



THE COMPASS

Your quarterly newsletter on outdoor leadership in Nova Scotia

Spring 2011

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NSOLD Mentoring in the Outdoors - June 3 - 5, 2011

Chéticamp Visitor's Centre, Cape Breton Highland National Park

Your love of the outdoors could change a young person's life...

Mentoring in the Outdoors provides training to adults and older youth interested in working with young people in the outdoors. Topics include mentorship, planning fun and magical outdoor activities with and for young people, safety, leave no trace principles, using the outdoors as a learning space ~ and much more! Registration deadline May 13th. Contact HeartWood Centre for Youth Development isabelle@heartwood.ns.ca or call (902) 444-5885.



The wilderness is a natural setting for magic, adventure, self-discovery and building relationships with the land and other people. This weekend module uses the outdoors as a classroom to explore youth development, mentoring and youth-adult partnerships in the context of creating and facilitating positive outdoor experiences. The weekend will consist of outdoor adventures, meaningful conversations, fun and games, time for reflection, storytelling and much more. If you are a recreation staff, youth leader, parent, senior youth leader, or interested in working with young people in the outdoors, this is a great opportunity to share your skills, build your confidence, learn from others' experiences and gain exposure to new resources.

Registration forms can be downloaded at: www.heartwood.ns.ca.

Find us on Facebook 

Send us your photos! Show off your favorite place to get outside in Nova Scotia!

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

South Shore Outdoors Day May 28th, 2011

Come to the MARC in Dayspring for sampling of outdoor activities available on the south shore. This event was born out a meeting of outdoor groups held in the Fall of 2010 who identified the need to promote their services to the public. The event will coincide with the annual Children's Fishing Derby held at the MARC each spring by the Lahave River Salmon Association. For more information contact: Gord Tate, Active Living Coordinator, Municipality of the District of Chester, gtate@chester.ca or phone (902) 275-3490.

Contact Sandra at:

frasersx@gov.ns.ca

The **GREAT** South Shore

OUTDOOR ★ACTIVITY Sampler

★ **FREE** ★
Family Adventure

SATURDAY, May 28th, 10:00 am 'til 2:00 pm

→ at the **MARC** in ←
Dayspring

Paddling	Trail Building	Outdoor Cooking
Geocaching	Hiking	Biking
Birding	Outdoor Skills	Scouting
Hike Preparation	Slackline	Archery
Scouting	Nature Walks	Tracking

Children's Fishing Derby begins at 9:00 am

Presented by the Lunenburg/Queens Recreations Directors Association, in partnership with the LaHave River Salmon Association

*Program subject to confirmation

Queens and Lunenburg
Recreation Services

Hike NS Annual General Meeting & Hike

The Hike NS Annual General Meeting will be held at the Shearwater Aviation Museum in Dartmouth on Sunday, May 15. A guided hike will be held beforehand at 10 am on the nearby Shearwater Flyer Trail, at noon a free lunch will be provided for those who RSVP (info@hikenovascotia.ca) and at 1 pm the AGM will begin. Find details and directions here.

<http://tiny.cc/gnyvqg>

Trail Building Workshop: May 28

The Cobequid Eco-Trails Society is hosting a Trail Building Workshop led

by Garnet McLaughlin on May 28 on the Bluff Wilderness Trail, located in HRM near Timberlea. Get details from admin@cobequidcotrails.ca or www.cobequidcotrails.ca. Learn about the Bluff Wilderness Trail at www.blufftrail.ca.

If you're a hiker, then you know that a great trail means a great hiking experience. Ever wondered how much work is involved in building a trail? Well, volunteer to help out on one of several upcoming trail building days. Go to www.capetocapettrail.ca/events.aspx for a list of events. Trail building is fun and satisfying. Why not do your part to help build trail in NS?

MEC SWEETSPOTS VIDEO CONTEST 2011

Upload your best outdoor video spots with the largest outdoor community in Canada and vote for the videos you think should win. Contest closes September 21. Winners announced November 2. Register it at www.mec.ca/sweetspots

Nova Scotia Rock Guidebook Update

Sean P. Cassidy, author of Nova Scotia Rock - A Climber's Guide has released an update for his 2002 guidebook. The new route information is available as a free password-protected PDF download for anyone who owns a copy of the original paper guide. www.climbnovascotia.ca/

National Parks Project

As a part of the centennial celebration for Parks Canada, the world's first national Parks Service, a multimedia project was undertaken by FilmCAN and Primitive Entertainment in conjunction with Parks Canada and Discovery World HD.

For videos, photos and music go to www.nationalparksproject.ca/ and check out the work of over 50 artists inspired by 13 selected national parks.

Upcoming Programs & Events

Paddle Antigonish Introduction to Canoeing May - October (ongoing weekly) 6 pm - 9 pm Exact dates TBA Contact: Andrew Foran aforan@stfx.ca or call (9023) 863-2963/(902)867-5422 More info: <http://www.ckns.ca/>

Paddle Antigonish Introduction to Kayaking May - October (ongoing weekly) 6 pm - 9 pm Contact: Andrew Foran aforan@stfx.ca or call (9023) 863-2963/(902)867-5422 More info: www.ckns.ca/

Climb Nova Scotia Monday Night Bouldering begins May 2 and ongoing every Monday at 6:00 pm. Locations vary meet at the Armdale Rotary Contact: www.climbnovascotia.ca

Wilderness Remote First Aid May 13 - 15th HRSAR Base, Lower Sackville Contact: Blair Doyle adventure@hfx.eastlink.ca 222-0868 (cel) or 434.9122 www.wrfa.ca

NSOLD Emergency Procedures May 14th Highland Region: Keppock Mountain area, Antigonish County \$20/ person \$30/ family Contact: Frank Gallant frank@peak.ca 902.863.5560

Atlantic Paddling Symposium May 20 - 23 Terra Nova, Newfoundland Contact: info@atlanticpaddlesymposium.com or (902) 843 0370 <http://www.atlanticpaddlesymposium.com>

CKNS Paddle Instructors School Kayak Training May 27 - 29 Camp Avalon Birchtown, Shelburne County Contact: Christopher Lockyer christopher@committed2thecore.com (902) 247-5095

The Captains Rules: Leadership Lessons from the Sea May 27 - 29 Windhorse Farm, with Crane

Stookey, founder of the Nova Scotia Sea School www.windhorsefarm.org

NSOLD Mentoring in the Outdoors June 3 - 5 Chéticamp Visitor's Centre, Cape Breton Highland National Park Contact: HeartWood Centre for Community Youth Development (902) 444-5885 isabelle@heartwood.ns.ca

Nature Nova Scotia AGM June 3 - 5 Gaelic College, St. Anns, Cape Breton Field Trips, talks and networking with naturalists. www.naturens.ca/node/68

CKNS Paddle Instructor School Canoe Training May 27 - 29 & June 10 -11 Camp Avalon Birchtown, Shelburne County Contact: Brian Anderson bmanderson@tru.eastlink.ca (902) 673-2917

Wilderness Remote First Aid June 10 - 12 HRSAR Base, Lower Sackville Contact: Blair Doyle adventure@hfx.eastlink.ca 222-0868 (cel) or 434.9122 www.wrfa.ca

21st Annual Atlantic Canada Sea Kayakers's Meeting June 11-12 Coastal Exploration Centre, Tangier, NS Contact: info@coastaladventures.com or www.coastaladventures.com/meeting.html

MEC Bikefest June 12 Halifax Commons Contact: halifaxbikefest@mec.ca or call (902) 421-2667

Wilderness Remote First Aid RECERT June 18 - 19 HRSAR Base, Lower Sackville Contact: Blair Doyle adventure@hfx.eastlink.ca 222-0868 (cel) or 434.9122 www.wrfa.ca

Nova Scotia Sea School Free Day Sail June 25 10am - All day 174 Bluenose Drive, Lunenburg Contact: info@seaschool.org or (902) 423-7284

MEC Paddlefest June 26 Graham's Grove, Dartmouth Contact: halifaxpaddlefest@mec.ca or (902)421-2667 www.mec.ca

Nova Scotia Sea School Youth 5-Day Adventure at Sea July 5 (All day) - July 9 (All day), Lunenburg Contact: phoebe@seaschool.org or (902) 423-7284

HeartWood's Canoe Wilderness Program in Partnership with St George's YouthNet July 11-17 For 13-15 years old Registration Deadline: June 10 - spaces limited! Contact St. George's YouthNet (902) 422-4614 or at youthnet@eastlink.ca

Nova Scotia Sea School Youth 7 -day Coastal Expedition July 12 (All day) - July 18 (All day), Lunenburg Contact: phoebe@seaschool.org or (902) 423-7284

Canada's Parks Day Saturday July 16 www.parksday.ca or www.novascotiaparks.ca

HeartWood's Atlantic Youth Leadership Camp August 14-20 For 15-19 years old Registration Deadline: July 20th - space is limited! Contact: home-place@heartwood.ns.ca (902) 444-5885.

Nova Scotia Sea School Youth 7 - day Coastal Expedition August 17 (All day) - August 23 (All day), Lunenburg Contact: phoebe@seaschool.org or (902) 423-7284

Nova Scotia Sea School Youth 5 - Day Adventure at Sea August 26 (All day) - August 30 (All day) Lunenburg Contact: phoebe@seaschool.org or (902) 423-7284

Becoming an Outdoors Woman Fall 2011 Workshop September 9 - 11, 2011 Mount Traber Camp, Cooks Brook, Halifax County Contact: Pam Grace (902) 424 - 5832 or email BOWNS@gov.ns.ca

NSOLD Leadership School for Adults Fall 2011 Highland Region: Fresh Air Shelter, Antigonish County Contact: Frank Gallant frank@peak.ca 902.863.5560

Contact Info

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frasersx@gov.ns.ca

[Forward email](#)



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