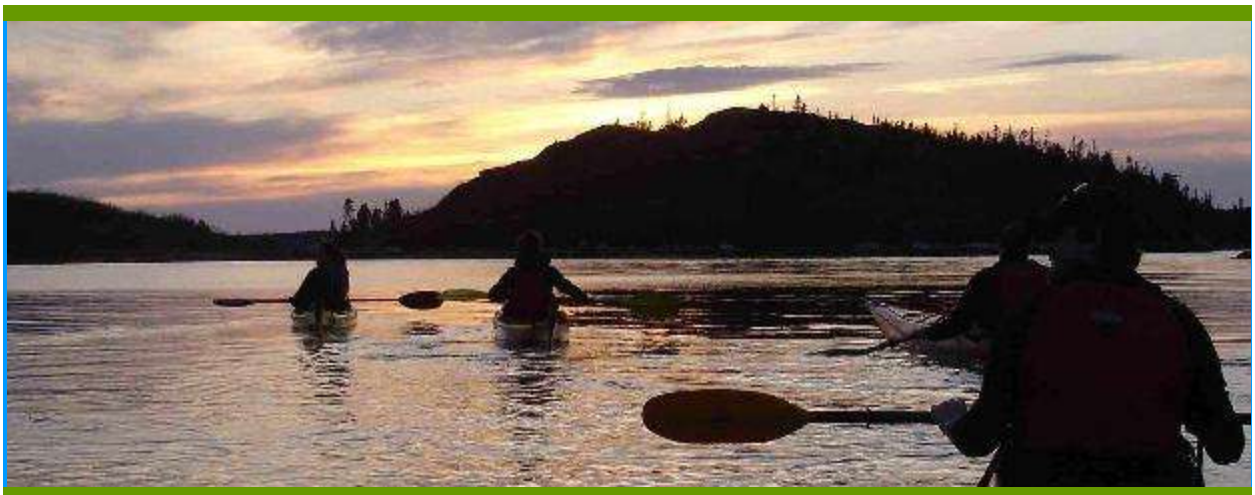

THE COMPASS

Your quarterly newsletter on outdoor leadership in Nova Scotia

Fall 2010

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Forum on Outdoor Leadership in Nova Scotia

On October 19th outdoor leaders from across the province will gather at the **Finding Our Way Forum** to discuss the current shape of outdoor leadership in Nova Scotia and explore what is possible for the future. Come voice your thoughts, it is free to register. Visit www.nsold.ca/events for more info and to register.

NOVA SCOTIA Health Promotion and Protection

Find us on Facebook

Upcoming NSOLD Program: Wilderness Camping Skills - Oct. 15-17

Want to learn how to camp in the backcountry? Come for the weekend and gain the skills you need to wilderness camp like a pro. Instructed by Terri Peace and George Taylor.

When: Fri. Oct. 15 at 7:00 pm to Sun. Oct. 17 at 2:00 pm.

Where: Fun Forest Lodge (Beaverbank)

Fee: $65.00 ($55.00 for students)*

*Fee includes all food, accommodations & instruction.

To register or for further info, contact:

Do you have an outdoor leadership event you would like profiled in The Compass?

Contact Sandra at:

frasersx@gov.ns.ca

Terri Peace at peacet@halifax.ca or by phone at 490-4539 or George Taylor at taylorg@halifax.ca or phone 490-4584.

Participate in an experiential learning opportunity with experienced instructors in an engaging format.Skills to be learned include:

- Fire Skills
- Knots and their uses
- Shelter Building (including sleeping overnight in one!)
- Outdoor Equipment, Safety and Uses:
- Axes, Knives, Stoves, Tents, Packs, Clothing
- Outdoor Cooking, Food Safety and Preparation
- Water Purification Methods
- Risk Management, Planning and Care of a Group

Hike NS Fall Guided Hike Series

For the third year in a row, Hike Nova Scotia and its partners across the province present the Fall Guided Hike Series in September and October. The 15 hikes are led by local folks and participants qualify to win trail prizes.
Go to www.hikenovascotia.ca for details.

NSOLD has a New Website!

Thanks to the hard work, diligence and patience of Frank & Andrew from the Fresh Air Society, Chris Nadeau of Evolving Solutions and the HPP NSOLD team Amy, Melissa, and Sandra NSOLD has a new virtual home! Check out our new site www.nsold.ca and let us know what you think. View the 2010 -2011 schedule of upcoming NSOLD courses near you.

MEC Sweetspots Video Contest Entry from Todd Foster of Climb Nova Scotia

Todd came 3rd place in the MEC Sweet Spots a couple of years ago with his submission of Night Sessions! This year, Todd has submitted a video of Climb NS Boulderfest 2010! Unfortunately voting has closed. Stayed tuned, contest finalists will be announced on November 3rd. Click HERE to watch his video.

Upcoming Programs & Events

Book Launch of the third edition of Earth Adventures in the Halifax Region Oct. 14 10:00 am - 11:00 am The Trail Shop Halifax www.earthed.ns

Hike NS Fall Guided Hike Series: Branch Pond Trail Celtic Colours Hike Cape Breton Highlands National Park Oct. 14 Contact: (902) 285-3009 or (902) 224-4225, marie.stradeski@pc.gc.ca

Hike NS Fall Guided Hike Series: Franey Trail Celtic-Colours Hike, Cape Breton Highlands National Park Oct. 15 Contact: (902) 285-3009 or (902) 224-4225, marie.stradeski@pc.gc.ca

NSOLD Wilderness Camping Skills Oct. 15-17 Friday 7 pm - Sunday at 2:00 pm. Fun Forest Lodge,

Beaverbank $65.00 or $55.00 for students. Contact Terri Peace 490-4539 peacet@halifax.ca or George Taylor at 490-4584 or taylorg@halifax.ca

Climb Nova Scotia Clean and Climb Oct. 16 & 17 Sheet Harbour Boulders Overnight camping available. Brushes provided, bring your boulder pad. More info: www.climbnovascotia.ca

Itsy Bitsy Spider -You should be afraid!! Foot and/or bike 7 hour Rogaine race Oct. 16 Registration 7:15 am Race starts at 9:00 am. Spider Lake $20.00 per person. Contact Greg Nix nixga@yahoo.ca or Jodi at jodi_isenor@hotmail.com

2nd Annual Nuthin' Runner than a Dumber Trail Running Race Oct. 17 9:30 am Ski Martock Nordic Ski Trails 5km and 10km races. $20.00 Register at the Trail Shop Halifax or Wolfville or online at www.atlanticchip.caNo Race day registration. Contact Rob or Kevin @ the Halifax Trail Runners at hfxtrailrunners@gmail.com

Beginner Mountain Bike Clinics Oct. 17 10 am & 1pm. Ski Martock. Morning clinic open to everyone, afternoon is women only. Hosted by Pedal Trout. Clinics are free but space is limited. Contact: info@pedaltrout.com

Hike NS Fall Guided Hike Series: Six Mile Brook Trail, in Millsville (near Scotsburn) Oct. 17 Cape to Cape committee of the Pictou County Trails Association. Contact: (902) 924-2910, fran.wyman@gmail.com

Hike NS Fall Guided Hike Series: Gaff Point Hike, near Kingsburg (Lunenburg County) Oct. 17. South Shore Hiking Club Contact: (902) 543-1943, sshikers@gmail.com

Hike NS Fall Guided Hike Series: Nictaux Falls Hike, Annapolis County Oct. 17 Annapolis County Recreation Contact: (902) 532-3139 debryan@annapoliscounty.ns.ca

Finding Our Way Forum: Outdoor Leadership Needs in Nova Scotia Oct. 19 9 am - 4 pm Gordon Snow Community Centre, Fall River Pre-registration Required at www.nsold.ca

NSOLD Wilderness Navigation Oct. 23 Antigonish/ Highland Region $20/person $30/family Contact: Frank frank@peak.ca or Andrew aforan@stfx.ca 867-5422 www.nsold.ca

13th Annual Nova Scotia Nature Trust Dinner and Silent Auction Oct. 28 World Trade and Convention Guest speaker is Dr. George Archibald Centre Contact: Robin Levy 425-5263 robin@nsnt.ca

Under Starry Skies Geocache Challenge Program Nov. 6 12:30 pm Kejimkujik National Park & Historic Site Mill Falls shelter. There will be no entry fee and off-season camping rates will apply. atlanticgeocaching.com

Wilderness Remote First Responder Nov. 7-14 HRSAR Base, Lower Sackville $550.00 + HST. 8 day advanced program for outdoor professionals Contact: Blair Doyle adventure@hfx.eastlink.ca 222-0868 (cel) www.wrfa.ca

Wilderness Remote First Aid Nov.19 - 21 HRSAR Base, Lower Sackville $195.00 + HST Contact: Blair Doyle adventure@hfx.eastlink.ca 222-0868 (cel) www.wrfa.ca

Doyle Adventure & Safety Wilderness Survival Nov. 26 - 28 (6:30pm Friday evening start - two overnights) HRSAR Base, Lower Sackville $225.00 + HST Contact: Blair Doyle adventure@hfx.eastlink.ca 222-0868 (cel) www.wrfa.ca

Wilderness Remote First Aid RECERT Dec. 4 -5 HRSAR Base, Lower Sackville $125.00 + HST Contact: Blair Doyle adventure@hfx.eastlink.ca 222-0868 (cel) www.wrfa.ca

Contact Info

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frasersx@gov.ns.ca

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