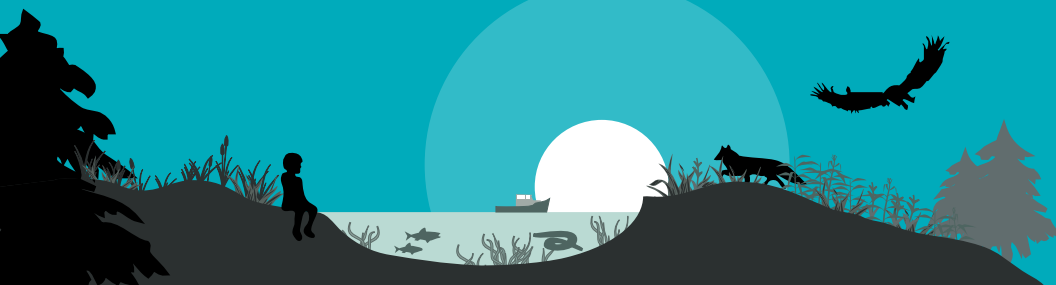


Things YOU Can Do to **Protect** the Bras d'Or Lakes

Bras d'Or
Lakes
are **golden**



help keep it that way



Bras d'Or Lakes are *golden* help keep it that way

We call the Bras d'Or Lakes *golden* because they are beautiful, rare and precious.

You can help keep it that way. Clean water is essential to the survival of eels, dragonflies, salmon, trout, eagles—and us.

The Bras d'Or Lakes are home to shellfish, plants, fish, insects and animals.

We all have a part to play in the conservation and protection of the Lakes.

It is important that we use our land properly. All of our actions affect the rivers, ponds, wetlands and streams that flow into the Lakes.

We are all connected.



Bras d'Or Lakes Collaborative
Environmental Planning Initiative

PO Box 8096
Eskasoni NS B1W 1C2

Phone: 902 379-2163
info@brasdorcepi.ca

brasdorcepi.ca

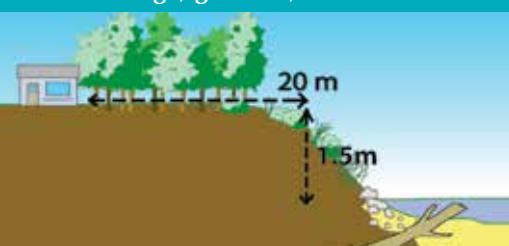
UINR
Unama'ki
Institute
of Natural
Resources

uinr.ca

ACAP
Cape Breton
902 567-1628
acapcb.ns.ca



When building or clearing near a shore, leave a naturally-occurring 20 m (66 ft) buffer zone of trees, shrubs, grass, and groundcover. Buffers are important for wildlife, and provide shade and food for fish. They hold soil in place, minimize erosion, and reduce the effect of surface water run-off. Buffers also protect rivers, streams, and the Bras d'Or Lakes from accidental leaks of furnace oil, sewage, gasoline, and chemicals.



If your land is on a hill or slope there is a greater chance of erosion. You will need to create a buffer wider than 20 m.

To minimize **erosion** along any watercourse, leave trees and fallen natural debris along the shoreline. Plant trees, shrubs or other groundcover to absorb the energy of the water rather than installing rock or concrete walls.

Leave boulders, gravel and natural debris in streams to provide **shelter** for fish. Only remove non-natural items (tires, bicycles, and other garbage) from watercourses.

Use curved pathways to the shore so there is no direct run-off into the water. **Share paths** with your neighbour instead of creating many along the same shoreline.

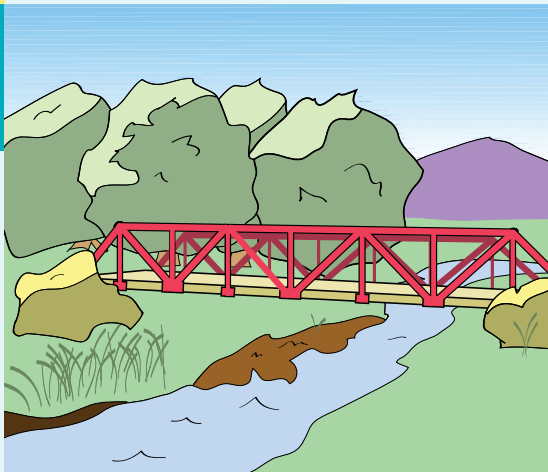
Use **silt fences** to redirect run-off and debris during construction.

Plant **native grasses**, shrubs, and trees as soon as possible after construction or other disturbances.

Build homes or cabins at least 1.25 m /4.1 ft above the high water mark to protect from sea level rise and storm surges.

Use lined **fire pits** instead of open fires. See a recommended fire pit design at uinr.ca/library/publications-reports/

Refrain from setting grass fires. Grass fires contribute to erosion by destroying ground cover.



Build bridges rather than using culverts. Leave the riverbank untouched. Keep heavy machinery and all motorized vehicles away from streams and riverbanks.

Illustrations by Chris Andrews

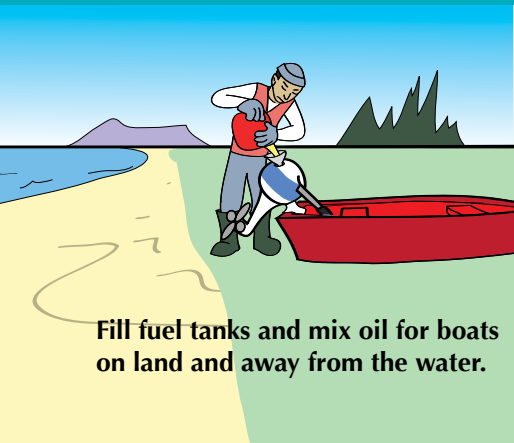
Ensure that **onsite sewage disposal systems** maintain a 30.5 m (100 ft) separation from any watercourse. An onsite sewage system consists of a septic tank for settling and treatment as well as a sub-surface disposal field. All systems must be approved by NS Environment. For additional information visit: www.gov.ns.ca/nse/wastewater/on.site.sewage.disposal.asp



Report oil spills and environmental emergencies immediately by calling 1-800-565-1633.

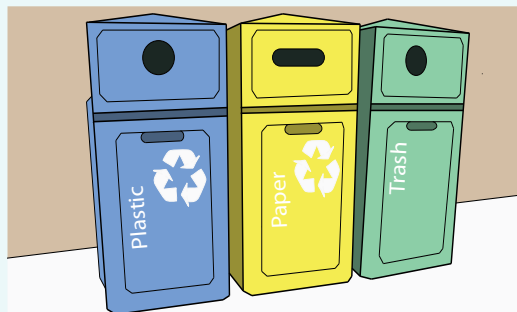


When approaching land, lift outboard motors and land boats in areas with less eelgrass. Eelgrass is important to many species.



Fill fuel tanks and mix oil for boats on land and away from the water.

Take **fluorescent tubes, batteries and aerosol cans** to Green Island Recycling, 345 Gulf Crescent, Sydport Industrial Park for **FREE** disposal. Drop off compact fluorescent light bulbs at Home Depot in Sydney.



Use **garbage and recycling bins** in public spaces.

Follow your municipality's **garbage and recycling guidelines**.

Invest in backyard **compost bins**.

Take advantage of annual municipal **heavy garbage pick-up**. Remember to pile items in areas away from water. Dates and details can be found on your municipality's website.

Tow old or abandoned vehicles to a salvage yard. Companies that will tow away derelict vehicles for free can be found in the Yellow Pages or on Kijiji. Many offer cash to the owner.



Leaks from **furnace oil tanks** contaminate soil and water supplies. Maintain your 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 snow and ice. If moved, level the tank immediately.

Left-over **furnace oil** can be dumped back into your tank. Install heating oil tanks according to CSA B139 Installation Code for Oil-Burning Equipment (latest edition). For more information on maintaining, choosing, or installing your tank, see www.gov.ns.ca/nse/petroleum



Use **environmentally friendly, phosphate-free and biodegradable cleaning products** including laundry detergents, soaps, shampoos and conditioners. Phosphates contain phosphorous. Too much phosphorous can cause algal blooms, which block sunlight for aquatic plants. When algae dies, it uses up oxygen in the water and cause fish to die.



Take medications back to the pharmacy for **FREE disposal** instead of putting them in the garbage or flushing them down the toilet. Fish may consume drugs that are flushed down the toilet or dumped down a sink drain; then when we eat fish we can be exposed to the drugs in their tissues. Human medicines can also affect fish reproduction.



Plant native grasses, shrubs and trees. Use alternative and eco-friendly methods for maintaining lawns instead of fertilizer and pesticides. Fertilizers contain nutrients that can cause algal blooms in our waters.

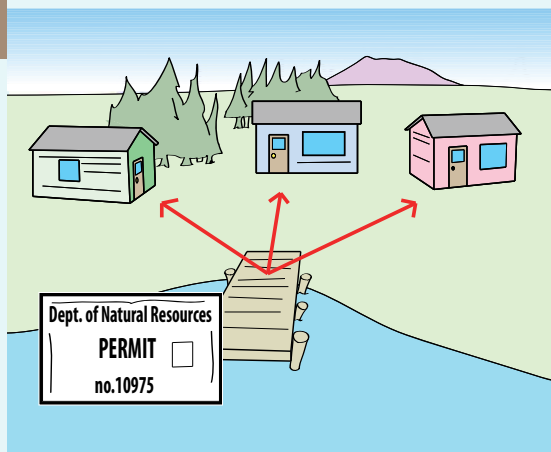
Tires and left-over furnace and motor oil can be taken to a local garage for FREE disposal.

Refrain from **burning** garbage, tires and pressure-treated lumber. Harmful chemicals eventually reach water through rainfall.

Use a high-pressure wash to clean **boats** or gear to remove invasive hitchhikers like tunicates and seaweeds. The boat and gear should then be completely dried out before use in the Bras d'Or Lakes.

Prepare or freeze fish, lobsters or other catch caught in other areas rather than holding them in the Bras d'Or Lakes. This reduces risk of introducing parasites, viruses or diseases into the Lakes.

If possible, **donate** electronics to a local charity or take them to one of the ACES drop-off locations. Go to acestewardship.ca for the full list of accepted electronics. ACAP Cape Breton has a computer recycling program that accepts computers, monitors, and cables.



Permits from the Nova Scotia Department of Natural Resources are needed before installing any type of **wharf**. Fines can be given for installing wharves without a permit. Applications can be picked up from your local NSNR office. For more information, refer to gov.ns.ca/snsnr/paal/dnr/paal066.asp

To reduce impacts to **eel grass** and the shoreline, share a wharf with your neighbour or use the community wharf. 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.

Practice **water conservation**.

Collect rainwater to water plants. Wait for a full load to run dishwashers and clothes washers. Take showers instead of baths. Fix leaks. Only human waste and toilet paper should be flushed. Anything else can cause lift station breakdowns, sewer malfunctions and back-ups leading to overflows and release of untreated sewage.

The Bras d'Or Lakes are a non-discharge zone for **boating sewage** and dangerous chemicals. Pump out your sewage at a dumping station in St. Peter's, Ben Eoin, Grand Narrows, Whycocomagh, Baddeck or Kempt Head.



Use proper **needle disposal**.

Needles and blood sugar lancets are an environmental and health hazard.

Only take **gravel** from approved gravel pits. Leave gravel on sandbars and beaches so they will be less vulnerable to sea level rise.



Show ways to protect aquatic habitat to the next generation.



Recycling Depots

| CBRM | | |
|-------------------------|---|----------|
| Sydney Mines | Birds Eye View Recycling | 736-1088 |
| Louisbourg | Burke's Depot | 733-2130 |
| Glace Bay | Glace Bay Recycling | 842-0608 |
| New Waterford | New Waterford Recyclers * | 862-3090 |
| North Sydney | North Sydney Recycling | 241-3004 |
| Sydney River | Keltic Recycling * | 562-4008 |
| Sydney | Total Recycling Ltd. | 564-5173 |
| Sydney | Triple B Recycling | 539-8736 |
| Whitney Pier | Whitney Pier Enviro-Depot | 539-4781 |
| INVERNESS COUNTY | | |
| Port Hood | Admiral Recycling Ltd | 787-3494 |
| Cheticamp | Cheticamp Recycling Depot * | 224-1972 |
| Strathlorne | Inverness Recycling Depot | 258-3225 |
| Inverness | Municipality of the County of Inverness * | 258-3116 |
| RICHMOND COUNTY | | |
| Arichat | Isle Madame Bottle Exchange | 535-2795 |
| River Tillard | St. Peter's Bottle Exchange * | 535-2795 |
| TOWN OF PORT HAWKESBURY | | |
| Port Hawkesbury | Strait Bottle Exchange & Recycling * | 625-2448 |
| VICTORIA COUNTY | | |
| Baddeck | Baddeck Recycling Depot * | 295-2026 |
| Neils Harbour | Neils Harbour/New Haven Recycling Depot | 336-2242 |
| * ACES Drop-off Sites | | |

This project was undertaken with the financial support of:
Ce projet a été réalisé avec l'appui financier de:



Environment Canada Environnement Canada

