwards, and tweezers are helpful here. Finally, cut away the belly flaps using scissors. Herrings, truly, have a wonderful gutsy flavour and are delicious fried, grilled, or barbecued. They are also incredibly good baked in the oven.

Oysters (Mntmu)

How do I open (shuck) an oyster?

Oysters have an upper and lower shell with the main part of the oyster in the lower shell and the upper shell is usually bare of any edible part of oyster meat. The upper and lower shells are kept tighter inside by the adductor muscle. This muscle is the one part of the oyster meat to cut when opening an oyster.

Check to see if the oyster is alive. Lightly tap on an open shell- a live oyster will snap shut. If the shell remains open, the oyster is dead and should not be eaten. Most closed oysters are alive- hold the oyster in your hand. The shell should feel full. If it does not feel heavy, tap it lightly against another oyster's shell. A hollow sound indicates a dead oyster. If the oyster is alive, you will hear a solid sound. Dead oysters have a strong fishy smell.

Method 1

1. Take a thick kitchen towel, double if needed. This is especially important for hand protection.
2. Hold the oyster with the towel using your left hand, hinge facing you.
3. Using an oyster knife, gradually apply pressure and a seesaw around the hinge.
4. Once the knife goes in, reach straight for the adductor muscle, and try to make one clean cut.
5. Open the oyster, and rinse lightly to remove any broken shell pieces.
6. Use the oyster knife to cut along the bottom shell to make sure the oyster is free and clear of that shell as well. Try to keep as much of the liquid in the shell as possible – it is tasty.

Method 2 – Only attempt this method once you are comfortable with the main method.

If the oyster's shape is flat with an entry point on the right side (where the adductor muscle is located) this method can provide a cleaner cut as the knife comes in closer to the adductor muscle. Follow the same instructions as in the first method but instead of inserting the knife into the hinge, attempt to open it from the middle of the right side.

Scallops (Sakskale'sk)

- Use an oyster-shucking knife, and place it at the hinge, prizing it open slightly.
- Turn the scallop over and run a flexible fish filleting knife over the flat side of the shell to release the scallop. Open the shell fully. Use a spoon to release the scallop from the bottom shell.
- Pull off the frill, the black stomach sack and any other pieces that are around the meat of the scallop and discard, leaving just the white flesh and any coral. Rinse the scallops thoroughly in cold water.
- Cook as desired.

Please note this special safety recommendation before eating scallops:

The Canadian Food Inspection Agency is advising recreational harvesters [and FSC harvesters] to only consume the adductor muscle when harvesting wild scallops. The adductor muscle is the portion which is commonly referred to as the scallop "meat". Whole wild scallops or wild scallop meats with roe and/or viscera attached can contain marine biotoxins, and if consumed, could cause severe illness.

<https://inspection.canada.ca/food-safety-for-consumers/fact-sheets/specific-products-and-risks/fish-and-seafood/toxins-in-shellfish/eng/1332275144981/1332275222849>

Shad

Step 1: Bonk and bleed out the fish.

To minimize suffering for the fish and prevent spoilage of the meat, fish must be "bonked" and "bled out" immediately after removing the hook. Bonking a fish will immobilize a fish and render it unconscious - a rock, stick or specialized tool applied between the eyes will work. To complete this step, use a sharp knife to cut into both the gills from the bottom up. Alternatively, use game shears to cut through the gills on both sides. Dip the fish back into the water headfirst and massage along the spine to help the blood flow out of their body. Once the flow of blood slows, put the fish in a cooler to chill while finishing out the day.

Step 2: Remove scales or skin.

Depending on what was caught that day, it may be necessary to remove the scales or skin to prep it for cooking. Fish with thin skin and smooth scales, like trout, can have their skin and scales left intact. Those with thick skin and no scales, like catfish, often need their skin removed completely to make them fit for eating. Fish with tough scales, like salmon, are best when descaled. Descaling is usually the easiest to complete before cutting open the fish's belly and removing their innards.

To remove the scales...

- Run the back of a fillet knife along the scales, working from the tail to the head.
 - Put the fish in a bag, if possible, to keep the scales from flying about the area.
- Skinning, on the other hand, should be left until the end, usually after the fillets are cut.
- At that point, the skin can be removed by carefully running a fillet knife between the skin and meat.

Step 3: Open the belly and remove the innards.

Now, it is time to remove the innards, which requires that you open the belly of the fish. To do this, follow these steps:

- Hold the fish firmly against the cutting board and run the knife through the belly from the anus to the neck.
- Do not cut too deep, however, as that could puncture the internal organs and make a mess.
- Then, reach inside and grab the innards with two fingers, starting at the neck.
- Pull down and out, remove all the innards and discard them in the trash.
- Rinse out the fish's belly cavity thoroughly and run the rest of it under the water as well. Step 4: Prepare for cooking.

With the fish clean, it is time to prepare it for cooking. The way it is prepared depends on the intended cooking process. Some prefer to cut all the fish into fillets while others like steaks instead. You can also simply leave the fish whole, though the fins will need to be removed to prevent the incident. Simply cut away all the fins with a pair of scissors or knife to keep the sharp bones from causing a problem. Once the fish is ready to cook, it can be placed in the fridge or freezer for later. A cooler can also keep fish fresh for a few days if it seals well and has the ice replenished regularly.

Step 5: Cook the fish.

Whether you made steaks, fillets, or left the fish whole will determine how to best cook the fish. In most situations, cooking will take place at home or back at the campgrounds unless the boat you are on has specialty cooking equipment on board. The cooking equipment you have on hand will also influence your methods. You can cook them up in a frying pan, in the oven, or on a grill. Fish are even easily cooked over the campfire, which imparts a delicious, smoky flavor. If cooking fillets, drizzle the fish, front and back, with oil, then add the spices of choice. Cook in a frying pan, oven, or grill over medium heat until hot and flakey—and the skin is brown and crispy if left on. Cook fish steaks similarly using oil to keep the meat from sticking to the pan or grill. Either way, wait until the fish starts to brown on one side before turning or it will try to stick and tear apart.

Whole fish must be prepared differently to ensure every bit of meat is cooked to perfection. Before cooking, sprinkle the inside cavity with salt, pepper, and other preferred spices. Also, consider adding lemon slices and herb bundles to beautifully impart flavour. Massage with oil, and then place on a pan or wrap in foil for cooking. Whole fish are excellent when prepared in an oven, grill, or even over a campfire. Check that the meat is done by flaking it with a fork. Once it is done, all that is left to do is serve up the fish with all the preferred sides and enjoy.

By following these steps, anyone can make the most of all their catches, transforming them into amazingly flavorful meals. All they must do is follow the steps and a delicious dinner is moments away.

<https://www.discoverboating.com/resources/how-to-cook-freshly-caught-fish>

Trout (Atoqwa'su)

Cleaning - Remove the entrails by slicing the belly from the anus up to the throat. Use an old toothbrush to clean the blood from the vein along the backbone. Use cold running water to clean the fish thoroughly.

Scaling - If it is a large trout, it may help to scale the fish. There is no need to do so for smaller trout.

Preparation - At this point, you can leave the fish as it is or remove the gills, head, or fins according to the recipe preparation. If you feel adventurous, you can even try butterflying the fish.

Cooking - Don't worry about the bones. Fish that is properly prepared easily falls off the bones. Avoid over-handling the fish (flip only once) as the skin is delicate and the flesh may flake apart.

The 1986 Proclamation

by our Mi'kmaq Grand Chief - Donald Marshall Sr. of Our Mi'kmaq Grand Council for "Netukulimk"

"Until the Mi'kmaq people can come to some agreement with Canada and Nova Scotia on changes to their legislation and regulations, it will be necessary to adopt some Netukulimkew'e'l of our own - both for our protection and the protection of the animals and fish, which form part of our inheritance from the Creator.

The Treaty of 1752 belongs to all the Mi'kmaq, and we must all work together to keep it strong. We therefore call upon all Mi'kmaq to understand and respect the following guidelines for the treaty right to Netukulimk under the 1752 Treaty.

These Guidelines are without prejudice to the Aboriginal and Treaty Rights of the Mi'kmaq people and are guidelines."

Donald Marshall

TanelMa'sl, Kji-saqmawwjit Mi'kmaq

October 1986