



The Rucksack

Newsletter of the Friends of McNabs Island Society

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Summer/Fall 2022

2022 AGM Report by Jacqueline Halsey

The 32nd AGM of the Friends of McNabs Society was held on the 19th April, 2022 at Nova Scotia Museum of Natural History. While a nor'easter pounded the city with wind and rain, 25 brave people attended in person and another 36 joined in via Zoom.

Zoom attendees included MLA Barb Adams, Councilor Becky Kent, Councilor Larissa Goshulak and Annie Wang from Fisheries and Oceans Canada also attended via Zoom.

Tricia Stewart organized and emceed the evening which included an illustrated talk by Royce Walker. His slides documented the hard work that went into transforming the old Teahouse into an Outdoor Education Centre. After a short break, the premiere of our Ghost Gear film, funded by a generous grant from Fisheries and Oceans, was screened. Filmmaker Jerry Lockett and the film's narrator Olga Milosevich, were present and came forward after the screening to answer some of the many in-person and on-line questions.

Royce's Teahouse presentation and the Ghost Gear movie were both met with overwhelming enthusiasm and praise. Everyone left the meeting motivated to understand and do more to protect the ocean around our shores.

Cathy McCarthy presented this year's "Special Friend of the Island Award" to Royce Walker for his decades of support to McNabs Island. Thank you Royce!

A huge thank you to Mike Winslow for making this first ever hybrid AGM happen and for his expertise in making the IT portion of the meeting run so smoothly.

Cathy McCarthy, Olga Milosevich and Jerry Lockett .

Mike Winslow is manning the Zoom connection in the background.

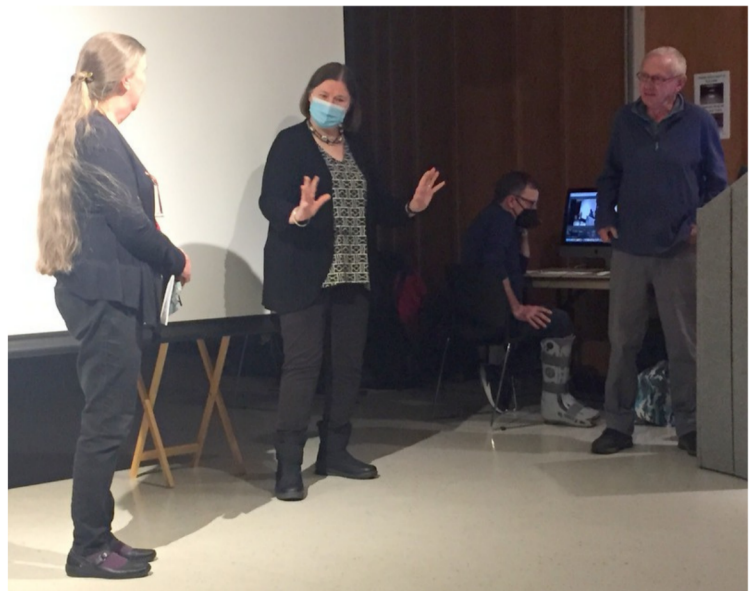


Photo credit: Jackie Halsey

Friends of McNabs Island Society

The Rucksack

Web address: <http://www.mcnabsisland.ca>
info@mcnabsisland.ca

Contact Address:

The Friends of McNabs Island

PO Box 31240,

Gladstone RPO

Halifax, NS B3K 5Y1

We welcome contributions, ideas and feedback. **DISCLAIMER:** The articles contained in this newsletter are the property of the authors and no portion may be duplicated without permission from the author/editor. The opinions expressed in this newsletter are not necessarily those of Society. We cannot vouch for groups, businesses or activities described in this newsletter. Content is for members' interest only.

Seniors' Tea by Jackie Halsey

On a sunny, spring afternoon Becky Kent, councilor for District 3, hosted a Seniors' Tea in the Horizon Recreation Centre in Eastern Passage. Due to Covid restrictions this was the first in-person Seniors' Tea in a very long time. As the participants enjoyed sandwiches, butterfly cookies and tea served in dainty china cups, Cathy McCarthy gave an illustrated talk about the island.

The audience was enthralled, so much so that Becky would like to to organize a seniors' visit to McNabs Island. The logistics of a visit like this are going to be challenging, but everyone is very keen to make it happen.

Friends of McNabs Island

Board 2022 - 2023

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- Cathy McCarthy

Vice President

- Brian Phelan

2nd Vice President

- Dachia Joudrey

Secretary

- Denyse Contrasty

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- Cathy Phelan

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Newsletter Editor

- Theresa Rollet

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- Faye Power
- Jackie Halsey
- Tricia Stewart
- Ian Smith

New Board Members:

- Paul Collins
- Tineke Weld
- Iain Crowell



Cathy McCarthy addressing the seniors
Photo credit: Jackie Halsey

Special Thanks to Our Summer Staff

compiled by Davlyn Laing

Did you get to meet our fabulous island interpreters? Without them we couldn't provide the high quality programming that we do every year. Here is a bit about each of them:

William is from Lytton, British Columbia, and lives in Halifax. He attends Dalhousie University where he is doing a Double Major in Environmental Planning & Sustainability. He loves being outdoors and is thrilled to be spending more time outside, especially on the island. Connecting with like-minded people, who appreciate the beauty and history of McNabs was a bonus. The skills he learned this summer will help him as he pursues a master's in forestry management.

Jonah was born in Amherst, Nova Scotia. He is going to NSCC this fall for Applied Media Communications Arts but has previously earned an undergraduate degree in History from Mount Allison University. Jonah is eager to share his passions for art, history, and nature with visitors as well as the board. This summer Jonah worked on curating and creating a wider understanding of the indigenous history on McNabs along with writing reference material for future use.

Brianna was born in Spryfield, Nova Scotia. Brianna is currently enrolled at Dalhousie University studying Biology and she plans on earning a master's degree in Entomology in the future. Brianna has been mixing her creative side and her scientific side this summer with her insect collecting. She created an educational insect board for the Teahouse from what she's collected all around the island. Brianna has been thrilled to work in nature and spend time outside on McNabs.

Davlyn was born in the Annapolis Valley, Nova Scotia but has moved to Halifax. She is going into her last year earning a degree in Canadian History with a minor in Atlantic Canadian History from Saint Mary's University.

Davlyn is a passionate historian, a photographer, and has a passion for research. She is excited to use the knowledge she has gained throughout her education and to get others interested in local history, especially the history that McNabs island has to offer.



Summer staff (From L-R) Brianna, Davlyn, Will and Jonah, perched on a log that came into McNabs Pond with Hurricane Dorian in 2019.

Photo credit: Cathy McCarthy



McInnes Cooper's Ten Years of Volunteering at Beach Cleanups

by Denyse Contrasty

Since 2012, employees at the law firm, McInnes Cooper, have been organizing work parties to join other volunteers at the annual McNabs Island Beach Cleanup held in early June. Their energy and enthusiasm have been assets in cleaning up challenging areas such as Green Hill Cove where they carried out many lobster traps; the Searchlights area that is literally an uphill battle to clean; and Hangman's Beach where they waded through waist-high water to ferry garbage across the Hurricane Juan breach in Lighthouse Road.

This year, the McInnes Cooper group was assigned Findlay's Cove to clean. There among the usual plastic items, they found a lobster trap, a tire and a 100-foot heavy rope that required the help of six people to carry it to Garrison Road for pickup.

While waiting for their ride off the island, the volunteers helped form a relay line to move garbage off Garrison Pier onto the boat. Upon arriving in Eastern Passage, they were quick to move that same garbage from the boat onto land where HRM waste management would pick up the garbage.

McInnes Cooper has provided the most reliable group of volunteers for our McNabs Island Beach Cleanup over the years. A big round of applause to lead coordinator, Alison Chabossol, and Andrea Hewitt, Corporate Social Responsibility Engagement Advisor, for assembling a cleanup team of 10 to 15 employees for the last 10 years.

The Friends of McNabs Island Society greatly appreciates the yearly involvement of this reliable, and hard-working group and their dedication to ridding the island of trash.



McInnis Cooper Group using teamwork to move a rope.

Photo credit: Denyse Contrasty

My First McNabs Island Cleanup by Davlyn Laing

On June 5th, 2022, I attended my first Friends of McNabs Island Beach Cleanup. The beach cleanup was my first experience meeting the board members in person. I had been nervous for what the day had in store. Arriving there, I was greeted by a collection of warm welcomes from both volunteers and the board members. The enthusiasm everyone showed kept spirits high, and the speech Cathy McCarthy made on the boat made me feel at home.

On McNabs Island, I was placed with a volunteer tour guide named Jackie and our group headed off

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to Ives Cove to clean it up. I couldn't have predicted the amount of garbage that washed up on the island. There were huge tires that took four people to lift off the ground, sharp broken glass, a variety of ropes, wires and an abundance of materials that were buried so far under the sand it felt as if we tore up half the beach trying to get them free. With a little bit of elbow grease and teamwork, our group was able to remove a lot of trash which felt incredibly rewarding.

Once I returned to Garrison Pier, I witnessed the amount of garbage that was being loaded onto the boat. I was astonished. It was hard to wrap my head around the fact that this was only what washed up on the beach. By the end of the day, I felt proud of all the hard work the community, the volunteers, and the society put in.

The beach cleanup was a great experience, everyone working hard and working together ended up making a noticeable difference on the island. Although I was a staff member for this past summer, I will certainly attend another beach cleanup in the future, the cleaning itself was rewarding and left me feeling positive.

The Friends of McNabs Island Society presents the film:
Ghost Gear of McNabs Island



Ghost gear – lost and abandoned fishing gear – is a serious problem in our oceans and on our shores. This film explores the reasons why fishing gear gets lost and looks at some of the ways the problem can be resolved. The film follows the efforts the Friends of McNabs Island Society in assessing the scale of the problem and dealing with it at a local level. Since 1991, volunteers have

collected more than 16,500 bags of garbage from the island's shoreline with over half of it being ghost gear which washes up on the island's beaches.



The film was filmed, edited and produced by award-winning filmmaker, Jerry Lockett. The narrator is retired CBC broadcaster, Olga Milosevich. Research and storyline is co-shared by Zach MacMillan Kenny, who was one of our summer students in 2021, and Jerry Lockett. The animation explaining ghost gear was developed by Jenna Marks.

The film was made possible through a grant from Fisheries and Oceans Canada. Thanks to all the volunteers who helped with this film by providing film clips, photos and ideas. And special thanks to all the volunteers who have cleaned up ghost gear fisheries garbage from McNabs and Lawlor Islands Provincial Park over the years.

The film will be screened at the Lunenburg Doc Festival this September. It will also be featured on Eastlink Community TV and can be viewed on YouTube here:

https://www.youtube.com/watch?v=iAK_YgwKoX8

The Barry Edwards McNabs Island Collection

by Jacqueline Halsey

On 1 June 2022, the late Barry Edwards research collection, consisting of 29 binders, 4 boxes and a large hand-annotated map, were legally deeded and delivered to the HRM Municipal Archives, in Burnside.

Barry was a founding member of the Friends of McNabs Island Society. He started researching and documenting his findings in the 1960s, and estimated that over the years he spent approximately 10,000 hours on this work. He gave the collection to 'The Friends' in 2014.

For the last two years, under the direction of Cassandra Curtis, a museum studies graduate, an archiving committee of "Friends" members electronically cataloged Barry's material. Due to Covid much of this work was done individually in our homes.



Paul Collins and Royce Walker sort through Barry Edwards Collection.
Photo credit: Jackie Halsey



Jackie Halsey, Paul Collins and Royce Walker present materials to Susan McClure.
Photo credit: archives staff

On behalf of the society, Royce Walker, Paul Collins, and Jackie Halsey presented the collection to municipal archivist Susan McClure. She explained how over time further work will be done on cataloging the collection. The original material will be preserved and made available for use by anyone interested in McNabs Island. It will be known as The Barry Edwards McNabs Island Collection and once cataloged by the archives will be available to access through the database.





Annual Fall Foliage Tours McNabs Island Provincial Park Sunday October 16, 2022



The rain date is the following Sunday October 23, 2022

Halifax Waterfront departure 9:30 AM. Depart from McNabs Island at 4:00 PM
Wear comfortable shoes or hiking boots and dress for the weather. Bring a lunch and drinking water.

Everyone must get tickets in advance via Eventbrite!

Ticket costs: \$35 (Adults who are not members of Friends of McNabs Island), \$20 (children/youth under 16), and \$30 (Friends of McNabs Island members). Children under 4 years are FREE but need a ticket.

Eventbrite: <https://www.eventbrite.com/e/mcnabs-island-fall-foliage-tours-october-16-2022-halifax-departure-930am-tickets-404062601117>



There will be a variety of tours happening:
two **Heritage tours** -one to Fort Ives and the North End of McNabs Island and the other to Fort McNab National Historic Site and the South End of the island;
a **Nature Tour**;
an **Adventure Tour** to Thrumcap suitable for hikers over 16 years of age,
and the new **Hangman's Beach Tour** (based on the Thomas Raddall novel).



Membership Appreciation

Submitted by Cathy McKenzie

Friends of McNabs Island Society truly appreciates the support of our members. We are especially grateful for those members that continue to support us over time. Since 2015, we have been acknowledging our loyal supporters by awarding a lovely 10 Year pin to show our gratitude. Wearing of the pin reflects the pride in, and concern for the harbour gem we call McNabs Island.

Spring 2022 recipients of the 10 year pin are:

Mary Ellen Donovan
Marilyn Forrest
Anne Knight-Gorman
Blaine MacArthur
Cathy McKenzie
Cheryl & Brian McKillop
Daniel B McKillop



Ashley & Shawn Levy
Radha Mohandas
Charlie & Marilyn Parker
Nancy Parsons
Kathleen Rothwell
Greg Stiner
Michael Winslow

Annual membership to the Friends of McNabs Island Society runs on the calendar year, includes a year's subscription to the society's Rucksack newsletter and offers discounts for our events.

Members support the ongoing care and appropriate development of this jewel in Halifax Harbour. The Friends advocate for funding to maintain the environment on the Island and participate in planning for the present and future well-being of the Island.

Renew Your Membership and/or Make a Donation Now!

Thank you for your much needed continued support.

Renew your membership with

e-transfer: info@mcnabsisland.ca

directly via our website: mcnabsisland.ca/membership-application

send a cheque payable to:

The Friends of McNabs Island Society

PO Box 31240, Gladstone RPO

Halifax, NS B3K 5Y1

The Society is a registered charity:

CCRA Number 88 474 194 RR0001

Email contact: info@mcnabsisland.ca or mcnabsisland.ca/contact

Phone contact: Cathy (902-434-2254)

For updates, follow us on facebook.com/McNabsIsland,

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If you are already a member, invite your friends and coworkers to join.

As more people become aware of and support these gems,
the better we will be able to take care of them.

This issue went to print in Sept 2022