

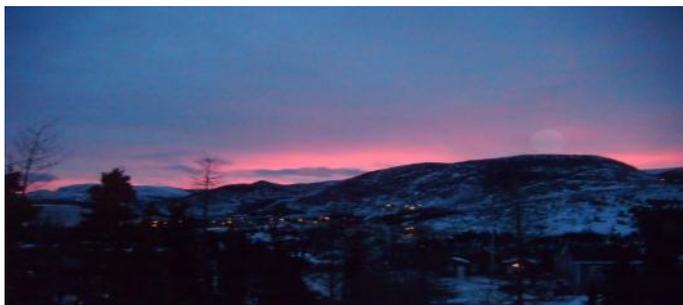


Avativut Newsletter

Environmental News from NG's Northern Contaminants Office January 2012

The *AVATIVUT NEWSLETTER* is a quarterly newsletter distributed by Nunatsiavut Government's Northern Contaminants Office in Nain, Nunatsiavut.

Its goal is to provide information to Nunatsiavummiut about wild foods; environmental preservation and protection; and research being conducted on these issues along the north coast of Labrador.



Inside

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- What kinds of research and programs were conducted in Nunatsiavut in 2011
- Hopedale PCB and oil spill clean-up update
- Moved into the Nain Community freezer and Research Centre
- Country foods and their benefits
- Local recipes
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- Moose killed in Nain

Steps in Research Approval in Nunatsiavut

In order to conduct research in Nunatsiavut, there are processes that are required. This has been in place since 2006, although research guidelines and applications were developed by the Labrador Inuit Association prior to Nunatsiavut.

These guidelines are in place to protect Nunatsiavummiut and the environment around us. Below you will see a flow chart that is used by the Environment Division of the Nunatsiavut Government.

1-Application to conduct research is submitted to the Inuit Research Advisor for review.

2-If the application is completed as required then the application is then forwarded to Nunatsiavut Government Research Advisory Committee and the Communities involved for their comments. These are returned to the Inuit Research Advisor for consolidation.

3-The Nunatsiavut Government Research Advisory Committee then meets and discusses the application for the proposed research project.

4-The proposed research project is then approved (with or without modifications) or rejected and a letter is written to the applicant explaining the reasons behind the decision that was made. If it was rejected then an appeal could be made. If the project is approved then a research agreement is put in place.

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Great Things about Country/Traditional Foods



Benefits vs. Risks:

Country/Traditional foods contain:

Vitamins: important for good vision, to build strong bones and teeth, and keep your skin healthy.

Omega three fatty acids: helps prevent heart disease and provide your body with energy.

Minerals: builds strong bones, keeps blood strong, prevents anemia, helps fight cancer and prevent heart disease.

Protein: helps bodies grow, repairs body tissue, fights infection, and gives energy

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Steps in Research Approval in Nunatsiavut

Research within Nunatsiavut...has its benefits, it provides data that is needed for frontline workers within the health, social, and economic field. It provides information to beneficiaries to make informed decisions that is effecting their daily lives, it also creates short term work for Nunatsiavummiut. It also can provide some local employment opportunities for people.

The Northern Contaminants Program was started in 1991 to deal with concerns on human exposure to contaminants from traditional/country foods, that are important to the aboriginal peoples of Canada. The NCP allocates funds to conduct research and aims at five different categories:

Human Health Research, Communication, Capacity and Outreach, National/Regional coordination and Aboriginal Partnerships, Community Based Monitoring Research, Environmental Monitoring and Research. The Environment Division of Nunatsiavut receives majority of its funds from the NCP program for any of the five categories listed above.

RINGED SEAL STUDY IN NUNATSIAVUT

A ringed seal study was conducted in Nunatsiavut in 2010-2011. This was conducted as a pilot project that joined hunters and scientists together to gather information on ringed seals about the diet of the seals and contaminant levels. It is hoped that this project will expand in 2012-2013 in Anaktalāk and the Upper Lake Melville area. Results of the study still need to be finalized from the 2010-2011 project.



Seals were not harmed or injured during this study

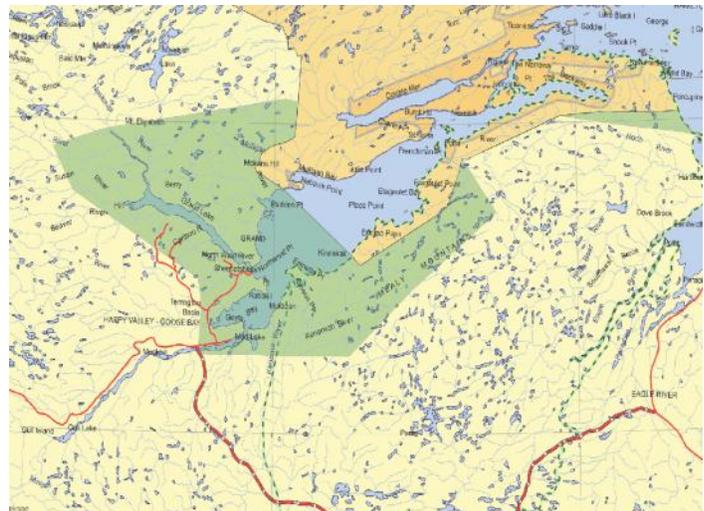
HOPEDALE PCB & OIL SPILL CLEAN-UP



The Province has committed \$6M for the PCB and Oil spill clean up continued this summer. Wayne Piercy the AngajukKāk for the Hopedale Inuit Community Government says “the old dump pond was excavated this summer and 20 soil bags were filled with more to be filled”. The little brook between Carpenters drive and Carpenters loop where there is still some material, has to be excavated. As for the oil spill, the old school lot was also excavated and filled with crushed rock”. Work will continue in 2012.

PROPOSED LOWER CHURCHILL HYDROELECTRIC PROJECT

The Environment Division put a lot of time participating in the Lower Churchill environmental assessment, with over 30 submissions to the Panel in charge of the environmental assessment. We were particularly concerned about socioeconomic impacts and downstream impacts of the dam into Lake Melville, including the Labrador Inuit Settlement Area. Downstream impacts include impacts on productivity, sea ice and methylmercury contamination. The Panel agreed with many of our concerns, including a statement that “*the Project would not have significant adverse effect on land and resource use, with the exception of the potential effects on fishing and seal hunting in the Lake Melville area*”, an area which includes the Labrador Inuit Settlement Area and Inuit Traditional Territory. We are now trying to ensure the Province follows through on many of the Panel recommendations.



Nain Community Freezer-Research Center



The Nunatsiavut Government, Nain Inuit Community Government and other groups within Nunatsiavut piloted a community freezer program in Nain in 2011. The Project showed positive results, therefore the program continues, with aims to expand to recruit harvesters to teach youth traditional hunting skills, usage of equipment, land names, and other necessary knowledge that is required to survive off the land.

This is being put in place so that these skills can be passed on to the youth so that they can provide for their families and other community members for generations to come, also to increase sharing networks amongst the residents.

The Nain Community freezer has since provided a large number of meals to families in need within the community, regular visitors such as single parents, elders, disabled, residents with no means of transportation has used the community freezer.

We have had positive comments from the community, the one that stands out the most was from an elderly man who came in and said "let the hunters know that I thank them for the food and the great work they are doing".



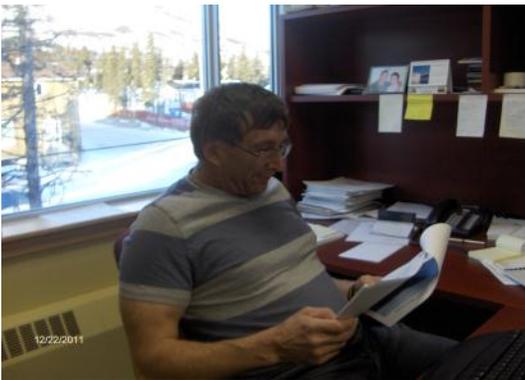
The Nain Community freezer has a walk in freezer, a walk in fridge and a regular household freezer to store meats. The Community freezer hours of operation are from 8:30-12:00 and 1:00-4:30, Monday through Friday. Everyone is always welcome!

ENVIRONMENT DIVISION FOR NUNATSIAVUT GOVERNMENT

Meet the Staff



Tom Sheldon is the Director of Environment for the Lands and Natural Resources Department of the Nunatsiavut Government. His responsibilities include the enactment and implementation of Environmental Assessment and Environmental Protection Legislation and regulations. He also helps with the PCB contamination in Hopedale and is a member of the ArcticNet Research Management Committee. He is also helping with the growth and implementation of the research center and Nain community freezer



Ernie Ford is the Environmental Enforcement Officer for the Nunatsiavut Government, Ernie started his work with the Labrador Inuit Association in 1997 as the Environmental Monitor. Most of Ernie's work involves the Mineral exploration companies to make sure they are working in compliance with our "Standards for Exploration in Labrador Inuit Lands".



Carla Pamak is the Inuit Research Advisor for the Nunatsiavut Government. She started work on November 21, 2011. Carla is the first point of contact for researchers expressing an interest in doing research in our communities as well she will liaise with the communities on research that is happening or bring back information to the communities on research that has happened.



Katie E. Winters is the Northern Contaminants Researcher for the Environment Division for the Nunatsiavut Government, Katie Started her position on September 6, 2011, she assists researchers and scientists who come to Nunatsiavut to conduct research, Katie has been involved in research since 1994. She also works as an Interpreter/Translator and became certified in the field in 1994.

Arctic Char Chowder



2 lb. dressed arctic char	salt & pepper to taste
2 or 3 stalks celery	2 onions
4 tbsp. flour	1 (15 oz.) cans evaporated milk
Water	
2 medium potatoes, peeled	
4tbsp. margarine	

Place a rack in the bottom of a roaster. Pour in water until 1/2 inch deep. Add salt & pepper, then arrange fish on the rack. Cover closely and bring to a boil on top of the stove. Simmer for about 30 minutes. Dice potatoes, onions and celery then fry slowly for 4 or 5 minutes in hot margarine. Set aside. Remove fish and rack from roaster and discard skin, bones, head and tail. Flake char into pieces. Add fish and vegetables to the water used to steam the fish. Bring to a boil and simmer until vegetables are tender, about 10 to 15 minutes. Add milk and reheat without boiling. Add a smooth mixture of 4 tbsp. flour and 1/2 cup cold water stirred together in small bowl. Cook and stir chowder until slightly thickened, adding more salt and pepper to taste. Serve with hot biscuits or panitsiak (sanamajuks)

Fish is a highly nutritious food commodity. Being an excellent protein food with fewer calories, it is better than other meat sources. It is rich in omega 3 fatty acids proven to be good for the heart.

Fish also lowers the risk of diabetes

Omega -3 fatty acids means "good" fats

The first moose hunted in Nunatsiavut



Joey Angnatok of Nain

The Nunatsiavut Government received a total of 28 moose licenses for the Nunatsiavut Communities of Nain, Hopedale, Postville, Makkovik, Rigolet, as well as the Upper Lake Melville area communities. Joey Angnatok of Nain was the first to kill a moose in Nain in mid-October. This was a pretty exciting time for the residents, for some residents it was the first time they have seen a dead moose and for a lot of the residents it was the first time tasting the animal. Joey hunted the moose for the Nain Community Freezer which helped out a lot of families in the community. Thank you Joey, Chad, Sonny and others who volunteered their time and energy for the community!

Meatballs:

1 1/2 lbs. Ground moose meat
2 c. Rice Krispies
1 med. Onion, chopped fine
1 tsp salt
Pepper to taste (optional)
1 egg

Sweet and sour sauce:

3 tbsp. butter
1/2 green pepper, thinly sliced
1 med. Onion, sliced
2 tbsp white wine vinegar
1 tbsp. soy sauce
1/2 tsp ground ginger

Melt butter in heavy pot on top of stove. Add green peppers and onions and simmer gently for five minutes. Mix cornstarch with 1 tablespoon pineapple juice, add to sauce. Add crushed pineapple and remainder of juice, vinegar, soy sauce and ground ginger heat to boiling, reduce heat, cover and simmer for 15 minutes