



THE COMPASS

Your quarterly newsletter on outdoor leadership in Nova Scotia

Winter 2012

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

Do you have an
outdoor leadership

NSOLD Winter Survival

- Experience survival in winter and **build your confidence in safe but real situations.**
- Learn **skills** and **strategies** for survival through this highly experiential weekend course.
- **Test your mental and physical survival skills** in a winter wilderness setting.
- Challenge your ability to adapt, improvise and overcome.

Upcoming dates:

Weekend Module: **Jan. 20 - 22, 2012 Gittens Lodge,**
Manganese Mines, Colchester County Friday 7:00pm - Sunday
at 2:00pm

Fee:\$65 or \$55 (students) Includes meals for the course.
Contact [Sandra frasersx@gov.ns.ca](mailto:Sandra.frasersx@gov.ns.ca) or phone 902.424.5481

24 hour Survival Jan. 21 - 22, 2012 Antigonish Contact Frank
frank@peak.ca

24 hour Survival Feb. 25 - 26, 2012 Cape Breton Highlands
National Park Contact Cara cara.palmer@invernesscounty.ca or phone
902-787-3507.

event you would like profiled in The Compass?

Contact Sandra at:

frasersx@gov.ns.ca

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



Nova Scotia Outdoor Leadership Development Program: Winter Survival Weekend Course January 20 – 22, 2012

Who: Adults and youth (ages 17 and up)

What: Winter Survival

When: Friday Jan. 20th at 7:00 pm –
Sunday Jan. 22nd at 2:00 pm

Where: Gittens Lodge, Manganese Mines
(near Bible Hill)

Cost: \$65.00 for Adults
\$55.00 for Students

(Payment is to be sent via cheque or money order with course application.)



Test your mental & physical survival skills in a winter wilderness setting. Come experience safe but real survival situations. Learn skills and strategies for survival through this highly experiential weekend course. Challenge your ability to adapt, improvise and overcome.

The weekend will be a combination of indoor theory and primarily hands-on outdoors.

Topics to be covered:

- ☒ Shelter building
- ☒ Survival stressors & survival plan
- ☒ Heat loss/ heat gain
- ☒ Site selection
- ☒ Food
- ☒ Clothing

Contact Sandra Fraser for further information or to register. Email: frasersx@gov.ns.ca or phone 424 - 5481.



www.nsold.ca

Hike NS News

Register for the NS Hiking & Snowshoeing Summit Jan. 28!

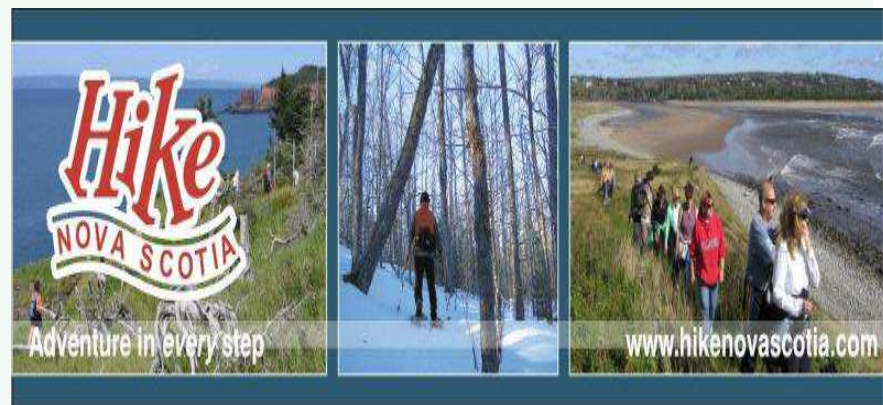
Hike Nova Scotia invites individuals and groups with an interest in hiking, walking and snowshoeing to the first annual

Nova Scotia Hiking & Snowshoeing Summit. This one day event will take place on Saturday, January 28, 2012 at Kejimikujik National Park and National Historic Site in Maitland Bridge. The Summit is a celebration of Nova Scotia's hiking culture, which includes sharing best practices, stories and networking opportunities. It will help us grow a hiking, walking and snowshoeing culture in the province. Space is limited, so register early to reserve your spot. Check out the Summit flyer for a draft agenda, registration link, directions and more here: <http://tiny.cc/pn05f>.

Where to Borrow, Rent or Buy Snowshoes in Nova Scotia

Hike Nova Scotia has created a list of how to access snowshoes in Nova Scotia:

<http://www.nwshmanager.com/documents/63/Snowshoe-Borrow-Rent-Buy-Guide-NS%202011-12.pdf>



Wild Spaces Grants Available through HeartWood's LOT Network

Deadline January 31, 2012

Purpose:

To support youth to connect with wild spaces close to their community by accessing a NS Protected Area (i.e. provincial park, hiking trail, etc.). Up to \$3,500 has been granted from the NS Department of Environment to connect youth to nature in their community!

What is a NS Protected Area?

It's a clearly defined geographical space, recognised, dedicated and managed, through legal or other effective means, to achieve the long-term conservation of nature. This includes provincial parks, heritage rivers, nature reserves and wilderness areas. Find a protected area close to YOUR community at:

<http://www.gov.ns.ca/nse/protectedareas/map.asp>.

Examples of Potential Wild Spaces Grants Projects:

Lead earth education activities in the outdoors, plan a hiking or camping trip for a youth group in your community, go snow-shoeing or skiing in the winter, do some bird watching, host a plant identification workshop, do a trail maintenance project, etc.

On-Going Application Process:

You must apply as a team and a team must include youth and supportive adults who want to work together

to create a stronger, healthier, more diverse and inclusive community that welcomes and supports all youth!

Youth must be involved in a meaningful and equal way (be a part of discussions, decisionmaking, actions, learning opportunities and reflections).

The Pictou County Youth Council alongside with HeartWood Centre for Community Youth Development will be supporting each team as it moves forward.

Contact:

Questions?

Ask Sarah Cooke (Northumberland Regional High School Student) at sarahcooke11@gmail.com or Taylor Bezanson (North Nova Education Centre Student) at bezansonwt@gmail.com.

Send Applications By Email To: Isabelle LeVert-Chiasson (902-444-5885) at: isabelle@heartwood.ns.ca.



Registration now Open for the 5th Annual Atlantic Paddle Symposium

May 11-14, 2012, Liscombe Lodge, Eastern Shore, NS

This event is open to all paddlers, of all levels, who have a keen interest in improving their skills. We are reprising past successful sessions, and introducing new lessons. Check them out at www.atlanticpaddlesymposium.com

Register now to guarantee your place, as we only have room at beautiful Liscombe Lodge for the first 75. By registering now, you will be entered for the Early Bird prize draw.

The Atlantic Paddle Symposium is recognized as the premier paddling event in Atlantic Canada. Always timed to start off the paddling season, it brings together a dedicated paddling community for a 4 day event focused on skill development, outdoor leadership, education, and paddling safety. Now in its fifth successful year, the symposium facilitates relationship building within the Atlantic Canada paddling community, as well as introducing top international paddling instructors to the Atlantic Canada paddling community.

When you are relaxing in the evening, you can enjoy some of our top notch presenters:

- o Sean Morley (P&H and Kokatat sponsored coach);
- o Andrew Westwood (Esquif sponsored coach);
- o Zac Crouse "Paddle to the ocean";

Fifth Annual Atlantic Paddle Symposium May 11-14, 2012

www.atlanticpaddlesymposium.com

If you have any questions, please feel free to contact Christopher Lockyear Executive director 902 843 0370 (Home Number) or

info@atlanticpaddlesymposium.com

Committed to the Core Update

C2C is offering a full slate of Paddle Canada skills program again this year. Check out our website for all the dates and details.

www.committed2thecore.com/courses.html

Instructor Development Programs

Paddle Canada Intro to kayak instructor development program will be run based out of the Saint Mary's Boat club in Halifax. Date: May 4 - 6

Paddle Canada Level 1 Instructor development program will be run out of the Deanery Project

<http://thedeaneryproject.wordpress.com> Date: June 1 - 4

HeartWood Professional Development Opportunity March 2 and 3, 2012

ALL IN! PROFESSIONAL DEVELOPMENT DAY

Effective tools for positive youth group development.

When: March 2 and 3, 2012

Time: 8:30-4:30

Where: Halifax Location TBA

Cost: \$60.00 (Lunch and snacks provided) Students \$35.00

Registration Deadline: February 17, 2011

Registration fee is non-refundable after February 27, 2012

Have you ever wondered how to maximize positive outcomes for youth in groups? Games, initiatives, and activities are excellent ways to actively engage youth in positive group experiences. This workshop will build a deeper understanding of effectively moving groups through the stages of group development by facilitating fun, active and appropriate games and initiatives. This workshop will explore group development theory and provide concrete activities that are exciting, active and challenging for young people.

FOR MORE INFO: Please contact HeartWood at (902) 444-5885 or email adrianna@heartwood.ns.ca

Upcoming Programs & Events

Bicycle Nova Scotia AGM January 15 at 3:00 pm Dalhousie University - Mona Campbell Building, Rm 1110 - corner of Coburg and LeMarchant Streets. Many important issues to be discussed. Contact: staff@bicycle.ns.ca or Board Members: <http://www.bicycle.ns.ca/contact.html>

Halifax North West Trails Association Open House January 16 2:30 - 7:30 pm Trinity Anglican Church 321 Main Ave., Fairview Contact: Bob McDonald info@halifaxnorthwesttrails.ca or 443-5051 or www.halifaxnorthwesttrails.ca for more details.

Cyclesmith Winter Bike Maintenance Series Basic (one night) or Advanced (3 x 3 hours) multiple dates starting Tue Jan 17, 2012 - April 23 visit <http://cyclesmith.ca/articles/repair-courses-pg172.htm> or Contact Rob or Scott at 425-1756 or mechanic@cyclesmith.ca

NSOLD Wilderness Survival Weekend Module January 20 - 22, 2012 Gittens Lodge, near Bible Hill. Contact: Sandra Fraser frasersx@gov.ns.ca or call 424-5481.

Wilderness Remote First Responder RECERT January 20 - 22, 2012 HRSAR Base, Lower Sackville Contact: Blair Doyle adventure@hfx.eastlink.ca 222-0868 (cel) or www.wrfa.ca

NSOLD Highland 24 Hour Survival January 21-22, 2012 (9:00 am Saturday - 9:00 am Sunday) Antigonish County Contact Frank frank@peak.ca

Take the Roof Off Winter Launch Events January 21, 2012:

Snowshoeing adventure (hiking if no snow) 10:30 a.m Cape Breton Highlands National Park, Cheticamp Salmon Pools trail

head. Hot beverages and snacks will be served in a warm shelter at laRigouèche. Contact: Les Amis du Plein Air - Sandra LeFort Aireslesamis@acinet.ca

10:30 am Snowshoe trek on the Gully Lake to Nuttby Trail System Gully Lake Wilderness Area (Colchester) Meet at the Trail Head on the Kempton Road www.cobequidecotrails.ca. Contact Sheila at (902) 895-2007 or Bettie at (902) 897-4758 or email sgwilson53@hotmail.com

10:30 am Snowshoeing/ Guided Hike Ellenwood Provincial Park (Yarmouth) Meet at the ski cabin (you will have to walk into the park) Contact Misty at 742-8868.

Banff Mountain Film Festival January 24th Al Whittle Theatre, Wolfville Contact: The Trail Shop info@trailshop.com or 697-3115

Banff Mountain Film Festival in Halifax January 25 & 26, 2012 Empire Theatres Park Lane Contact: The Trail Shop info@trailshop.com or 423-8736.

Climb Nova Scotia Clean Ice Climb January 28th (Weather permitting) Halls Harbour More info: www.climbnovascotia.ca or email climbnovascotia@gmail.com

Hike Nova Scotia Hiking Summit January 28 Kejimikujik National Park National Park Register at <http://www.zoomerang.com/Survey/WEB22E24X899ME>

AVMBA "Cape Splitting Headache" ride February 5 11:00 Depending on snow/ground conditions, it could be a MTB ride, snowshoe trek or a hike. Meet at the Cape Split parking lot. Contact: info@avmba.com

Orienteering Association of Nova Scotia AGM February 5 12:00 noon Atlantic Superstore in Elmsdale Contact: President Greg Nix at nixga@yahoo.ca

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

Becoming an Outdoors Woman Winter 2012 Workshop February 17 - 19, 2012 Gaelic College of Celtic Arts and Crafts, St Anns Cape Breton, Contact: Pam Grace (902) 424 - 5832 or email BOWNS@gov.ns.ca

NSOLD 24 Hour Wilderness Survival February 25 - 26, 2012 (9:00 am Saturday - 9:00 am Sunday) Cape Breton Highlands National Park Contact Cara at cara.palmer@invernesscounty.ca or phone 902-787-3507

Orienteering Association of Nova Scotia Snowshoe Event February 25 (Tentative date) Wentworth Hostel Check website for details: <http://orienteeringns.ca/index.php>

ALL IN! HeartWood PROFESSIONAL DEVELOPMENT DAY *Effective tools for positive youth group development.* March 2 and 3, 8:30-4:30 Halifax Location TBA Contact HeartWood at (902) 444-5885 or email adrianna@heartwood.ns.ca

Wilderness Remote First Aid March 9 - 11 HRSAR Base, Lower Sackville Contact: Blair Doyle adventure@hfx.eastlink.ca 222-0868 (cel) or www.wrfa.ca

2nd Annual NS Dept. of Natural Resources Hunting Camp for Youth March 12 - 13 Middle Musquodoboit and March 15 - 16 McGowan Lake Contact: Natural Resources Education Centre at 384-3420 or nrec@gov.ns.ca More Info at: <http://www.gov.ns.ca/natr/education/nrec/2012-Youth-hunting.asp>

HearWood MARCH BREAK LEADERSHIP CAMP March 13-16, 2012 The MARC in Bridgewater For Youth (ages 14-18) (These details are subject to change) Contact: Adrianna at adrianna@heartwood.ns.ca or call 444-5885.

Nova Scotia Sea School Take it Outside Youth Wilderness Adventure MARCH BREAK 2012 - DATES TBA. Ages 15-18. Contact: 423.7284 or <http://www.seaschool.org>

Adventure & Safety Atlantic Wilderness Survival March 30 - April 1 (6:30pm Friday evening start - two overnights) HRSAR Base, Lower Sackville Contact: Blair Doyle adventure@hfx.eastlink.ca 222-0868 (cel) www.wrfa.ca

NSOLD Emergency Procedures TBA Spring 2012 Location: Beaver Mountain Provincial Park (Antigonish) Contact: Andrew Foran at aforan@stfx.ca or 867-5422

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

Wilderness Remote First Responder Full course April 14 - 21 HRSAR Base, Lower Sackville Contact: Blair Doyle adventure@hfx.eastlink.ca 222-0868 (cel) or www.wrfa.ca

NSOLD Wilderness Camping Skills April 28 Beaver Mountain Provincial Park (Antigonish) Contact: Andrew Foran at aforan@stfx.ca or 867-5422

Paddle Canada Instructor Development Programs Intro to Kayak May 4-6 Saint Mary's Boat club in Halifax. More info via

Committed to the Core at <http://committed2thecore.com/courses.html>

NSOLD Wilderness Navigation Beaver Mountain Provincial Park (Antigonish) Contact: Andrew Foran at aforan@stfx.ca or 867-5422

Halifax Search and Rescue Eco-Endurance Challenge May 5 - 6t <http://ecoendurancechallenge.ca/>

Atlantic Paddling Symposium May 11 - 14 2012 Liscombe Lodge, Eastern Shore. NS Contact: info@atlanticpaddlesymposium.com or (902) 843 0370 <http://www.atlanticpaddlesymposium.com>

HeartWood Mentoring in the Outdoors Weekend Module TBA June 2012 Contact: home-place@heartwood.ns.ca or 444-5885 www.heartwood.ns.ca

NSOLD Wilderness Remote First Aid (WRFA) June 8 - 10 Crystal Cliffs Contact: Andrew Foran aforan@stfx.ca or 867-5422

Becoming an Outdoors Woman Fall 2012 Workshop September 14 - 16, 2012 Mount Traber Camp, Middle Musquodoboit area Contact: Pam Grace (902) 424 - 5832 or email BOWNS@gov.ns.ca

Contact Info

Sandra Fraser
NS Department of Health and Wellness
frasersx@gov.ns.ca

[Forward email](#)



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