

THE COMPASS



Nova Scotia Outdoor Leadership Development Program
Box 487 1601 Lower Water St. - 5th floor
Halifax, N.S. B3J 2R7

Summer 2009

Mission of the Nova Scotia Outdoor Leadership Program

Founded in 1979, the Nova Scotia Outdoor Leadership Development Program aims to enhance the quality and quantity of outdoor leaders in Nova Scotia through a comprehensive, experiential leadership development process.

Managed by the Physical Activity, Sport and Recreation responsibility centre of the Nova Scotia Department of Health Promotion and Protection, the NSOLD program engages some of Nova Scotia's best outdoor specialists in the delivery of its programs.

The NSOLD Sharing the Outdoors Conference was a success! Thank you to all who participated. From the opening keynote to the closing stories, it was a time to re-group, refresh and refocus our efforts in outdoor recreation and sustainability. Throughout the weekend, many people were saying, 'we need to do this again!' Feedback has indicated that the fall may be a better time of year to bring folks together. Look for another outdoor leadership development gathering in the fall of 2010.

In this edition of the Compass we're highlighting the newly designated Blue Mountain Birch Cove Lakes Wilderness Area in an article by Wendy MacDonald of the Halifax Northwest Trails Association. In another article, Mike Pollard introduces a new program developed by the Nova Scotia Federation of Anglers and Hunters and their partners called Families United with Nature.

Under training and events, check out the variety of exciting opportunities coming up in the next few months. Don't let the weather get you down, get out there and take advantage of what Nova Scotia has to offer.

To submit an article or course promotion, contact Sandra Fraser at 424-5481, frasersx@gov.ns.ca

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**Health Promotion
and Protection**



Blue Mountain – Birch Cove Lakes Wilderness Area

- Wendy McDonald, Halifax North West Trails Association

April 21, 2009 was a special day for many Nova Scotians. It represented the culmination of efforts on many fronts including government, NGO's and ordinary citizens who are passionate about the area embraced by one of Nova Scotia's newest Wilderness Areas, Blue Mountain - Birch Cove Lakes.

Little did we realize that a small group could make a big difference when a coalition of people working towards a common goal first met in 2003. Strategy meetings, letter writing campaigns, hikes in to the area with students, staff and politicians at three levels of government, media, and citizens, presentations and slide shows, private members bill in the Legislature, more meetings with government and many coffee shop meetings later and the news was positive. On April 21, 2009 the Nova Scotia Department of Environment announced the official designation of the, Blue Mountain - Birch Cove Lakes Wilderness Area.

But the work has really just begun. Still on the agenda is to shape future use of the area. NS Department of Environment will be the key stakeholder in monitoring activity in the future, working with groups who are willing to partner. The June BioBlitz 2009 event hosted by St Mary's University identified the land as a key asset in research and education opportunities; some 850+ different species were identified during a 24 hours species inventory. A preliminary study will identify recreation opportunities. One of the recognized highlights is the eight-lake canoe/kayak route. Trails, both wilderness and more accessible, will also be created.

Safe access is the first order of business. HRM may be able to contribute to this when an adjoining piece of land behind Bayers Lake Business Park is developed. HRM has also promised to acquire the privately owned land in the Susies and Quarry Lake areas to complete the Regional Park, a vision promised in the Regional Plan. At Maskwa Aquatic Club on Kearney Lake, there is public access to a trail to Charlies Lake, in the Wilderness lands.

Key partners in the process include Ecology Action Centre, Halifax Field Naturalists, Canadian Parks and Wilderness Society and local MLA, Diana Whalen, along with the Halifax North West Trails Association.

Thanks to all who participated in the process.

See you on the trails.

Wendy McDonald, past chair, HNWTA

See www.halifaxnorthwesttrails.ca for more information.



Families United with Nature — FUN

The Nova Scotia Federation of Anglers and Hunters (NSFAH) Launches Outdoor Families Program

- Mike Pollard, NS Federation of Anglers and Hunters

Families United with Nature (FUN) is a program designed to help families get outdoors and enjoy recreational activities together. Classes are taught on a variety of outdoor pastimes—all at a beginners' level, with equipment provided, and with qualified instructors.

FUN begins with a one-day event that focuses on basic outdoors skills. If a community wishes to hold an advanced FUN later, program offerings can include traditional hunting and fishing pursuits, as well as other recreational activities and skills.

In order to get communities and groups involved the NSFAH in cooperation with their partners supply instructors, all the equipment, food, beverages, prizes, signage and lots of fun. Any community or group wishing to have a FUN day simply needs to supply a location with water access, a way to prepare and serve the food/beverage, some toilets and a person qualified in First Aid. It would also be great if a structure could be available to get out of the rain if necessary.

The actual program for the day is **Family Camping, and Let's Go Fishing!**

Family Camping

Join **FUN** instructors for a half-day, hands-on session covering the basics of camping equipment and use, including tents and shelters, stoves, sleeping bags, mattresses and other gear. Participants will learn about campsite selection (in both established and pristine camping locations), seasonal considerations, and where to camp in Nova Scotia. Plus explore other tips and tricks to make life outside comfortable and FUN.

Let's Go Fishing!

Join instructors from the **Learn to Fish** program for a half-day of family fun. Learn about the fish living in our province's waterways and explore tackle and techniques to make family angling fun and rewarding. Then try your hand at fishing on-site—no equipment or licence required.

Cost is minimal: \$5 per person to a maximum of \$20 per family. Lunch is provided on site for participants free of charge. Class sizes are limited. *Please note, children must be 7 years old and up and accompanied by an adult.*



For more information on how to have a FUN day in your area, contact Tony Rodgers at 902-477-8898 or via email at tonyrodders@eastlink.ca. As there are only so many days and weekends in a year you should contact us right away and arrange a date to have a FUN day in your area.

FUN partners include: Nova Scotia Federation of Anglers and Hunters, Nova Scotia Department of Natural Resources; Nova Scotia Department of Fisheries and Aquaculture; Nova Scotia Department of Health Promotion and Protection.

Upcoming Events & Training Opportunities

Mountain Bike Rides for Women Ongoing: Every Thursday at 6:00 pm Various locations throughout HRM. Contact: info@ridegirls.ca

Parks are for People Events Ongoing: Province – wide. Provincial Parks, Trails, Wilderness Areas. Various interpretive, educational and outdoor recreation events. For a complete listing visit www.novascotiaparks.ca

Paddling Kayaking, Canoeing, Flatwater, www.ckns.ca/ click on calendar of events

Boulderfest Climb Nova Scotia event August 1 – 2, 2009. Tickets on sale now at www.climbnovascotia.ca

Back To The Beach Community Surfing Contest August 1st or 2nd, 2009. Date will be determined on Wednesday July 29th “The Reef” at Lawrencetown Beach. Surfing Association of Nova Scotia (SANS) www.surfns.com

Canoe Orienteering Adventure or a 1200 metre Flatwater (non-orienteering) race August 2, 2009 Registration: 7:00 am Start Time: 8:00 am Pugwash Contact: Greg Nix, nixga@yahoo.ca

Gorefest Mountain Biking Festival August 8 & 9, 2009 Gore, Nova Scotia. Race starts at 10am Sunday morning. The course will be rideable by all levels of riders. Contact: Andrew: o9man@ecmtb.com or Mike: KONARIDER@hotmail.com

Paddle Magic Canoe Festival August 15 - 16 10am – 6pm Kejimikujik National Park Sponsored by Canoe Kayak Nova Scotia Contact CKNS canoens@sportnovascotia.ca

Paddle Canada Flat Water Course August 15 & August 16 MacElmons Pond Provincial Park, Masstown Colchester County Contact: www.committed2thecore.com

Red Cross Wilderness and Remote for Outdoor Leaders First Aid Certification and CRCA Flatwater A, B, C + Aug. 25 6:00 pm - Aug. 30 5:00 pm McGowan Lake and Fisher Lakes System Contact: Blair Doyle adventure@hfx.eastlink.ca 222-0868 (cel) 902-434-9122 (h)

5-day Sailing Adventure for Professional Development (ages 19+) August 27-31 Contact: info@seaschool.org

2nd Annual Trail Building Weekend, August 29th & August 30th. 8:00 am to 5:00 pm Cape to Cape Trail Millville, Pictou County Contact: Pictou County Cape to Cape Trail Group at (902) 485-5404 or email info@capetocapetrail.ca

3-day Wooden Boat Sail-Training (ages 19+) September 17-19 South Shore Contact: info@seaschool.org

Becoming an Outdoors Woman Fall 2009 Workshop September 25 – 27, 2009 Mount Traber Camp, Cooks Brook, Halifax County Contact: Pam Grace (902) 424 – 5832 or email BOWNS@gov.ns.ca

NSOLD Wilderness Camping Skills September 25-26-27, 2009 Highland Region Contact: Chris Samson at (902) 318-0134 or register.nsold@gmail.com

NSOLD Wilderness Navigation October 17th, 2009 Highland Region Contact: Chris Samson at (902) 318-0134 or register.nsold@gmail.com

Living in Place and Relation to the Land: Toward a new Land Use Ethic Saturday, November 7th at 10:00 AM to Sunday November, 8th at 4:00 PM Contact: info@redtailnatureawareness.ca

80 hour Wilderness and Remote First Responder November 8 - 15, 2009 8:30 am - 5:00 pm daily Halifax Regional Search & Rescue Contact: Blair Doyle adventure@hfx.eastlink.ca 222-0868 (cel) 902-434-9122 (h)

NSOLD Wilderness First Aid - November 27th, 28th, 29th, 2009 Highland Region Contact: Chris Samson at (902) 318-0134 or register.nsold@gmail.com