

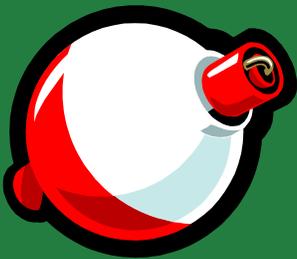


# NSFAH Journal

April 2012

## *In This Issue:*

- Burning Calories
  - Closing The Loop
  - Federation Awards
- ...and a whole lot more.



*To receive a copy of the NSFAH monthly E-Newsletter simply fill out the contact form at the Federation website, include your name and email address...it really is that simple!*

## Benefits to Fishing Include Burning Calories

There is no question there are many benefits to sport fishing. While taking a few fish home for the pan is always a special treat, most anglers I know gain so much more from fishing. For many of us it is the chance to spend time on the water with old friends. Most of the time fish are found in beautiful surroundings, whether it is a back country lake or a forest stream. Those hours spent outdoors certainly help to recharge my batteries. The chance to spend time watching wildlife ranging from deer to birds is also a special treat.

This was brought home to me last season when I had the opportunity to finish out the salmon season on Middle River. The heavy rain had the river in flood but we fished hard in spite of the tough conditions. While we saw one fish roll we went fishless. Were we discouraged? No way. We had each fished long enough to know why they call it fishing and not catching. The opportunity to finish out the season on the beautiful Middle River was a real treat.

The physical benefits of angling is another factor which we seldom consider when on the water. A pamphlet prepared by the Nova Scotia Federation of Anglers and Hunters to promote hunting and fishing as healthy outdoor activities listed the amount of calories a 155-pound person would burn in one hour of various outdoor activities. While one would expect hiking and walking to be close to the top, 422 and 352 calories respectively.

I was surprised to find that an hour spent wading a trout stream also burnt 422 calories. Fishing from a bank expended 246 while fishing from a boat used 176 calories per hour. Add in the benefits of being outside in the fresh air and one can see that sport fishing can be an important part of a healthy lifestyle.

A few years ago I had the opportunity to personally experience how sport fishing can benefit our physical and psychological health when I attended a Casting for Recovery workshop on the Margaree River. I had been invited to serve as a guide for the workshop, which attracted 15 women from Atlantic Canada who were recovering from breast cancer. The workshop taught them the basics of fly fishing and fly casting. The casting helps in the recovery process while the opportunity to spend time outside with other women who have shared similar experiences was an opportunity for hope and healing.



While none of the women had ever fly fished before they took to it quickly and all had a great time. I know the guides gained as much from them as they learned from us.

Tight Lines.

Don MacLean

## Closing The Information Loop

In the latest edition of the Outdoor Edge an article by Darrell Crabbe, Executive Director of the Saskatchewan Wildlife Federation, struck a familiar note of circumstances close to home.

Darrell recalled that the winter of 2010 – 11 had been devastating on most wildlife species in Saskatchewan, with few exceptions there had been severe winter mortality. Through their participation on Wildlife Advisory Committee (WAC) and in other forums SWF made a case for reducing hunting opportunities on several species including white-tailed deer. The general consensus of SWF members, Conservation Officers, Ministry staff and the majority of the organizations on the WAC was that 2011 white-tailed hunting levels had to be modified from the 2010 levels in those zones most heavily impacted.

When the 2011 white tailed tag numbers were announced SWF was surprised that there had been no change from 2010. Accordingly they wrote the Minister to ask why?

The Ministers response was that other organizations had identified concerns with the number of deer/car collisions, which were significant enough to keep 2011 tag numbers the same as 2010. The Minister also pointed out that only a few representations to reduce tag numbers had been received. This was a shock to SWF as they had been receiving hundreds of calls suggesting a reduction in tag numbers. SWF assumed that these requests were being made to the Ministry as well, but apparently they were not.

In my travels to various clubs during and after the 2011 deer season I heard a consistent message that deer sightings were down significantly. There was a lot of concern expressed that the antlerless tag numbers for 2011 were the same as 2010 even though the spring heard estimate was not available in time for the allocation of tags by zone.

Many questions were posed about how DNR was making harvest decisions.

The Federation has initiated discussions with DNR on the future management of the deer herd, but the Saskatchewan example makes me wonder how many of the hunters that expressed concern to me took the time to express the same concerns to DNR? When I report what I've heard in the field DNR say they are not receiving a significant level of concerns or questions.



At the end of the day the Wildlife Division of the Department of Natural Resources is responsible for the management of Nova Scotia's wildlife, as their web site proclaims, "**based on the best science and traditional knowledge available**". We, the hunters, trappers and anglers of the province are a key source of "*traditional knowledge*" and have a responsibility to the wildlife of Nova Scotia to ensure those making management decisions are aware of our observations.

Make sure you return all harvest reports. Participate in **Operation Whitetail Count** being conducted by Nova Scotia Association of Crossbow Hunters at: <http://nsach.ca/help/2012survey.html> If you have other information or concerns contact DNR to ensure they are fully informed of what's going on from your experience and observations.

Wilf Woods  
President, NSFAH

**OPERATION: WHITETAIL COUNT**  
go to [www.nsach.ca](http://www.nsach.ca) to get started today



## 2012 Recreational Fishing Season

Sport-fishing is one of many outdoor experiences that Nova Scotia offers - whether you are a beginner or an experienced angler - it is an activity that can be enjoyed by all age groups. Nova Scotia has many places to fish and the opportunity to fish throughout the year. The province's freshwater fishing spots are abundant with wildlife. For many anglers - exploring what is around the next bend or visiting a new fishing spot for the first time is an important part of the adventure.

The growing number of anglers increases the financial support provided to the Nova Scotia Sport-fish Habitat Fund through the sale of fishing licences. Last year both Nova Scotians and visiting anglers contributed over \$300,000 to the fund which provides money for programs such as Adopt-A-Stream and barrier-free access projects to help all anglers access their favourite fishing spots.

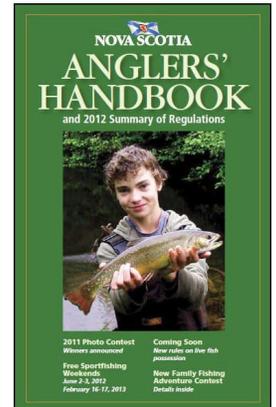
Dozens of volunteer angling groups access these programs each year to improve and restore fish habitat and angler access.

Anyone wanting to find out what the sport has to offer should take part in a sport-fishing weekend, happening June 2 and 3, 2012 and February 16 and 17, 2013. Residents and non-residents may fish without a general fishing licence only on those weekends.

For more information on the recreational fishing seasons and dates, contact your local Inland Fisheries office, or check the Anglers Handbook right here.

And don't forget, You are required to purchase a general fishing licence or a salmon fishing licence to angle in the waters of Nova Scotia,

Good luck this year and fish safe.



## Nova Scotia Association Of Crossbow Hunters

### Nova Scotia Association Of Crossbow Hunters

#### 3<sup>rd</sup> Annual General Meeting

**When:** April 21, 2012

**Where:** Shubenacadie Training Center

**Time:** 11:00 AM – 3:00 PM

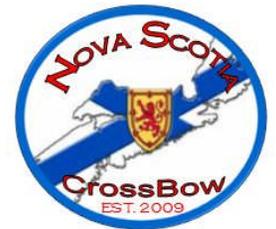
The Nova Scotia Association of Crossbow Hunters will be hosting their 3<sup>rd</sup> Annual General Meeting on April 21, 2012. Special guests this year include Bluenose Long-beards, The Big Game Society and Department of Natural Resources, Enforcement Division. Come out and talk turkey, get some antler scoring tips and listen in on an update on enforcement activities from around the province.

If you are unfamiliar with the set-up at the Shubenacadie DNR depot, just head into the Wildlife Park entrance, then turn left at the big brick building. From there, just follow the crowd.

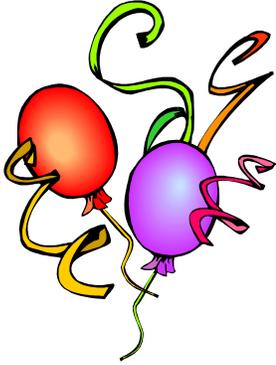
Hope to see you there.

For more information, or a detailed agenda, contact the NSACH via email at [nsach@eastlink.ca](mailto:nsach@eastlink.ca).

Get involved, it's about time you did!



## Funding Lottery Winners - 2011



Each year, the Nova Scotia Federation of Anglers & Hunters, raises money through the sale of raffle tickets on a series of prizes, with the main prize being a brand new aluminum boat, motor and trailer. This year, the winner of the boat, motor and trailer is:

**Mr. Alex MacAskill, Enfield, NS,** sold at the Atlantic Outdoor Sports and RV Show. Congratulations Alex!

The runners-up prizes and winners are as follows:

\$400.00 Mr. Pat Martin, Brookside, NS

\$300.00 Mr. E.A. Young, Halifax, NS

Unframed wildlife print - Ms. Michel Ulbrich, Merigomish, NS.

Unframed wildlife print - Ms Chantelle Carson, Lower Sackville, NS

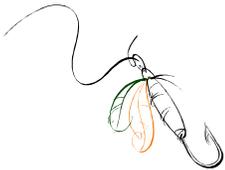
Unframed wildlife print - Mr. Ivan Crossland, Bridgewater, NS.

Congratulations to all the winners! Thank you for your support.

Stay tuned for information on next year's funding lottery. More great prizes to be won in 2012. Tickets can be purchased through just about every affiliate club, or just contact the Federation at the address found on the last page of this Journal.

## 5 Tips for Better Trout Fishing

**A real key to successful trout fishing is to go with a fishing setup that will give you the most excitement and sometimes that means going with a light setup for those smaller trout.** You will have so much more fun when fishing light tackle or trying a fly fishing setup that matches the size of the trout you are fishing.



These 5 useful trout fishing tips will help you catch more trout and even bigger trout in the same water you couldn't catch them before. Happy fishing and remember to take a kid fishing, it could change their life.

1. When trout fishing a stream don't get in the water until you have evaluated the lay of the water and structure. What's happening in and around the water that will tell you what might be happening under the water.

2. Knowing what the trout are feeding on will give you a big advantage so follow step one first and then step two is to turn over a few rocks that are under the water to see what

kind of life is living there, then use a bait that matches what you find.

3. Having taken the time to read the water and its surroundings for indicators of what the trout are feeding on and after you have turned a few rocks, you now need to get your bait or fly where the fish live, but not on top of their head as you will spook them and never catch much other than dumb fish which are usually quite young and small.

4. Situate yourself so that you are not in a feeding lane and then cast ahead of the fish so that the bait or fly will drift into the fishes feeding zone. You are much more likely to get that big one when you're stealthy.

5. Patience is a virtue, especially when it comes to trout fishing as they are extremely easy to spook. Practice patience and you will do much better. When you accidentally slap your bait or fly on the water and spook a fish, stop, take a break to give the fish a few minutes to calm down. That's when you get the big one and the other guy gets skunked.



## Nova Scotia Federation of Anglers & Hunters - Awards

Each year, during the annual meetings and convention, the Nova Scotia Federation of Anglers & Hunters presents awards to clubs, members and individuals who stand out within the conservation community. The awards presented this year are as follows:

**Graham Cup** – Is presented to the club with the greatest percentage increase in membership.  
2012 Winners - Nova Scotia Association of Crossbow Hunters

**Halifax Wildlife Association Shield** – Presented to the affiliate which sold the most Funding Lottery tickets on a per capita basis.  
2012 Winner - Halifax Wildlife Association

**Curtis Cup** – Presented to the Affiliate with the best Conservation Project.  
2012 Winner - Cape Breton Wildlife Association

**President's Plaque** - Is awarded annually to the Association judged to be the most successful in promoting wildlife conservation among youth.  
2012 winner - Hants West Wildlife Association

**Tupper Morrissey Shield** – Is presented annually to the branch of the Federation that makes the most significant contribution to the conservation and propagation of migratory game birds.  
2012 Winner - Hants West Wildlife Association

**Valley Shield** – Is presented for outstanding effort toward the advancement of freshwater sport fishing.  
2012 Winner - South Shore Wildlife Association

**Vice Presidents Shield** – Is presented annually to the club which best promoted the objectives of the NSFA&H.  
2012 Winner - Shelburne Fish and Game

**N.S.F.A.H. Past President's Award in Honour of Earl Wood** – Is presented for the demonstration of outstanding leadership in the promotion of safety and sportsmanship in outdoor recreation.

2012 Winner - Nova Scotia Guides Association

**Fair - Hickman Award** – Is awarded annually to the Nova Scotia legislator, (Federal, Provincial or Municipal), who has evidenced the highest level of support for Conservation or Wildlife Habitat during the past calendar year.  
2012 Winner – Honourable Sterling Belliveau, Minister of Environment

**Jack Nicholis Trophy** – Is awarded annually to an individual for outstanding efforts in furthering the aims of the NSFAH.  
2012 Winner – Mr. Don MacLean, Inland Fisheries

**Tobin Trophy** – Is awarded annually to an individual or group for their continued education of the public on wildlife, environment or related subjects.  
2012 Winner - Becoming an Outdoors Woman Nova Scotia

**Gilbert Knickle Award** – Is presented annually to a non-member individual for outstanding efforts in furthering the aims of the NSFAH.  
2012 Winner - Prime Minister Stephen Harper

We must all work together to ensure future generations enjoy the right to Fish, Hunt, Trap or otherwise enjoy the wildlife resources of Nova Scotia. **Together we can make it happen!**

Wilf Woods  
President  
NSFAH



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The NSFAH Journal is published monthly, except during hunting season. If you or your club has an article to submit, send along before the 25<sup>th</sup> of each month to ensure your information is inserted.

We're on the Web!

See us at:

[www.nsfah.ca](http://www.nsfah.ca)

## **Peter Underwood 1952 - 2012**

Peter Christopher Underwood, a deputy minister in Nova Scotia, lifelong environmentalist and one of the founders of the Gulf of Maine Council on the Marine Environment, died after a short illness last week.

He was born March 13, 1952 in Greensborough, N.C. to Margaret and Charles Underwood. The Underwood family has deep roots in Pictou County, but Margaret and Charles moved to Halifax early in Peter's life and he lived in Halifax most of his life thereafter.

Peter was a scientist, an artist, a visionary and an adventurer. He urged those he loved, in particular his wife and children, to reach for the stars. He was known as the "fun-meister" to his children's young friends, fun that taught life skills that will sustain us through this loss.

One of his career highlights was representing Nova Scotia at the Earth Summit in Rio in 1990. Conscious of economic development as well, Peter championed aquaculture, tidal power, and sensible, effective environmental regulation. The Environment Act was entirely overhauled when Peter was the Director of Policy with the Department of Environment. Peter caught on early to the interdisciplinary approach, and Nova Scotia was the big winner.

Peter celebrated his 60th birthday on March 13, 2012. His birthday wish was for a long life for those gathered.

If you wish to make memorial donations, please consider the Ivar Mendez International Foundation.  
[ivarmendezfoundation.org](http://ivarmendezfoundation.org)

### Hold these dates!

**National Fish & Wildlife Conservation Congress**  
The Westin Ottawa  
Ottawa, Ontario, Canada  
**May 27 to 31, 2012**  
[www.nfwcc.com](http://www.nfwcc.com)

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## **Nova Scotia Federation of Anglers & Hunters Affiliate Club Listing**

*All Terrain Vehicle Association of Nova Scotia  
Archery Association of Nova Scotia  
Bowhunters Association of Nova Scotia  
Bowhunters Instructors Association of Nova Scotia  
Bras D'or Wildlife Association*

*Cape Breton Wildlife Association  
Conservation Enforcement Officers Association of Nova Scotia  
Delta Waterfowl Association  
Digby East Fish & Game Association  
Halifax Wildlife Association*

*Hants West Wildlife Association  
Kings County Fish & Game Association  
Canadian Association of Smallmouth Anglers  
Lansdowne Outdoor Recreation Development Association*

*Lunenburg County Wildlife Association  
Nova Scotia Association of Crossbow Hunters  
Nova Scotia Guides Association  
Nova Scotia Houndsmen Association  
Nova Scotia Bear Hunters Association*

*Port Morien Wildlife Association  
Queens County Fish and Game Association  
Scotian Longbeards Association, NWTF  
Shelburne County Fish & Game Association  
South Shore Wildlife Association*

*The Big Game Society of Nova Scotia  
Traditional Archers Association of Nova Scotia  
Trappers Association of Nova Scotia  
West Pictou Wildlife Association*