

THE COMPASS



Nova Scotia Outdoor Leadership Development Program
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Welcome to our first edition

Contents

Welcome	1
Hike NS	2
NS Sea School	3
Training/ Events	4

NS Outdoor Practitioners Conference May 29 – 31, 2009 StFX, Antigonish

If your area of interest is in education, recreation, community programming, or adventure you will want to join us at this exciting conference. We will come together as an outdoor community to recognize past contributions, acknowledge current realities facing outdoor practitioners, and develop new directions for the future.

This will be an opportunity for fun, learning, and celebration. The conference will include hands-on experiential sessions, a trade show, an engaging series of keynote speakers, entertainment, magic and much more including the **Outdoors!**

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Welcome to the first edition of "*The Compass*"; Nova Scotia's outdoor recreation/ education e-newsletter published by the Nova Scotia Outdoor Leadership Development (NSOLD) Program. With input from the outdoor community in our province (folks like you), *The Compass* will be released quarterly with relevant information to those practicing and playing in the outdoor field. The idea for this newsletter was inspired by the original NSOLD newsletter publication that existed back in the '70's and '80's titled "Bush Notes" that aimed to serve as a uniting tool for our outdoor community.

What type of material and information will be contained in *The Compass*? Well, continuing with the metaphor; what does a compass do? It keeps us on course. It lets us know where we are in relation to our environment. It provides direction when we are unsure which way to travel next. There are many groups and individuals in Nova Scotia both looking for outdoor experiences and offering outdoor experiences.

The goal of *The Compass* is to connect the two... provide resources to those looking for them... provide a tool for good direction and connection to the "outdoor environment in Nova Scotia.

This is the first edition. You may read this and quickly think of others who would like to receive it... please pass it on and suggest that they sign up to the e-list. You may also know of other things happening that should be included in the next issue... please let us know. The success of this newsletter really depends on input from those in the know and we fully expect that the content and relevancy will improve with your input. We hope you enjoy this first edition and find something of value or interest. Please have a read and consider what you might be able to contribute for the next issue. To submit an article or course promotion, contact Sandra Fraser at 424-5481, frasersx@gov.ns.ca or Jody Conrad at 424-7589, Jody.Conrad@gov.ns.ca.

... then get outside

Greetings from Hike Nova Scotia

Hike Nova Scotia was established in 2007, and its purpose is to encourage and promote walking, hiking and snow shoeing . If you value the great outdoors and walking, hiking and snow shoeing are your passions, then plan to join HIKE NS and be part of a growing network of folks who are proactive in making our province more walkable and hikable in all seasons.

We are looking for new members and people who will take an active role on our board of directors. Our next AGM is tentatively planned for May 2009 in the Truro area. Please watch our website for up- to -date information and be sure to read our newsletters on line at www.hikenovascotia.com

Hike Nova Scotia is a member of Recreation Nova Scotia and the NS Trails Federation. We are Nova Scotia's representative organization with the International Appalachian Trail (IAT/SIA) and the National Hiking Trail.



Photo: Snowshoeing at Keji – Credit Deb Ryan



This winter plan to get out and hike and snowshoe with family and friends and explore the many and varied trails in your region. Snow shoeing is one of the fastest growing outdoor recreation activity. It is very suited to Nova Scotia winter weather as the new snowshoes have metal cleats and crampons on the bottom that grip the snow and the ice. The pivot action of the new binding system makes it easy to trek through the snow and it is just like walking. If you prefer, add poles and have the benefit of increased stability and an upper body workout.

The early wood frames are still used by the avid hiker. However new snowshoes are made from lightweight aluminum or durable plastics and have a variety of binding systems to choose from.

There are many outdoor –sport-cycle shops in Nova Scotia that sell snowshoes. Contact your local recreation department as many have snowshoes to be signed out and you can try before you buy. They can also give you a list of local trails.

For most snowshoe conditions, folks should look for recreational hiking snowshoes unless they are runners or plan to hike up steep mountain areas.

Happy Hiking!

Debra Ryan
President
HIKE NS
debryan@annapoliscounty.ns.ca

Get outside with the Sea School

this winter and spring!
www.seaschool.org

March Break:

5-day Backcountry Survivor Trip (Ages 14-18).

Make new friends, build shelters with snow, track animals and much more. Experience how awesome the outdoors is in the winter with a team of fun people and inspiring instructors. *March 14th-18th*

NS Sea School

Register now!
Call:
902 .423 .7284

Interested in summer sailing and adventure programs for youth and adults? Our summer schedule is available! Visit our website at www.seaschool.org

5-day Build your own Treasure Chest (Ages 13-17)

Want something really special to keep all your important or secret stuff in? Spend 5 days with the Sea School building your own treasure-chest that you can lock, design as you like and put all your personal things in. This can be your keepsake forever! With your team of new friends and cool instructors you will tour an old-growth forest to select your wood, learn to use old-school hand-tools, go on field trips and get new skills that look great on your resume.

March 16-20, 10am - 4pm daily, includes day trip to Lunenburg



Upcoming Training Opportunities

Outdoor Winter Camping Skills February 21 – 22, 2009 \$35.00/person or \$40.00/family
Contact: Chris Samson (902) 318 - 0134 or email register.nsold@gmail.com

Wilderness First Responder – 80hr. Certification April 11 – 18, 2009 Wentworth, NS Offered by:
Committed 2 the Core and WILDERNES MEDICAL ASSOCIATES Contact: Christopher Lockyer
(902) 843-0370 info@committed2thecore.com

Wilderness First Aid April 24 – 26, 2009 Cape Breton – TBA \$85.00 Contact: Chris Samson
(902) 318 - 0134 or email register.nsold@gmail.com

Environmental Interpretation: Sharing Nature with Others May 9, 2009 New Glasgow – TBA
\$20.00/person or \$30.00/family Contact: Chris Samson (902) 318 - 0134 or email
register.nsold@gmail.com

Families United with Nature (FUN) May 23, 2009 Jerry Lawrence Provincial Park, Halifax County
Contact Mike Pollard mikepollard@ns.sympatico.ns.ca

Outdoor Leadership School May 27 – 29, 2009 Bethany Center – Antigonish \$125.00 Contact: Chris
Samson (902) 318 -0134 or email register.nsold@gmail.com

Outdoor Practitioners Conference May 29 – 31, 2009 St. Francis Xavier University, Antigonish

Wilderness Navigation June 13, 2009 Fresh Air Shelter – Antigonish \$20.00/person or \$30.00/ family
Contact: Chris Samson (902) 318 - 0134 or email register.nsold@gmail.com

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

Wilderness & Remote First Aid and Wilderness & Remote First Responder Ongoing – For a
complete listing contact Blair Doyle at (902) 222-0868 or (902) 434-9122 or email
adventure@hfx.eastlink.ca Website: www.wrfa.ca

Upcoming Events

Canoe Kayak Nova Scotia will be hosting a Special Meeting of the Membership on **February 24th**
at the Fairbank Ctr in Dartmouth. The meeting will begin at 7pm for the purpose of reviewing the
2007-2008 financial information and to present the Minutes from the 2007 AGM.

Halifax Regional Search & Rescue's "Eco-Endurance Challenge" April 25 - 26, 2009 Just outside of
Halifax. Registration is open now and is taking place until March 31/09. Fee: \$75. Website:
<http://hrsar.ca/e2c/>

Climb Nova Scotia's Annual Boulderfest June 2009. Visit www.climbnovascotia.ca