



Toll-free: 1-866-44WEEDS (1-866-449-3337)

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NWIPC Spring and Annual General Meeting 2014 Minutes

Date: April 15, 2014

Place: Smithers, BC, Par 3 and RV

Erik Swanson, vice chair of NWIPC, started the meeting at 10:10 am. Eric is the acting chair for the NWIPC until a new Chair is appointed.

Erik introduced the Mayor of Smithers, Taylor Bachrach, to welcome us all to the meeting. During his address, Mayor Taylor Bachrach noted it was a pleasure to welcome us and that the Town of Smithers is glad to be one of our partners managing invasive species. Taylor knows that the work that NWIPC does is important and is glad to see such a great turnout to the Spring meeting.



Erik introduced Elder Mabel Forsythe from the Wet'suwet'en First Nation to welcome us to their traditional territory. Mabel's name means Timberwolf and the Wet'suwet'en are the caretakers of the area. Mabel is a Wet'suwet'en artist who learned her craft as a child, while helping her mother. She specializes in leather and beadwork, moccasins, gloves, mitts, and purses. Mabel's granddaughter, Melanie, makes intricate beaded jewellery in many styles



Erik discussed recent changes to the plant council. The program manager position has been split into an Executive Director and Field Coordinator. Andrea Eastham, P.Ag., is the Field Coordinator, and Mike Trepanier, RPF, is the new Executive Director of NWIPC. Mike graduated from Lakehead University with a Bachelor of Science in Forestry in 1994. Soon after graduation, Mike found his way to Prince George and has spent the past 19 years working as a forestry consultant at Industrial Forestry Service Ltd. (17 of which with Andrea). Mike is a registered professional forester, and serves with a number of other organizations and non-profit societies... Mike is also serving as the President of the Willow River Demonstration Forest Society, and the Vice President of the Society of BC Consulting Foresters. Mike's work experience has been primarily forestry based spanning consulting and project management in the areas of ecology, harvesting and silviculture and forest tenure management. Everyone gave Mike a warm welcome to the council. Mike thanked everybody for coming to the meeting and looked forward to meeting everyone as well as working with the partners and the board of directors.

Erik reported that Claire Watkins resigned as Chair after the 2013 Fall Meeting, and that NWIPC directors are looking for a new chair.



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Around the room introductions:

1. Paul Glover, Smithers, Director of NWIPC, Northwest BC Coalition for Alternatives to Pesticide
2. Bruce Ward, Forester, Telkwa, Babine Timber Sales Office
3. Allan Banner, Local resident of Smithers and Biologist, Banner Consulting
4. Bruce Rogers, Ministry of Forests, Lands, and Natural Resource Operations (MFLNRO), Prince George
5. Les Yates, Small rancher, Director of NWIPC, Skeena Valley Cattlemen's Association
6. Daryl Nolan, Ministry of Transportation & Infrastructure (MOTI), Prince George, Director of NWIPC
7. Marc Schuffert, MFLNRO, Smithers, Director of NWIPC
8. Chris Johnstone, Smithers, Weed Spotter in Skeena Stikine
9. Angel Robbestad, NWIPC eastern assistant, Prince George
10. Rosamund Pojar, Botanist, Smithers
11. Jim Pojar, Retired B.C. Forest Service Researcher, Smithers
12. Alvin Cober, Haida Gwaii, MFLNRO, Director of NWIPC
13. Dan Tisseur, Spectra Energy, Prince George
14. Megan Darcy, Biologist, D'Arcy Consulting
15. Cheryl Thesen, Kinder Morgan Canada, Calgary, AB
16. Godfrey Williams, Skidegate, Skidegate Band Council
17. Lynn Westcott, Entomologist, Westcott Environmental Services
18. Taylor Bachrach, Mayor of Smithers
19. Denise McLean, MFLNRO, Prince George, Director of NWIPC
20. Andrea Eastham, NWIPC Field Coordinator, Prince George
21. Sarah Bouwmeester, Kitimat
22. Mike Trepanier, NWIPC Executive Director, Prince George
23. Ian Hayes, Terrace, Director of NWIPC, Skeena Environmental Consulting
24. Darrell Hill, Burns Lake, Roots and Shoots Environmental Services, Contractor
25. Merci Harris, NWIPC First Nations Assistant, Kispiox
26. Eric Nijboer, Spectrum Resource Group, Contractor, Prince George
27. John Stevenson, Regional Agrologist, Ministry of Agriculture, Telkwa, Director of NWIPC
28. Terry MacKay, Houston, operations tech, MFLNRO
29. Serena Black, UNBC, Prince George
30. Erik Swanson, BC Hydro, Prince George, Director of NWIPC
31. Steven Kiiskila, NWIPC Communications Coordinator, Smithers
32. Eileen Shorter, Rancher, Smithers

Annual General Meeting:

Reviewed the agenda and fall meeting minutes, everyone looked over the agenda and minutes and both were accepted.



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Action items from fall meeting:

- 1) Recognition award done and will be presented this meeting. Completed
- 2) Geocaching is still being implemented, need some target locations – great spot of marsh plume thistle, and then to put little kits together to put out at the locations. Need to find people to hide the caches. If we start in PG then expand out, the contractors would be the first to talk to about good spots.
- 3) Maps on the wall showing the polygons for the hawkweeds and marsh plume thistle. Containment area is the shaded area, need to have a reason to treat inside, and outside of polygon, you need to have a reason not to treat. Spotted knapweed map as well available. Completed

2013 Accomplishments:

- \$700,000 in revenue; 19 partners for operational inventory and treatment, plus 8 other funders of projects including the Federal Gov't for Canada Summer Job student
- Invasive plant management was completed for our partners by 8 Invasive Plant Management Area contractors (IPMA), 2 First Nations Crews, and 2 Manual crews.
- 68% of revenue was spent on operational crews
- The Stikine-Skeena IPMA was managed for the first time by two contractors, Spectrum Resource Group in the south, and Tahltan Central Council in the north.
- Managed 74 species; inventoried 1,142 ha; treated 168 ha
- Over 1,000 sites declared 'clean' during the season; added 893 new sites
- Supported 3 landowner rebate programs: NWIPC, District C Farmers Institute and Fort Fraser Livestock Association
- Through the Ministry of Forests, Lands & Natural Resource Operations two demonstration projects were initiated; one for the operational use of Milestone up to 1m from waters' edge, and the second on Haida Gwaii comparing glyphosate treatments by timing and type; see report on the Haida Gwaii project on our web site.
- Canada Summer Jobs student was Shelby Longstaff who worked out of Prince George, and besides assisting in education & awareness, data checking, etc., she ran all 78 species on the NWIPC target plant list through the Core Ranking program developed by FLNRO. Results will be presented as part of the target species and Regional Early Detection-Rapid Response (EDRR) discussions this afternoon.
- Operated the toll-free weed hotline for reporting, treatment and ID information
- Maintained the web site and increased communications through Facebook and Twitter; NWIPC tweets can be viewed at the bottom right-hand corner of the web site if you are not a Tweeter



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- Ran 10 Weed on the Web contests – almost monthly; when the mystery weed is an unfamiliar one, but on the critical watch list for invasion, no one enters the contest! Encourage all of you to enter monthly and increase participation
- NWIPC was at over 50 events in 2013 ranging from Seedy Saturday in Prince George to a weed pull in Terrace
- Two new events were 1) the mobile wash stations at the Big Pig Bike Fest in Burns Lake that helped prevent the introduction and spread of invasive plants by mountain bikers, plus increased participants understanding of the issue, and 2) our first First Nations Forum in Prince George in November. The report for the forum has been received by many of you, and is now posted on the web site. Outcome from the forum is a proposed inventory project you will hear about under the 2014 plans, plus the goal of hosting another forum in 2016.

2013 Finances:

The board of directors managed the financial status of the council; day to day transactions were managed by the program manager and Accutech Bookkeeping in Prince George. The financial audit was conducted by Deloitte LLP in Prince George and will be posted on the web site once signed off by the NWIPC directors.

Revenue of \$712,648; Expenditures of \$711,430; excess of \$1,218.

Breakdown of expenditures: 67% operational inventory and treatment; 4% projects and programs; 22% program coordination (includes field monitoring and data checking/corrections); 7% administration (includes data management).

Net asset was \$10,364; that is \$1,218 more than the previous year.

Reserve funds at year end were \$48,330, half of which is tagged to First Nations Assistant and Partnerships.



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Approval of directors:

Name	Perspective	Affiliation
Alvin Cober	Provincial Government	MFLNRO
Christine Friedrichsmeier	Provincial Government	MFLNRO
Paul Glover	Environmental, Conservation and Naturalist Groups	Northwest BC Coalition for Alternatives to Pesticides
Ian Hayes	Members at large out of Terrace area	Skeena Environmental Consulting
Janice Joseph	Provincial Government	Ministry of Environment (MOE), Parks and Protected Areas
Carolynn Lane	Local Government	Regional District of Bulkley-Nechako
Denise McLean Secretary	Provincial Government	MFLNRO
Myrtle Muldoe	First Nations	First Nations
Daryl Nolan	Provincial Government	MOTI
Marc Schuffert Treasurer	Provincial Government	MFLNRO
John Stevenson	Provincial Government	Ministry of Agriculture
Erik Swanson Vice Chair	Transportation and Utility Companies	BC Hydro
Trevor Tapp	Livestock and Guide Outfitters Association	Nechako Valley Regional Cattlemen's Association, Producer
Les Yates	Agriculture	Skeena Valley Cattlemen's Association

Membership approved the list of NWIPC directors for 2014. The directors will appoint executive positions post-annual general meeting. This concluded the 2014 NWIPC Annual General Meeting.

Presentation by Ross McRae: Medicinal Plants

Ross McRae is a councillor, fisherman, and has been “walking the road for 24 years”.

Please see Appendix I for more information on Ross McRae’s presentation.



NWIPC presented a gift to Ross for his interesting presentation. The speaker gift was donated by Emily Bryant from Cleveland, Ohio, and is a picture of a Japanese beetle. Emily is a sustainable artist using invasive plants to create invasive insect species. Her invasive species collages and digital nature photography collages are created entirely from sustainable materials. Sustainably made prints are available from <http://www.etsy.com/shop/TheScoffPatch>

Kitimat LNG



Lunch: sponsored by Chevron Apache Kitimat

NWIPC Recognition Award: Presented to Jim and Rosamund Pojar by Paul Glover.

Except for a four-year stint in the Yukon, Rosamund and Jim Pojar have lived in Smithers since 1978.

Jim worked as a forest researcher for MOF from about 1978 to 2004. Besides his excellent work with plants and ecology, he was renowned for his lectures and presentations in which he used a dry and off-the-wall sense of humor to bring his points to life.

Rosamund taught full-time at Northwest Community College in Smithers for 10 years.



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Throughout her time in the area she also was quite busy with a number of research projects related to ecology. Rosamund has always maintained a passionate adherence to rigorous scientific principles.

By the time the Northwest Weed Committee was formed in 1992, the Pojars had long been involved in advising and assisting with invasive plant work in the area. Rosamund and Jim were already the first stop when advice and guidance were needed on identification, aggressiveness and impacts of alien plants.

When the Northwest Weed Council was formed, an early step was to develop a plant profile upon which to base a shared strategic plan.

The plant profile was developed by listing all the known invasive plants in—or threatening—the region. Of course, the Pojars provided a great deal of the information about the presence, distribution and threat posed by these plants, and were able to confirm and correct the anecdotal information provided by others.

Once the first *Plant Profile and Plan* was in place, it still needed much work and verification to be valid. Rosamund was contracted by MOF to work on the profile and plan in 1994, in the course of which she identified alien plants and confirmed their distribution. In 1995, she was contracted to continue this work and developed a series of fact sheets on the various weeds in the Northwest. These were so well done that they ended up being used throughout the province.

From 2004 – 2008, the Pojars lived in the Yukon and were instrumental in developing a Yukon Invasive Species Council and strengthening links between the Yukon and Northwest BC.

The quality and credibility of the Pojars' contributions helped the Northwest Weed Committee be recognized as a leading regional invasive plant committee, which led to its selection by the BC government to pilot new approaches to invasive plant management, and the evolution from Northwest Weed Committee to Northwest Invasive Plant Council.

Since his retirement, Jim has worked with various conservation organizations, including the Canadian Parks and Wilderness Society. Rosamund has remained very busy with nature and conservation projects, including being local co-coordinator for the BC Breeding Bird Atlas. Both maintain a very active lifestyle that includes hiking, snowshoeing, and bending over to look at small plants. At home, Rosamund enjoys quilting, singing, piano, and gardening.

The Pojars have for 36 years been a great benefit to the Bulkley Valley, Northern BC, and beyond and show no signs of stopping anytime soon. And for this we are truly grateful.

Thank you Rosamund and Jim!



The Pojar's received their gifts and thanked everyone. Rosamund enjoys working with the group and remembers pushing the Yukon to work on invasive species before they became too bad and is glad to hear that they have a great group up there now. Jim says our work has just begun and not just with agriculture but with the pipelines and other industries moving in and spreading invasive plants.

Presentation by John Stevenson: Weed Free Forage and Straw

There appears to be an increasing demand for weed free hay and straw. Demand is coming from industries involved in disturbance and reclamation. The straw has become more valuable than the seed. Need to find someone who is going to certify forage and straw, but what will the standards be and how can we help out? We might have two certified inspectors in the region. What is weed free? Hoping to strike a subcommittee or an interest group to have people come up with a top ten regionally species list that can be adopted by the NWIPC or group of individuals that can endorse it. Then develop a training program to train people. Looking for any suggestions to help with this.

Committee Reports:

Education and Awareness – Chair: Allan Carson, members: Denise McLean, Shelby Longstaff, Christine Friedrichsmeier, Darrell Hill

Strategic Plan – Chair: Denise McLean, members: Rosamund Pojar, Bruce Rogers, Lila Delury, Marc Schuffert, Andrea Eastham



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New Business:

Plant Wise program by Andrea Eastham:

Last year the ISCBC piloted a plant wise program in Kelowna and the Fraser Valley. Approximately 90 % of the alien invasives we are managing are escaped ornamentals. There are two sides to the program: industry and consumer. They are now expanding the program and doing more work in the industry side. Industry certification is moving towards getting people to sign a commitment form that they will not sell products that are invasive, as well as work towards being invasive free on their property. This is the same approach on the consumer side; change behaviour through awareness and commitment - similar to recycle programs. People are more likely to follow through if they actually sign something. This is going through the Master Gardeners as well. We can get information and pamphlets for free if we commit to the Plant Wise Ambassador Program getting people to sign the forms.

Bill 13 Off Road Vehicle Act by Andrea Eastham:

Motor vehicle act is 40 years old. This act replaces the Motor Vehicle Act. The reason this is exciting is because it involves licensing quads and off road vehicles. This will also give CO's the authority to stop and inspect off road vehicles. Hopefully we will see fewer invasives, and more people will become aware of how they have been unintentionally spreading invasive species through their recreational activities.

Ministry of Environment report by Mike Trepanier:

Mike and Jerry Daoust, Integrated Pest Management Officer, MOE, Prince George recently discussed changes being made in Ministry of Environment and Mike reported on what was discussed. Due to resource and budget constraints Integrated Pest Management has had to refocus their strategy in how they conduct their work. Integrated Pest Management, along with other Ministry of Environment units, have undergone major re-structuring. The implications for Integrated Pest Management are that their work planning is conducted at the provincial level as opposed to regionally. Provincial work planning is conducted on a risk ranking basis and takes into account a variety of ranking criteria.

Unfortunately, for the time being, Integrated Pest Management will need to reduce their presence at invasive plant council meetings, unless there is a specific topic/issue that we would like discussed or presented. If members do have concerns/questions/issues, and they would be best addressed in person, Integrated Pest Management will definitely try to accommodate and attend meetings. If this is the case, we need to give the Integrated Pest Management as much advanced notice as possible so that they can prepare a response and/or presentation.

Jerry sent a huge thank you for all your hard work and patience! Our meetings are very informative and also a great opportunity to network and discuss various issues with members. The work that NWIPC does is extremely important and the Integrated Pest Management reduced involvement is not meant to imply that they do not see the value, it's just that their sector scope



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and high risk activities are so large that they need to be strategic in how they allocate their resources. The Integrated Pest Management has had a pleasure working with NWIPC and they look forward to continuing to work with us and our member's in the future.

Weed Control Act Regulations and list of Noxious Plant Species by Denise McLean:

Terminology: Act – called a statute, proposed law; regulation – provides the framework; policy – sets out clear rules and expectations

Why change now? Too many lists, confusing, antiquated, call for harmonization and BC's regulatory reform initiative; weeds and invasive species travel anywhere and we need a better way to control that.

History:

- 1871 – First weed legislation;
- 1888 – Noxious weeds act listed 8 species
- 1979 – 25 species listed in regulation
- 2001 – 48 species listed
- 2011 – 66 species listed

Recognition in gaps in invasive plant species listed, ability to control vectors, no offense provisions which all lead to an extensive policy review.

Proposed Amendment – intentions

- 1) Establish prohibited noxious weed list
 - a. support early detection and rapid response
 - b. enable province to assist the occupier in fulfilling the duty to control noxious weeds

The Challenge – BC is a very diverse province and is impacted by many different things. Assessing invasive plant species by the history, sector impact, where/how they are listed elsewhere, impact elsewhere, current BC range and potential range, inventory gaps, invasiveness, and threat (impact on special values, impact on human or animal health, difficulty to control, and longevity of the problem)

- 2) Add three restricted noxious weed categories – A, B, C
 - a. Restricted A – invasive plants that are limited in extent in BC and pose a significant threat
 - i. Intent is to prevent these from spreading to new areas and reduce current populations
 - ii. Applies to the entire province
 - b. Restricted B – invasive plant species that may be widespread in some parts of the province, but rare or absent in other parts,
 - i. Intent is to prevent these species from spreading into new areas and protect values within listed Regional District
 - ii. Applies to listed Regional Districts
 - c. Restricted C – invasive plants that are typically common and widespread in BC but pose a threat to specified values (eg: Rare and endangered species; fine seed industry)

- i. Intent is to enable weed inspectors to require occupiers to control Restricted C species if necessary
- ii. Applies throughout the province

Top 25 Provincial priority invasive plants – these would be the species that we would go after if we had limited money on crown land. The NWIPC corresponds with this for their priority list as well.

- 3) Simplify ability to update the notice to occupier to control weeds (Schedule B)
Put in policy; for use requires minister approval
- 4) Provide a more generous provision to prevent the transport or movement of noxious weeds
Address vehicles, equipment, trailers, boats, float planes, bicycles, atvs, ect.
Easier to enforce than requirements on cleaning vehicles and equipment
- 5) Prevent the introduction of listed noxious weeds not already established in an area.
Restrict the sale, importation, or use of contaminated material
Want to also address receipt of infested products
- 6) Restrict the disposal of listed species on crown land, parks, ditches, streams, lakes, roads, highways, etc.
Must include a provision to allow movement of noxious weeds in an appropriate manner to an appropriate disposal facility
- 7) Restrict the sale or use of any prohibited or restricted noxious weed
Must include a provision to allow research, taxonomic collection and education
- 8) Require any stored material infested with listed noxious weeds to be secured to prevent dispersal
The person storing must prevent dispersal of noxious weeds, including all reproductive parts
- 9) Add offense provisions (ability to ticket)
Could be used to address failure to control/comply with a weed notice; sale; transport/movement; storage; and dispersal
- 10) Updating existing and add definitions for terminology

Next Steps:

Over the next couple of months:

- Send out proposed noxious weed list to primary stakeholders for input
- provide opportunity for feedback on our intentions
- complete drafting amendment to regulation
- Include consequential amendments
- submit for decision

Coffee Breaks: sponsored by Spectra Energy



Proposed New Species for NWIPC Target List:



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- 1) *Lysimachia vulgaris* L., garden yellow loosestrife. The yellow garden loosestrife showed up in Mackenzie. There are four reported sites in all of BC and samples will be collected to verify genus. The yellow loosestrife does not need to be on our list since it is on the Provincial EDRR list (<http://www.for.gov.bc.ca/hra/invasive-species/edrr.htm>) but we can put out a weed alert.

- 2) *Nemphoides peltata*, yellow floating heart is an ornamental that has escaped. This is an introduced aquatic plant that has been discovered in Seymour Lake near Smithers. Probably covers about 15 % of the shoreline of the lake. There is good published information on yellow floating heart. The morphology of the plant and the growth form and patterns of the plant must be understood in order to know how to control the species. As far as control in Seymour Lake, there are fact sheets to inform the residents of the area about the invasiveness of this plant. Divers could go down and pull up the stolons of the plant as long as they are careful and can get all of them. It is unlikely we will completely get rid of it, but should control since it spreads easily. Need to get the word out about this plant to get more information and to find other sites. Members agreed to put *N. peltata* on NWIPC target list.

2014 Strategic Plan:

Members had the draft 2014 plan for discussion and comment. Denise and the committee have cleaned up some of the wording throughout the document. The word “containment” needs to stay since it is in the current pesticide management plan (PMP #402-0657-2010/15). It may be changed next year. On page 3, changes to program staff: program manager is now executive director and there is a new field coordinator. Under the 7 IPMA’s, there are 8 IPMA contractors as the Stikine Skeena was divided into two sections. We have officially moved from ‘pooled’ delivery to a ‘partnership’ delivery. Pooled delivery was a pilot project (2005-2007) where contributing partners put their money into a pot or pool and weeds were killed regardless of jurisdiction. This system worked well to eliminate infestations. After the pilot project ended, NWIPC continued with the pooled delivery, however, funding has changed over the years. The last few years we have not been able to get some of the partners to sign on, as the pooled money was going to jurisdictions that were not paying. Now we have a partnership delivery where the contractors are given a certain funding level for a jurisdiction to treat the weeds in that jurisdiction. We have implemented a Regional EDRR list in 2013. The EDRR list should be by IPMA instead of just one list for the whole entire area. This should help our partners and the contractors to truly understand what the highest priorities are.

2014 Budget and Business Plan:

The main discussion was around getting NWIPC buffs consistent with the t-shirt design. Mike is to work hard to find money to help pay for all the education and awareness.

Next meeting:

Fall meeting will be third Tuesday of November in Vanderhoof (Nov 18)

Thanks to Steven Kiiskila and Smithers Canadian Tire Store for donating the door prize!

Meeting adjourned at 4:30 pm



The NWIPC 2014 Spring AGM; the members listen to Ross McRae and his approach to collection of plants for medicinal purposes.



Beautiful Smithers, B.C.



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Appendix I

Plant medicine workshop

Ross McRae (fire squirrel chaser, one who fly's backwards or one who goes backwards)

Plant gathering philosophy

Take what you want and leave the rest behind I am only sharing the information that I have, it is not all the information that is out there.

1. **Believe** that the medicines work.(this will strengthen the power of the medicine)
2. **You need to have the right state of mind and hart** (before you even go out to gather medicines this is needed.)
3. **Gather the medicines to help the people.** (Not to get recognition from others for doing it.)
4. Always do a trade for the medicines (even if it is just a hug) (this puts a value to the medicine, then making it valuable)
5. **Have positive energy** (the energy you have while gathering the medicines will be put in the plant as you gather it.)
6. Never be under the influence of drugs or alcohol when gathering medicine or touch it.(hang overs are included)
7. If you **need** the medicine and cannot receive it from others; clean yourself of drugs and alcohol for four days then go gather it for yourself.
8. **Never** gather medicine **to profit from it.** (Any financial gain must go towards your **needs** not your wants)
9. Never gather medicine **in a negative emotional state.(the plant will collect this energy)**
10. Never gather medicine when you **are physically, emotionally or spiritually sick.**(during these times you may gather the medicines only for your own personal consumption do not share this medicine with others even after you are well)
11. Know the name of the plant before gathering it.
12. Know what healing properties the plant has.
13. Know what the plant looks smells and feels like.
14. Know where the plant grows.
15. Resect all life as your equal.

Moon time

1. Never touch medicines or the tools we gather them with **while being on your moon time**
2. During the woman's moon time **they can assist** the plant gatherer by doing **prayers at home** towards the plants that the people are gathering, this is to strengthen the healing power of the plant (woman on their moon time are at their strongest place spiritually)



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Where to gather the medicines

1. In the alpine
2. Top, bottom or middle of a mountain.
3. By a creek or in it.
4. Growing on other plants (i.e.: hemlock on a fallen old growth tree ,black willow diamond fungus)
5. In or by a lake
6. East, south, west or north facing slop.
7. If by a road pick on the higher side of the road.(this is to avoid any fuel contamination that my run downhill from the road)

What part of the plant do you gather?

1. Leaves
2. Roots
3. Bark
4. Cambium layer
5. Branches
6. Seeds (i.e. pine cones)
7. Mosses or liken
8. What section of the plant do we use (top, middle ,bottom or root)

When to gather medicine

1. Know what season. (winter ,spring ,summer or fall)
2. What time of day.(morning ,afternoon or evening)
3. What phase the moon is in.
4. What month
5. Leafs on, leafs off
6. Frost in the ground, no frost
7. How old the plant is.

How to gather medicine

1. Always leave the first group of plants that you are gathering for the generations to come. (Walk buy those and gather the ones in behind.)
2. Let the plant pick you to be gathered. (it will catch your eye)
3. Never get frustrated when gathering the plant.(take a break then go back later)
4. When you start gathering a plant don't stop until you get at least a part of what you are gathering.(never give up. show your commitment to the plants healing powers)
5. Only take what you need, never waste.(unless you are gathering for others take a little more)



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6. Handle the medicines as if it were a baby.(don't throw it around)
7. Try not to take the life of other plant while gathering medicines.
8. Dress properly.
9. Have the right tools for the job.(traditional tools if you have them)
10. The plant gathering is not complete until all the tools are cleaned and put away and the parts that are not being used brought to a river, creek, and lake, burned in a sacred fire or brought back to the forest. This is done with a closing prayer and an offering for thanks giving.

Prayer for the medicine

1. Always pray for the plant before you take it.
2. There are two different ways of doing this, some people will do just one prayer for all the plants that they are gathering (I call this the modern way) or you pray for each plant before you gather it, showing respect for each plant as an individual.(I call this the traditional way.)
3. Always make an offering after the prayer.(something of value to you)
4. When doing the prayer you hold you're offering in your *left hand* pointing it towards the plant while looking at the plant or hold you're offering towards the sky while looking at the plant (we use our left hand because our heart is on our left side and in this way we are giving from the heart.)
5. Say the plant by its name.
6. Inform the plant what purpose you are taking it for.
7. If you are gathering it for a person use their full name in the prayer.
8. If you know what the plants healing power is ask it to share those powers.
9. If you are uncertain of what exactly the healing powers are of the plant when gathering it or who will be receiving the medicines; *in your prayer ask the plant to share its magical powers, spiritual powers and healing powers with whoever may need it.*
10. Know What Direction you should be facing when doing your prayer.
11. Be very specific when doing the prayer.(chose your words wisely ***spirits do not assume***)

Example of a plant gathering prayer

To the great spirit creator, mother earth and to the devils club plant I offer you this tobacco to show you my gratitude and appreciation for giving up part of your life so that I may use you only in a positive way I ask that you share your magical powers, spiritual powers and healing powers with whoever may need them and I offer you this tobacco to show you my gratitude and appreciation for sharing these with us I thank you for all these things. Aho (when done the prayer sprinkle the tobacco on the plant)



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Prayer when returning remains to mother earth

To the grandmothers and grandfathers of the four directions mother earth, father sky, grandmother sun, grandfather moon, the plant world, animal world, spirit world, mineral world and the great spirit creator **I offer you back**, the remains of this plant (say the name of the plant) to show it my gratitude and appreciation for allowing me to use it only in a positive way. I thank the plant (say the plants name) for giving up part of its life and sharing its magical powers, healing powers and spiritual powers with us; I offer it this tobacco to show my gratitude and appreciation for all these things, I thank the plant and the Great Spirit creator AHO.

Plants and their healing properties

(Ross McRae Fire Squirrel Caser)

People on all continents have used thousands of indigenous plants for treatment of ailments since prehistoric times. By watching animals, these ancient peoples learned what herbs and plants would work for various conditions. The use of plants as medicines predates written human history; but, the earliest archeological evidence indicates that a 60,000 year-old Neanderthal burial site yielded large amounts of pollen from plants that were later known to have been used in [herbal remedies](#).

The written record of herbs dates back over 5,000 years to the Sumerians, who described well-established medicinal uses for such plants as laurel, caraway, and thyme. Ancient Egyptian medicine of 1000 B.C. are known to have used garlic, opium, castor oil, coriander, mint, indigo, and other herbs for medicine. The Old Testament of the Bible also mentions herb use and cultivation of such plants as mandrake, vetch, caraway, wheat, barley, and rye.

Today, herbs are available in tablets, capsules, powders, [teas](#), extracts and fresh or dried plants. Many of these can be very beneficial; however, cautions should be taken when taking any utilizing these powerful supplements. Some can actually cause health problems, especially as they interact with other drugs. It is recommended to consult your doctor before using herbal supplements, always follow label directions, and be especially cautious if you are pregnant or nursing.

Devils club

- | | | |
|----------------|----------------------|------------------|
| ➤ Colds | ➤ Blood purifier | ➤ Diabetes |
| ➤ Tuberculosis | ➤ Ashes for burns | ➤ Arthritis |
| ➤ Baby talc | ➤ Stomach ulcers | ➤ Cancer |
| ➤ Rheumatism | ➤ Thyroid conditions | ➤ Open wounds |
| ➤ Laxative | ➤ Syphilis | ➤ Magical powers |



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➤ Purification

➤ Strengthens male side

➤ Brings luck
➤ Repels bad spirits

Sage

➤ Cooking
➤ Gastric debility
➤ Flatulence
➤ Fevers
➤ Rheumatism
➤ Cleans ulcers/wounds
➤ Drive out evil spirits,

➤ Hair loss
➤ Disinfectant
➤ Venereal diseases
➤ Stops spiting blood
➤ Ulcers
➤ Gargle for sore throat
➤ Stops Negative thoughts and feelings

➤ Insecticide
➤ Dandruff
➤ Night sweats
➤ Grounding
➤ Purification
➤ Protection

➤ Rub on bodies during the sweat

Sweet grass

➤ Heart burn
➤ Flatulence
➤ Colic
➤ Upset stomach
➤ Bladder infection
➤ Malaria

➤ Disinfectant
➤ Purifies water
➤ Liver problems
➤ Gallbladder
➤ Kidney stones
➤ Insecticide

➤ Cleanse of sickness
➤ Toothaches
➤ Mouth irritation
➤ Thins the blood
➤ Improves appetite
➤ Helps digestion

- ❖ Burning sweet grass also symbolizes unity, the coming together of many hearts and minds as one person.
- ❖ It is used in ceremonial smudging and is thought to keep evil away from the home.
- ❖ A tea can be made from it, to thin the blood, and the smoke is inhaled to treat colds. It is an all-around panacea

Pond lily

➤ Colds
➤ Contraceptive
➤ Tuberculosis
➤ Bleeding of the lungs
➤ Internal pain
➤ Ulcers

➤ Rheumatism
➤ Appetite stimulant
➤ Flavoring for food
➤ Chest pain-leafs
➤ Heart conditions
➤ Cancer
➤ Gonorrhea

➤ Body swelling
➤ Sickness in the bones
➤ Asthma
➤ Pick at any time



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Indian hellebore

- Induces vomiting
- Chest pains
- Abortions
- Colds
- Dandruff
- Laxative
- Shingles
- Rickets
- Arthritis
- Skin rash
- Sprains
- Burses
- Fractures
- Scurvy
- Bathing wounds
- Good luck
- Words off evil
- Stops nightmares
- Purification
- Stop sleep walking

Juniper

- Kidney trouble
- Diuretic
- Urinary infection
- Tonic before sweat
- Flue
- Shortness of breath
- Convulsions
- Epilepsy
- Increase urine flow
- Strengthens stomach
- Kills worms
- Respiratory illness
- Child birth
- Tuberculosis
- Flavor for cooking
- Cramps
- Gout
- Fumigating a room
- Expels wind
- Strengthens nerves
- Destroys all fungi
- cleansing herbs

Labrador tea

- Diuretic
- Counteracts poison ivy
- Sore thought
- Relaxing
- Drowsiness
- Indigestion
- Rich in Vitamin C
- Removes toxins
- Use beginning stages of Ulcers
- Colds
- Heart medicine
- Stops diarrhea
- Blood problems
- Treat stomach and kidney complaints.
- Pick in august-April
- Consume moderately
- Flavor other teas
- Two types 1 poison
- Dry in paper bag

Cedar

- As a tourniquet
- Yellow Cedar bark, which has anti-inflammatory properties
- Ward off evil.
- Cedar “spirit assistants” or “guard figures” to protect them.
- A pregnant woman should not braid baskets, lest the umbilical cord would twist around the baby’s neck.
- It ensured a long life for infants by placing the afterbirth in the stump of a large cedar.
- A powerful symbol of strength and revitalization



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Bearberry

- The leaves are mixed with tobacco and smoked during ceremonies.
- The stems and leaves were boiled to treat diarrhea
- kidney infections

Aspen

- fever
- scurvy
- The inner bark of this tree contains salicin, a substance similar to the active ingredient in aspirin.
- cough
- pain
- Anti-inflammatory.

Bee Pollen

- One of the oldest health foods utilized by man
 - Dietary supplement
 - Physical rejuvenator
 - Containing more than 96 different nutrients
 - Energy source
 - Appetite suppressant,
 - Improve sexual health
 - Treat reproductive system problems
 - PMS
 - Aids digestion,
 - Strengthens the immune system
 - Enhances memory
 - Hay fever
- Use caution if you have not taken bee pollen before, as people who have found to be allergic, can have an anaphylactic reaction. Do not use bee pollen if you know you are allergic to bee stings.

Beeswax

Taken from the honeycomb of bees

- Embalming
- Candles
- Ointment
- Cosmetic products
- Mixed with herbs
- Balm for burns
- Used for making medical ointments
- It is also said to dilate blood vessels, thereby improving blood circulation.
- Beeswax should only be used externally.
- It can cause blockage of the intestines if swallowed

Cattail

- Used in poultices
- Burns
- Wounds infection
- Sprains
- Boils
- Swelling
- Abdominal cramps
- Kidney stones
- Whooping cough
- Cysts
- Gonorrhea,
- Diarrhea
- Treat infection
- bleeding wounds
- Used it for dressing
- burns and scalds
- A nutritious and
- energy-rich food
- source
- Pollen was also
- collected from
- mature male
- flowers and used
- as a flour
- supplement or
- thickener

Cayenne

It is native to the Americas, Used as both a food and for medicinal purposes.

- Circulatory and
- digestive problems
- Rheumatism
- Arthritis
- Chronic nerve pain
- Shingles
- Diabetes
- Stomach ailments
- Heart disease
- Varicose veins
- Headache
- Menstrual cramps
- Asthma
- Applied to wounds
- to increase blood
- flow and numb the
- pain
- It has been used
- for lower blood
- pressure and
- cholesterol
- It was also used as
- a gargle for throat
- irritation

Chamomile

- Help with sleep
- PMS
- Cramps
- Treating stomach
- and intestinal
- cramps
- Nausea
- Stomach Flu
- Excellent calming
- agent

Chokecherry

A source of food and medicine

The bark of the tree was used in the treatment of:

- Small pox
- Scurvy
- Soreness of the
- chest and
- throat
- Lung
- hemorrhages
- Cough
- Colds,
- Inflammation
- of the bowel,
- Diarrhea
- Stomach
- cramps
- Cholera
- Digestive
- problems
- Gangrenous
- wounds
- Sores
- Pains

- Severe burns and
- Wounds
- Consumption
- Malaria

The pit can be poisonous if consumed in large enough quantities.

Dandelion

- Culinary and medicinal uses
- Rich in vitamins A, B complex, C, and D,
- Minerals such as iron, potassium, and zinc
- Leaves have often been used to flavor food and teas
- Roots in coffee substitutes
- Breast problems
- Liver problems,
- Fever
- boils
- Appetite stimulant
- Diuretic
- Digestive aid
- Liver and gallbladder functions
- Eye problems
- Diabetes
- Diarrhea
- Kidney disease
- Swelling
- Skin problems
- Heartburn
- Stomach upset
- Tea of the roots was drunk for heartburn
- Tea of the leaves as a general health tonic
- Digestive disorders
- appendicitis

Nutritious healing herb that stimulates the flow of bile , It enhances the body's ability to eliminate toxins.

Uses: As a diuretic (may help with PMS bloating), prevents gallstones and cleanses the liver. "Dandelion leaves contain noteworthy amounts of vitamin C and beta-carotene and are considered an antioxidant that help sets the stage for preventing many diseases,"

How to take: Eat the leaves in salad or steam them as a veggie.

Lavender

Uses: As a sedative, stress reliever, to restore calm and relieve tension. Aromatherapy to soothe and calm

Ginger Root

Used for digestive problems and nausea, specifically motion sickness, heartburn, bloating, flatulence, and gastrointestinal problems, It is also a known remedy for colic, irritable bowel, loss of appetite, chills, cold, flu, poor circulation, menstrual cramps, stomach cramps, fever,



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headache, toothache, cough, and bronchitis. A powerful anti-inflammatory herb, it has also been used for arthritis, joint problems, rheumatism, and tendonitis. It also is reportedly effective in lowering cholesterol and blood pressure and prevention of internal blood clots.

Ginseng

Used primarily as a treatment for weakness and fatigue.

Diabetes, sexual dysfunction in men, reduces stress, boost energy, enhance memory, and stimulate the immune system.

Support the central nervous system, liver function, lung function and circulatory system.

Aloe Vera

Reduce inflammation, swelling, redness, pain and itching

Uses: For burns, cuts and minor abrasions; also as a mild laxative

How to take: Cut and pop open a fresh aloe leaf and rub it on the wound. "It promotes healing, and helps injured skin from getting infected,". The clear gel dries into a natural bandage. For a laxative, squeeze out the gel of one large leaf into a glass of fresh purified water, stir and drink. Mix

Sweet grass, sage, cedar and tobacco encompass the four sacred plants. Burning these is a sign of deep spirituality in Native practices. Cedar and sage are burned to drive out negative forces when prayer is offered. Sweet grass, which signifies kindness, is burned to invite good spirits to enter.