



Heritage NL

BACCALIEU TRAIL

Traditional Knowledge Inventory

Edited by **KATIE CRANE & DALE GILBERT JARVIS**

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www.heritagenl.ca
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Edwin Bishop in boat. Photo courtesy of Edwin Bishop.



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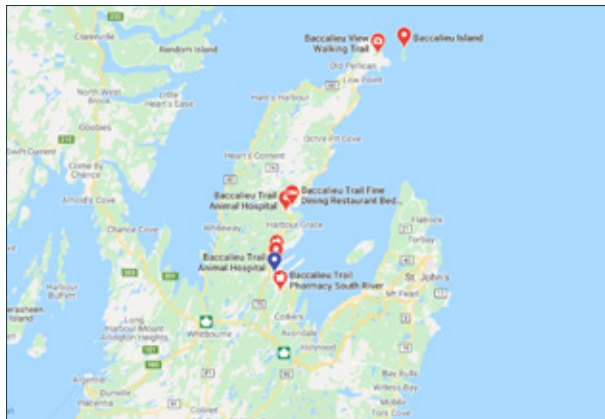
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Introduction

One of our greatest tourism resources in the Baccalieu Trail region is the knowledge and skills of the people who live here. This survey of tradition bearers has been compiled to serve as a local resource, to match people who have valuable skills and knowledge with tourism operators. From boat builders to wriggle fence weavers and storytellers, the Baccalieu Trail is rich with intangible cultural heritage, and full of people who know their stuff and who want to share!



WHERE IS THE BACCALIEU TRAIL?

The Baccalieu Trail covers the **North-western portion of the Avalon Peninsula**. It encompasses the communities from Markland on the Trinity Bay side to Grates Cove at the tip and to Holyrood on the Conception Bay side.

WHAT IS INTANGIBLE CULTURAL HERITAGE?

Intangible Cultural Heritage (ICH) or what some call “Living Heritage” encompasses many traditions, practices and customs. These include the stories we tell, the family events we celebrate, our community gatherings, the languages we speak, the songs we sing, knowledge of our natural spaces, our healing traditions, the foods we eat, our holidays, beliefs and cultural practices. Specific examples of our intangible traditions include – among many other customs, skills and practices – the Christmas mummering or janneying traditions, and local boat building skills. ICH can also include Indigenous languages and cultural knowledge, our various regional dialects, and the expressive culture, values and beliefs of the diverse cultural groups of Newfoundland and Labrador. Many of us play music or tell stories; some of us know about fishing grounds or berry-picking spots; others know about curing illnesses; some of us play cards or make snowshoes. Our communities value these everyday traditions, which are learned by doing. They are passed along not only over time from generation to generation, but also shared between groups across space.



Beaded sweetgrass ornament by Burl Tooshkenig. Photo courtesy of Ainsley Hawthorn.

How to use this Inventory

Newfoundland and Labrador has long been building cultural businesses based on aspects of our intangible cultural heritage. Traditional crafts such as hooked mats, carvings, knitted goods, and boots and slippers made from animal skins are on display in heritage and craft shops all over the province. Traditional music is the backbone of the province’s music industry. Heritage theatre presentations and “Times” interpreting our history and incorporating traditional forms of music and dance abound.

The goal of this inventory is to help in identifying the region’s hidden gems – our tradition bearers – and linking them with existing businesses and tourism operators to extend the depth and breadth of visitor opportunities. Everyone in this inventory has agreed to have their names and contact information put forward, so if you are a tourism operator, bed and breakfast owner, guide, or entrepreneur, we encourage you to contact them, and work out how they might be able to provide you with a demonstration, workshop, or other cultural experience.

Be creative! Think about packages and cultural experiences you can develop in partnership with the tradition bearers listed here. If you are developing a tourism offering for your clients, remember to build in a fee that can be paid to your cultural partner. Some may already have fees in mind for their work, others may not, but we encourage you to discuss that with your partners and to fairly compensate them for their contributions and specialized knowledge.

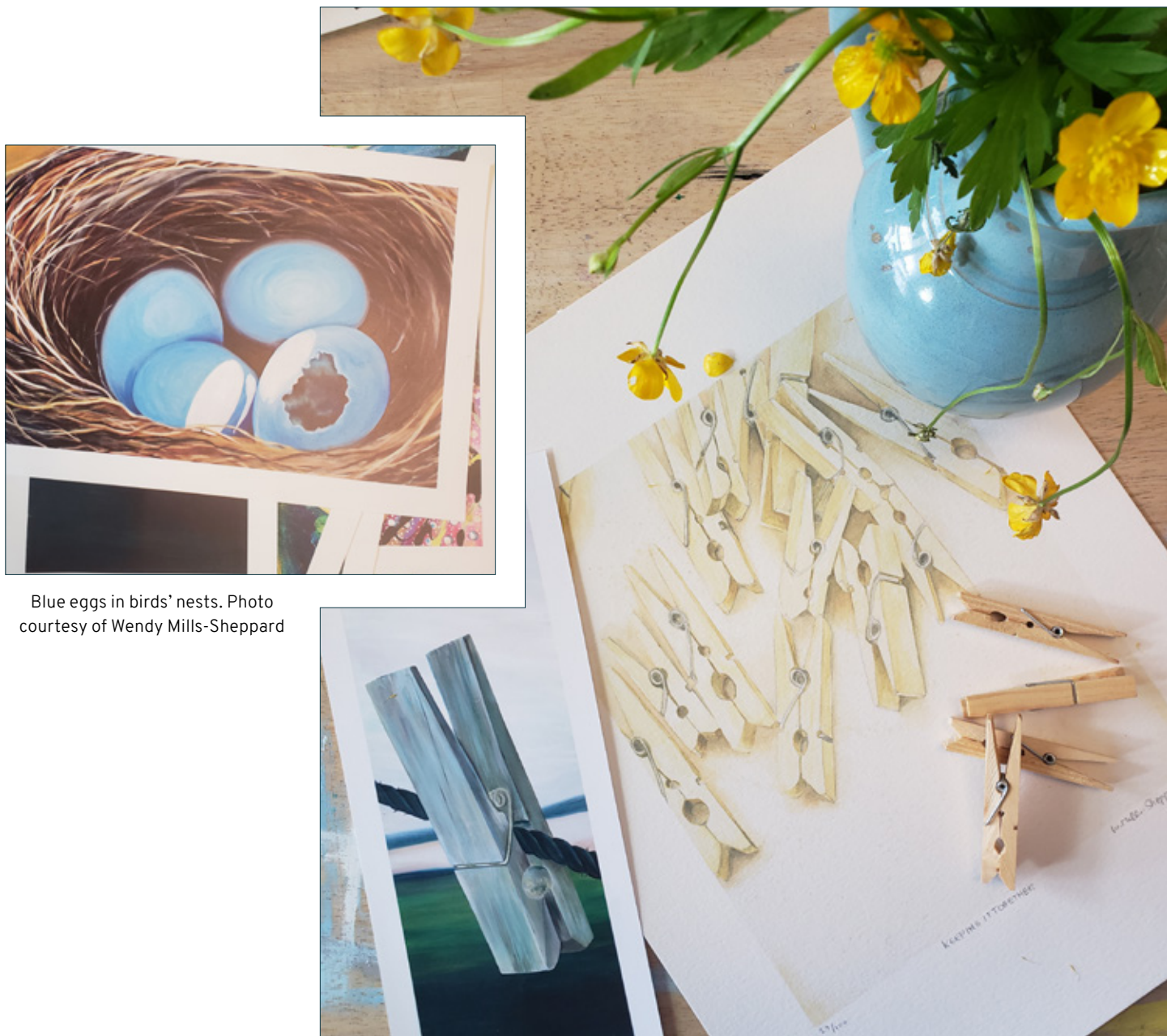
For more information on suggested fees and honoraria for cultural performers, workshop leaders, and Indigenous elders, visit www.mun.ca/ich/resources

Blaketown

Wendy Mills-Sheppard PAINTER, PRINTMAKING

709-536-8495
wemish10@gmail.com
www.wendymillssheppard.com

There is no better feeling than being able to make things with your own hands. Wendy enjoys the process as much as the result. Trained in the art of printmaking, Wendy works in this medium (mainly linocuts) as well as painting, drawing and photography. Wendy has been an Art teacher in a grade 7-12 school for 17 years.



Blue eggs in birds' nests. Photo courtesy of Wendy Mills-Sheppard

Clothespins. Photo courtesy of Wendy Mills-Sheppard

Greta LeShane

VEGETABLE GARDENING

gretaleshane@gmail.com
[www.youtube.com/channel/
UC_k3OnEI6UyrmeeQCgm84kw](http://www.youtube.com/channel/UC_k3OnEI6UyrmeeQCgm84kw)

Greta is a home vegetable gardener with a YouTube channel 'Greta's Garden' which offers advice and tips to those looking to start their own gardens. Her picturesque property is secluded and overlooks the historic Carbonear Island. She aims to eventually turn her vegetable garden into a destination tourist stop.



Vegetable harvest. Photo courtesy of Greta LeShane.



Vegetable garden. Photo courtesy of Greta LeShane.

Ernie Pynn TRADITIONAL MUSIC

709-589-4839

Ernie Pynn of Carbonear started playing guitar with a band when he was in high school. He credits seeing Ryan's Fancy in concert at the stadium in Harbour Grace with inspiring him to play traditional music. He plays with his friends as the group Long Drung at senior's homes and fundraisers along the Baccalieu Trail.



3 generations of the Pynn family perform at the Wooden Boat Museum of Newfoundland and Labrador. Photo courtesy of Ernie Pynn.

“This is who we are, right? And when you think about a song like Tickle Cove Pond, I mean, most people are in cutting wood now with pick-ups and snowmobiles... which is great. But every now and then you hear of someone going in with a horse and slide, right? And I don’t know how familiar you are with Tickle Cove Pond but I mean, it’s a song about someone cutting wood and goes through the ice with his horse and so on, right? But I mean, that’s the way people lived. That’s what you did. And if you didn’t do that, you had a cold winter, right? I mean, that’s life. Songs, music should be about stuff.” – ERNIE PYNN

Charlene Sudbrink
POTTERY, BODHRAN DRUMS

709-589-6595
www.planklanepottery.com

Charlene Sudbrink has been a professional potter since 1994. She owns Plank Lane Pottery where she sells her pottery and teaches. She also performs music with her family, as well as playing and teaching the bodhran.



Plank Lane pottery. Photo courtesy of Charlene Sudbrink.

Pottery classes Photo courtesy of Charlene Sudbrink.

Gerry Strong

WOODEN FLUTE & TIN WHISTLE PLAYER

gerrystrong@gmail.com

“I had one or two Newfoundland tunes, not an awful lot, and it made me realize that you go out into the world and you can hear the Irish music pretty well anywhere. It’s very popular all around the world now. But the Newfoundland, the pure, traditional Newfoundland music is not that well known, and people are eager to hear it. So, it’s important that we learn it, and carry it on, and pass it on to others. And it is starting to get a much broader audience now. There are musicians from Ireland that have come over here and gone back over to Ireland, now, and they’ve recorded some Newfoundland tunes they’ve learned while they’re here. So, I mean, it’s important that we learn these and pass them on to the future.”

– GERRY STRONG

Gerry is a whistle and wooden flute player who co-founded the award winning group Tickle Harbour and has since been a member of A Crowd of Bold Sharemen, What Odds and most recently Cotillion with Dave Panting and Hugh Scott. With the first two groups he recorded four albums and toured across Canada, Ireland, England and Australia and has just released Cotillion’s first CD, Tinker’s Wagon. Gerry has appeared as a guest musician on a multitude of recordings including that of Irish uilleann piper Paddy Keenan’s Na Keen Affair, on which he teamed up with Paddy to play his composition the Killdevil Air. In 2008 he recorded his own CD entitled Velvet in the Wind, which features many of the top traditional players in Newfoundland and Labrador today. In 2017 he was awarded the Slight Family Unsung Hero Award at the Canadian Folk Music Awards in Ottawa for his contributions to the Canadian folk music scene.



Gerry Strong playing wooden flute. Photo by Rick West.

Gull Island

Edward Delaney CARVING, KNIFE MAKING

709-584-3245

Edward is a true outdoorsman, and has been practicing and perfecting his wood carving for the past 20 years. He makes his own knives for hunting and for carving. He is a skilled hunter and believes in promoting sustainable traditional skills.



Wooden horse carving. Photo courtesy of Edward Delaney.



Handmade knives. Photo courtesy of Edward Delaney.

“I could always kind of recognize the images and shapes of the things, right? You look at a piece and you see something into it, you see an animal, like a weasel, or a mink, or maybe a head of a horse. Something like that, right? Then you go from there. Of course, you’d start off with a pocket knife. Then as I got a little bit more advanced, I had to make my own knives because you couldn’t hardly buy them and they were too expensive to buy anyway, so you had to make your own knives. Something like that, right? It was a hobby and a pastime, and like I said, you create something that you like. I was always interested in it. I like horses, and I like animals, and I like wildlife, right? So, why not carve it?”

– EDWARD DELANEY

Harbour Grace South

Ed Spurrell

BERRY PICKING, SPLITTING FISH, FILLETING FISH, SALTING FISH, STORYTELLING (LOCAL ORAL HISTORY), WOOD WORKING, VEGETABLE GARDENING, SMOKING CAPELIN, CARD PLAYER (120S)

709-596-3646

Ed Spurrell is an avid fisherman, hunter, card and dart player, and enjoys telling stories about local oral history. He likes to keep busy with a variety of activities such as berry picking, splitting, filleting and salting fish, vegetable gardening, and smoking capelin.



Capelin rolling. Photo courtesy of Heritage NL.

Heart's Content

Laurie Pitcher SEALSKIN PRODUCTS

709-683-4971
sealskintreasures@live.com
www.sealskintreasures.com

Laurie has always had a passion for sewing after her grandmother taught her to sew when she was 12 years old. Her love of working with sealskin came about after her husband asked her to make him a sealskin jacket. Now she makes purses, hats, mitts, jackets and a variety of other products. Her products are sold online and at craft fairs across the province.



Sealskin purse in Republic of Newfoundland colours.
Photo courtesy of Sealskin Treasures.

“I think the biggest thing to know is that our seals are harvested humanely. It’s a beautiful product, is a very durable product, and it’s truly Newfoundland. It’s a part of our heritage. The seal hunt has been going on here for a long, long time, and I’m just proud to be able to do that and to continue it.”

– LAURIE PITCHER



Sealskin mittens. Photo courtesy of Sealskin Treasures.

Heart's Delight-Islington

Edwin Bishop

**WOODEN BOAT BUILDER,
TRADITIONAL WOODEN
SNOWSHOES**

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bished@gmail.com

“I think what makes a good boat is the design. The shape of it and the design is what makes a good boat for me, right? I got a phrase that I use from my father that you probably heard before, too, “A beautiful boat is a cranky boat.” Now, most people don’t to have anything to do with a cranky boat because they figure they’re not safe and so on, but for me, and I learned from my father, if you’re going to build a boat make sure she can wear a set of sails, and make sure she’s a little bit cranky because she’ll be better as a sailboat. You know, the curves and the lines...I build all kinds of boats, but a round bottom boat for me is a real boat. The round bottom, a nice sheer curve on top, and when you look at her on the water she’s round, and she’s curved, and she’s pretty.”

– EDWIN BISHOP

Edwin Bishop learned how to build boats by watching his father, and has been building boats himself since he was a teenager. He has built 36 boats to date. He also makes traditional wooden snowshoes, steaming the wood into shape and tying the knots. He hopes that by sharing these traditional skills he can help inspire younger generations to carry on these traditions.



“Winky” - made by Edwin Bishop. Photo courtesy of Edwin Bishop.



Handmade snowshoes. Photo courtesy of Edwin Bishop.

Barb Parsons-Sooley

STORIES AND HISTORY OF HIKING TRAILS

barbparsons1@gmail.com

Barb Parsons-Sooley is an avid hiker on the Baccalieu Trail and grew up in Bay Roberts and Port de Grave. Her family roots are here and she has always loved to listen to the stories that get passed on by others. She operates a guiding company which takes people on the trails to share local history and stories.



Northern Point Trail, Boar Point, Heart's Delight. Photos courtesy of Barb Parsons-Sooley

“I know this area well, so picking the hikes now is not hard because I know the full area, but it just ended up business-wise because I tried to partner up with other businesses and bring them into the circle and spread the love around with everyone. I try to choose somewhere where there’s a local restaurant close by so that we can do a hike and get something to eat.”

– BARB PARSONS-SOOLEY

Hodgewater Line

Laurie LeGrow

KNITTING, CANNING, CHICKEN KEEPING, RUG HOOKING, VEGETABLE GARDENING

laurie.legrow@gmail.com

Burl Tooshkenig

INDIGENOUS BASKET-MAKING,
QUILL WORKER, BEAD WORKER

burtoosh@gmail.com

Burl Tooshkenig is a traditional sweetgrass basket maker. The lids of the baskets are elaborately decorated with beading or embroidery. This knowledge is a dying art but Burl tries to teach it as often as he can.



Sweetgrass basket with porcupine quill embroidered flowers. Photo courtesy of Burl Tooshkenig



Sweetgrass basket with porcupine quill embroidered cardinal. Photo courtesy of Burl Tooshkenig



Burl Tooshkenig working. Photo courtesy of Ainsley Hawthorn.

Kevin Andrews

WRIGGLE FENCE

709-583-2909

Kevin Andrews learned how to build traditional wriggle fences by helping his father and uncle. Concerned this knowledge would be lost, he constructed one on his own property to pass the skills on to his children.

WHAT IS A WRIGGLE FENCE?

Wriggle fences are one of Newfoundland and Labrador's most unique fences, but they have become increasingly more rare as construction of other simpler fences have grown in popularity. This traditional fence is made up of slender and pliable branches which are woven alternately through three horizontal longers or railings. It was known by a variety of names, including garden-rod fence, or riddle fence, or some variation of riddling or wriggling fence.



Wriggle fence, New Perlican. Photo courtesy of Heritage NL.

“I just wanted to show the kids the type of fences that were around the community 40 and 50 years ago because there’s none left here now. So I just made an 8 foot section, that’s all. Just for them to have a look at it and just see the work that was involved.”

– KEVIN ANDREWS

Michael Laduke

STAINED GLASS

mladuke@live.ca

Michael Laduke is a self-taught stained glass maker who has been working with stained glass for almost 50 years. He operates his studio out of his bed and breakfast in New Perlican. He prefers to create stained glass suncatchers based on Newfoundland and Labrador scenery and focuses on nautical themes.



Stained glass by Michael Laduke. Photo courtesy of Karen Smith.



Michael Laduke. Photo courtesy of Karen Smith.

“I really like the way the light plays on the glass in different intensities. In the sunlight sometimes it looks completely different than if you’re in the shade. So, that’s kind of cool. I really like that aspect of it. I try my best to think about that. I mean, sometimes I finish a piece and hold it up to the light and go, “Oh my God, what was I thinking?” But probably most of the time, I hang it up anyway because, a piece that’s completed, it’ll sell right away. So, I have my tastes, but that’s probably not the same as anybody else. I mean, everybody’s taste is individual, so what I think doesn’t go well together, somebody else might really love.” – MICHAEL LADUKE

Northern Bay

Nora Mullaley Delaney BREAD BAKING

709-584-3482

GROUNDS: Sediment of liquid in a cup or other vessel, that of spruce beer being often used as yeast or barm in making bread.

– DEVINE’S FOLK LORE OF NEWFOUNDLAND, 1937.



Bread with strawberry jam. Photo courtesy of CulinaryGeek.net

Whiteway

Shana Brown

**RUG HOOKING, BAKING,
CROCHETING, BUTTON
ACCORDION**

709-683-2102

Shana may be young, but she is an old soul at heart. She is very energetic and always wants to try new things. Her grandmother, a Grenfell rug hooker, has taught her how to hook rugs and how to crochet. She is an accomplished button accordion musician and enjoys playing traditional Newfoundland music.



Shana Brown with her accordion. Photo courtesy of Leila Brown.



Shana Brown rug hooking. Photo courtesy of Leila Brown.

Clifford George
PAINTER, STORYTELLER,
NEWFOUNDLAND PONIES

709-325-0226

Clifford George is an artist and storyteller living in Whiteway, Newfoundland and Labrador. While he's primarily self-taught, Clifford also received a formal art education at the College of Trades and Technology in St. John's. He has painted and studied with well-known Newfoundland artists like Gerald Squires, Frank LaPointe and Don Wright. Clifford also worked as a medical artist at the Health Sciences Centre at Memorial University. You can find Clifford's work at the Christina Parker Gallery in St. John's.



Clifford George. Photos by Allison George.

THE DEVIL'S BOIL UP

There's another one that my Uncle Fred told me. You know, he scared the living daylight out of me. I suppose people said things to scare you, too, you know, whether it was true. We don't know. You got to ask them, but they're dead, see? So, you can't ask them.

I used to go trouting in the ponds and the gullies, and he used to say to me, "Clifford, when you gets into Pitcher's Pond, be careful because," he said, "you'll see a man there. A tall man dressed in red, and even the bushes next to his feet, and his legs will turn a scarlet colour when he walks along."

And he said, "There's a place over there," he said, "going around Pitcher's Pond, and when you get to it, you'll come to a big flat rock, and

AS TOLD BY CLIFFORD GEORGE

that's where you boil up." He said, "It's the devil, it is. That's where the devil boils up."

"You go in and look when you gets over there, but don't cross the flat rock, because if you do you'll have a spell put on you for life!"

So, in goes the young boys, and they walked over the rock, and lo and behold - and it's still in there!

I saw the rock myself, the rock is still in there by the golf course in Pitcher's Pond. It's a flat rock, and you can see where the devil stood up with one good foot, ordinary foot, and his cloven foot, and he pierced his eyes right through the rock. You can see it in there, still there today.

Albert Legge

**PHOTOGRAPHY, NATURE
STUDIES, COMMUNITY
KNOWLEDGE**

a.legge@eastlink.ca

Albert is an active community volunteer. He is president of the Whiteway Heritage Society, President of the Whiteway Fifty Plus Club, and involved in setting up the Whiteway Community Garden. He has knowledge of the history and heritage of Whiteway, as well as a love for the nature and geology found in his local area. He is an active gardener and environmentalist, and shares his love of his community through photography.



Whiteway community garden. Photos courtesy of Albert Legge.

“I pass along whatever information I have. When I was growing up we used to have a vegetable garden. We used to grow mostly potatoes, but I know what it was to work in that situation from plowing the field with the horses and putting the capelin on the potatoes and so on and so forth. And all the weeding!” – ALBERT LEGGE

Jasmine Paul
TEXTILES, FOLK CRAFT,
FISHERY

jnp385@mun.ca

Jasmine Paul is a textile artist, apprentice fish harvester, writer, academic, and otherwise a Jill-of-all-trades. She grew up in Whiteway and has been selling her crafts since she was three years old. She has a diploma in Textiles, Craft, and Apparel design and is working on a BA with a major in Folklore and minor in Gender Studies. She is passionate about intangible cultural heritage, material culture, and Newfoundland and Labrador’s heritage fishery.



Jasmine Paul rug hooking. Photo courtesy of Jasmine Paul.

“I think we can expand what we want to do and still appreciate the value of traditional crafts.”
– JASMINE PAUL

Living Heritage Economy Case Studies

Local knowledge, skills and practices, maintained and enhanced through generations, provide subsistence livelihood for many people. Intangible cultural heritage can generate revenue and decent work for a broad range of people and individuals.

– UNESCO, Intangible Cultural Heritage and Sustainable Development (2015)

Heritage NL recognizes that our living heritage is a mainspring of cultural diversity and a valuable tool for sustainable development. Sustainable development implies equitable environmental, economic, and social well being for both today and for tomorrow.

Over the next few pages, we present two case studies from the Baccalieu Trail region. These focus on individuals and organizations who are using local traditional knowledge as an economic generator for the region, or who are

using and expanding upon tradition to make a living for themselves.

The goal of these case studies is to spark ideas for future possible ICH-based businesses, projects, and partnerships. You don't have to run boat-building workshops, or organize guided tours, but we hope these examples will act as useful lessons and models which can be adapted to local circumstances. New living heritage businesses could focus on food products, publications, craft or skills workshops, experiential tourism, or learning vacations.

We believe that living heritage, traditionality, entrepreneurship, and community economic development are linked in Newfoundland and Labrador. Bringing tradition bearers into tourism activities, either as direct providers or in partnership with existing tourism operators, can extend the depth and breadth of visitor opportunities, and increase visitor spending and economic benefit to communities, thus contributing to community sustainability.



Tea on the landwash, Greenland, Cupids. Photo courtesy of Kelly L. Jones.

Have an idea for another case study? Or do you want to chat about skills or knowledge you'd like to share? Give us a call or send us an email, and we'll put on the kettle!



ich@heritagenl.ca



709-739-1892

CASE STUDY 001

Building On Traditional Knowledge: Wooden Boat Museum of Newfoundland & Labrador



The Wooden Boat Museum of Newfoundland and Labrador was established as a provincial museum in 2008 with its headquarters in Winterton. Its mandate is to connect wooden boat builders and wooden boat enthusiasts across the province and to encourage sharing the knowledge and skills associated with traditional wooden boat building.

Over a period of centuries, the fishery has created a bond between those who live along the rocky shores of Newfoundland and Labrador and the sea. Generations of fishermen have relied upon traditionally-made wooden boats to provide for their families and ensure their survival at sea.

These wooden boats were the workhorses of the fishing industry and the designs were often regionally distinct from one outport community to another. The transmission of boat-building knowledge has declined in the past half-century, but in Winterton, one organization is working to safeguard this knowledge and pass it on to future generations.

A small fishing community in Trinity Bay, Winterton has a long tradition of boat building. In the 1970s and 80s folklorist David Taylor conducted

fieldwork as a graduate student in Folklore at Memorial University in the community, taking extensive photographs and notes on the construction and design of the unique boats built in this community.

It was this information that inspired the Winterton Heritage Advisory Board to create what they thought would be a temporary exhibit for Come Home Year in 1997. The display proved to be so popular that it was converted to a permanent exhibit, and eventually expanded to celebrate wooden boats not just in Winterton, but across the province.

People in Winterton, including the sons and daughters of many of the boat builders I interviewed remembered my research and writing when, in the late 1990s, they started thinking

about establishing a museum dedicated to local history. Would I mind if my research was used as the basis for the exhibitions? Of course, I said I would be delighted. It would be a way for me to thank the community that had been so generous.
– Dr. David Taylor

Boat builders working today combine traditional skills passed down through the generations with contemporary materials, showing that the tech-

niques used are not just products of the past, but can be adapted to current needs. One of the Winterton boat builders Taylor studied was Marcus French. His plans and guides can be found in the Wooden Boat Museum exhibits. His knowledge lives on through his son, Frank French, who learned his boat building skills through workshops with the Wooden Boat Museum and utilizing the plans of his father's boats documented in Taylor's research.



The story continues with Marcus' son, Frank French, who has built the same rodney using the same lines as his father. He has honored the shapes and traditional way of thinking, but uses contemporary methods and materials, like glues, epoxies and lamination. Talk about adapting heritage.

– JEREMY HARNUM, Former Museum Manager

Through a mix of hands-on workshops and on-going exhibits, the Wooden Boat Museum of Newfoundland and Labrador is working to both safeguard and transmit the knowledge and history of wooden boats in Newfoundland and Labrador. Boat builder Jerome Canning leads several different wooden boat workshops for adults who are interested in learning these traditional skills.

We offer workshops so you can come and learn how to build a boat and it's actually really fun! Our boat builder, Jerome Canning, is really entertaining and he makes it a really good experience. We have workshops where you come for the afternoon for a couple hours, you can come spend a whole day on

Saturday, or if you're really committed, you can come spend a whole week and learn how to build a punt or a dory from start to finish. – Crystal Braye, museum folklorist.

The museum has also partnered with communities to sell the boats they build in their workshops. Over the past several years, the museum has partnered with towns and organizations such as Portugal Cove-St. Phillip's, Memorial University of Newfoundland and Labrador, and the youth community support and development program Thrive. Their boats have been purchased by towns like Portugal Cove-St. Phillip's, as well as private tourism operators across the province.

We want to develop a tourism package around workshops. It's one of the plans for this summer, or spring, to develop that package. We've also thought about trying to attract groups or families, or a bunch of guys who've got cabins together, who'd like to come and build their own boat. There's all kinds of different people out in the market for that.

– BEV KING



When we get a call now, we look at that more than we have in the past. In the past we weren't advertising that we were building boats for sale. But in the future, I think that that's one of the things that we'll have to do. – Bev King, Project Manager

While the workshops have been geared towards learning some of the skills of boat building, the Wooden Boat Museum is also looking for ways to design packages which would allow groups of boat enthusiasts to work together and build wooden boats which they can take home with them.

The workshops offered through the Wooden Boat Museum help the museum continue their program of transmitting the knowledge of boat building to tourists and locals across the province. Their partnerships with other museums and organizations province-wide allows them to offer continued employment for their boat builder and protect this heritage skill.

We look to that revenue to support Jerome's salary. The fees that we collect for his one-day workshops and five-day workshops he does here in Winterton, and of course, the workshops that we do at MUN – it gives us the opportunity to extend his employment and also pay for it. – Bev King

For the Wooden Boat Museum, it's not just about recording the knowledge of boat building, it's



about transmitting the knowledge to future generations. Folklorist Crystal Braye interviews boat builders across the province about their craft, and this information is incorporated into exhibits and workshops. By offering hands-on and informative workshops for children and youth, the museum is ensuring that these skills will continue into the future.

They really appreciate it because they learned how to build boats from watching their uncles and fathers and grandfathers and stuff, but there's no one watching them anymore. They have no one to pass it on to. There have been a couple of times where I'll show up and they're delighted to have someone asking them questions because they never had that chance to pass it on. – Crystal Braye



How to find the Wooden Boat Museum of Newfoundland and Labrador:

**273 Main Road, Winterton, NL
709-583-2044
www.woodenboatmuseum.com**



CASE STUDY 002

A Walk Back in Time:

Hiking and Heritage with Barb Parsons–Sooley



Barb Parsons–Sooley is an avid hiking enthusiast and owner of Wind at Your Back Guided Adventures. She has been a hiking guide for several years for Routes Adventures, touring people around the Bonavista region and sharing Newfoundland and Labrador’s history and stories. She is also the president of the Hike Baccalieu trail maintenance association.

Hiking has been a therapeutic outlet for Barb for many years, so it was a natural transition to a business opportunity. She began hiking around 13 years ago, after working as a firefighter and paramedic in Northern Alberta.

I was diagnosed with PTSD. Trying a lot of different medications and things really wasn't working for me. I was raising small children at the time and the grogginess and everything didn't work for me. So, my therapist asked me to start getting outside more. And I was like, "Oh, well, you know, I spend time out in the yard with the kids." And she said, "No. Go hike!" So, I started hiking in the mountains, and then I moved back to Newfoundland a couple years later and started hiking here. There's not a lot of places on this island that my feet haven't hit.

Though she is licensed to give tours anywhere in the province, Barb focuses her guided adventures in the Baccalieu Trail region because it is an area

she knows very well. She grew up in Bay Roberts and currently lives in Heart's Delight–Islington.

It's home, and it's an area that's so absolutely beautiful but kind of hidden away. A lot bigger areas people head to, St. John's, they head to CBS, and they head to Bonavista, and we're kind of this beautiful middle zone that gets forgotten a lot.

She incorporates history and culture into her hikes because of a love of Newfoundland heritage that was instilled in her from an early age by her father. She says it just happens naturally. Between the questions hikers ask, and Barb's chatty nature, the conversation just flows.

It's so full of history. That's mostly what it's all about. You go on hiking trails and it's most likely an old railway bed, or it was an old road to an abandoned village, or it was a coastal line that was a shortcut between towns, or it was a hunting path. It's mind blowing to get into it all. It's where

it came from for me, to get the Hike Baccalieu association and make sure that these trails and the history that goes along with them are preserved.

Barb emphasizes the importance of listening and learning from local tradition bearers. Even in a place she is very familiar with, like the Baccalieu trail, she is always willing to ask questions and sit down and have a chat with someone who has traditional knowledge and skills living in the area.

I'm not shy! So, I could be in New Perlican or Bay de Verde and be out on a wharf and there's an old fella sitting there, or whatever. I'll seriously pull over on the side of the road and say, "Hey guys, what's up?" and I'll sit down and have a chat. And just through going to all these other meetings and stuff, you meet people and you find out things. I'm constantly asking questions.



HIKE BACCALIEU & TRAIL REHABILITATION with Edwin Bishop

As the president of the Hike Baccalieu Association, Barb is involved with the maintenance of trails in the region. She has been a driving force behind the rehabilitation of the Northern Point trail in Heart's Delight-Islington. It was an old hunting path that had once been cleared out by Edwin Bishop from Heart's Delight-Islington but had since grown over. Barb connected with Edwin three years ago for help in maintaining the trail.

I connected up with him. We were on FaceTime from out there because he can't get out and walk anymore to get out that kind of rough terrain, and he taught me a lot of the history. I asked him to help me make some signs and things for that trail, and I ended up getting artwork from him. He's a local artist here. He has Boar Point Art Studios, so it just ended up being all this beautiful artwork that told stories of the area. I ended up putting those out on the trail and learning so much in the process.

Passionate about Newfoundland and Labrador heritage, and the local knowledge of growing up in Heart's Delight-Islington, Edwin decided artwork would be more appropriate for Barb's request.

I painted approx 20 paintings that represent my memories of growing up in Heart's Delight and spreading weeks and more playing, exploring and chasing our parents, grandparents and brothers back and forth on that wonderful trail that used to be called Gunners path or some used to say Gunning path. Around 2009 I supervised a group of young people sponsored by the Local Enhancement Committee to open up the old path and build it into a hiking trail . Over the years after that it got neglected and grew over and that is when Barb found me and said she was interested in getting it opened up again and asked me if I would make her a few signs. Well I thought, why not a painting or two?

– EDWIN BISHOP

There are now 22 stops along the Northern Point trail that tell the story of Heart's Delight-Islington and Edwin's memories of growing up in the area. For a while, the originals were on display, but they have since been converted into sustainable material to withstand the outdoor conditions, as well as installing storyboards underneath that share Edwin's art and memories with hikers.



THE GROWING POPULARITY OF HIKING

Trails that I've been on here for years that I have never met another soul, there's people coming at me everywhere. It's nice to see and I hope it continues. I hope it's something that has caught on and people continue doing. It's cool actually seeing families out being families again.

There has been a growing trend in getting out and rediscovering your own backyard. Since Barb started her guided adventures earlier this year, she has been busy showing locals how much there is to learn and love about their own region. She delights in sharing her knowledge and passion about Newfoundland heritage and nature. But picking her favourite aspect of operating a guiding company? That's hard.

How do you pick? I get to be outside. I get to meet new people. I'm out in nature all the time. Seeing a whale breach never gets old! I'm just as excited as probably the first time I ever saw one as a kid. I just love it.

Her advice for others thinking about starting their own tourism business?

I think that when you are going into a business, especially if you're going to be in the tourism industry itself, you have to be genuine about it. You have to love what you're doing, you have to love where you're doing it, and that shows through to other people that are coming to you.



How to find Barb's hiking company:

windatyourbacknl.ca



facebook.com/windatyourbacknl



twitter.com/hikeandkayaknl



instagram.com/windatyourbacknl



youtube.com/channel/UCZD9-Z1vJFN-0Kpc0JH5sXg



LESLIE HARRIS CENTRE OF REGIONAL POLICY AND DEVELOPMENT

The Baccalieu Trail Traditional Knowledge Inventory received funding as part of Memorial University's Thriving Regions Partnership Process, which supports research partnerships that help promote thriving social and economic regions.

The Leslie Harris Centre of Regional Policy and Development is Memorial University's lead unit on regional development, public policy and knowledge mobilization. For the past 20 years, the Centre has funded almost 200 applied research projects relevant to the province of Newfoundland and Labrador and organized dozens of public events, ranging from annual lectures to policy dialogues to regional workshops, bringing ideas and solutions to some of the most pressing problems facing the province today. Through its strong national and international partnerships, the Centre has a broad network that it can mobilize to find expertise and share knowledge on a wide range of issues. The Centre also supports a wide range of research projects at Memorial University, universities across Canada and internationally through its robust program of knowledge mobilization tools such as podcasts, webinars, public policy dialogues and effective facilitation processes.

**Do you practice a traditional skill
along the Baccalieu Trail?**

Does someone you know?

Please contact us at ich@heritagenl.ca!



Heritage NL

The mission of the Heritage Foundation of Newfoundland and Labrador's Intangible Cultural Heritage Office is to safeguard and sustain the Intangible Cultural Heritage of Newfoundland and Labrador for present and future generations everywhere, as a vital part of the identities of Newfoundlanders and Labradorians, and as a valuable collection of unique knowledge and customs. This is achieved through initiatives that celebrate, record, disseminate, and promote our living heritage and help to build bridges between diverse cultural groups within and outside Newfoundland and Labrador.

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