

Session #4 - Spotlight: Harvesting Techniques

Info on our Guest Speakers

Howard Humchitt



Photo: April Bencze

Howard is a member of the Heiltsuk First Nation who lives with his family in Bella Bella on the Central Coast of British Columbia. He comes from a long line of hunters and fishers and spends much of his time harvesting out on the land and sea in Heiltsuk Territory. From a young age (i.e. the age of 3), Howard learned about the importance of seasons and hunting. He moves from season to season, nearly 300 days a year, harvesting and gathering for the winter's provisions for his family and others in the community.

Howard has been a long-time Raincoaster for the past 12 years, starting in 2009 for the very first year of bear research in the Great Bear Rainforest, and has been actively involved every

year since. He's also a researcher affiliated with SFU and other universities. He's been a sports fishing guide for 25 years, guiding people from all over the world. He's also a guide for documentary filmmakers and an educator in many realms including as a Coordinator for the local Bella Bella Community School Outdoor Club.

For more info on Howard Humchitt:
[LinkedIn profile](#); Twitter: [@Humchitt](#)

Sarah Jim



Photo by Sarah Jim Studio.

Sarah Jim is an emerging artist of mixed ancestry and is a member of the W̱SÁNEĆ Nation from the Tseycum village. She has a Bachelor's Degree of Fine Arts from the University of Victoria and emulates her love of nature and native plant knowledge through her artwork. Environmental restoration work has been her main source of inspiration since 2018 when she started working in SNIDÇEŁ; the first W̱SÁNEĆ village site. Working on the land has resulted in deep insights of

how language, culture, traditional knowledge, and art are all intimately connected to the natural realm. Learning about the direct connection between culture and place has helped empower Sarah as a W̱SÁNEĆ person and a Coast Salish artist. Her curiosity, love, and admiration for the outdoors and native plants continue to propel her in a direction that helps heal the community, land, and herself through plant medicines, native foods, restoration work, and creating place-based artwork.

For more information on Sarah:

Sarah Jim's website - [Sarah Jim Studio](#)

Review and Discussion Questions

As a follow-up to the session, below are some suggested review questions and discussion points to go over with your groups.

1. What are some key guiding principles for harvesting natural resources (i.e. plants or wildlife) that exist in Indigenous communities?
2. Research, identify and discuss any current or future harvesting techniques that are incorporating Indigenous and Western Knowledge systems/technologies.
3. What are the key similarities and differences between Traditional Indigenous Management Systems with Contemporary Management systems?
4. Discuss different approaches and ideas to harvesting that ensure resiliency and sustainability of the resources for the long-term.
5. Discuss what typically occurs or is harvested during this season according to the 13 moon calendar (or other lunar calendars). List any changes to the calendar that you may notice in terms of the plants or animals and their timing of appearance.