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**VOLUME 16, NO. 4
FALL 2007**

A Walk In The Woods

Random Casts

**Don't Let This Be Your
Last Hunt Part 2**

Mailed under Canada Post
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**OFFICIAL PUBLICATION OF THE NOVA SCOTIA FEDERATION
OF ANGLERS AND HUNTERS**



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Nova Scotia Federation of
Anglers & Hunters

NOVA OUTDOORS

FALL 2007

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Cover photo: Moose, courtesy of US Fish & Wildlife Service, National Image Library.

To place your ad in the next issue (Winter, 2007/08) of Nova Outdoors, please call (902) 468-6112, or call Tony Rodgers of the Nova Scotia Federation of Anglers and Hunters at (902) 477-8898.

Nova Outdoors

Official Publication of the
Nova Scotia Federation
of Anglers and Hunters



Nova Scotia Federation of
Anglers & Hunters

Vol. 16, No. 4
FALL 2007
STATEMENT
OF PURPOSE

The Nova Scotia Federation of Anglers and Hunters is interested in all aspects of the out-of-doors and is dedicated to the fostering of sound management and wise use of the renewable resources of the Province. We want to ensure that their economic, recreational and aesthetic values may continue for the benefit of this and all future generations.

Nova Outdoors is the registered trademark of Nationwide Promotions. The opinions expressed in the magazine do not necessarily represent the official views of the Nova Scotia Federation of Anglers and Hunters nor its publishers. Nova Outdoors is published quarterly and will be made available free of charge to the membership and selected retailers, government offices, libraries and other seasonal outlets.

Special thanks to our many contributors who have assisted in this project - your continued support will be appreciated.

We cannot be held responsible for unsolicited articles or advertisers claims.

Published quarterly by

NATIONWIDE
Promotions Limited

Design and production

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Mailed under Canada Post
Publication Agreement No. 40050030

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BEDFORD, NS B4A 3X5

President's Message



Nova Scotia Federation of
Anglers & Hunters

who requested that she be able to join the day camp offered to the boys and go fishing.

Lydia didn't want to do the Glamour Girls Day Spa Camp, she wanted to go to the camp that offered a day of fishing and outdoor activities. Unfortunately that day camp was for boys only ... no girls allowed! Lydia's request was denied.

Going to a spa and getting a pedicure and manicure is the last thing that little girls aged 5-12 years old should be thinking of. There is too much emphasis put on girls these days to be stylish, thin and pretty. It drives me insane! The Paris Hilton syndrome.

We need to allow our children to be just that ... children.

Our kids need to be outside playing. Boys and girls together, laughing and having a good old time, no worries.

I believe that there is no place for stereotyping in a young child's life. They should be allowed to discover who they are and what they like.

Children are innocent and it is our place to love, nurture, protect, guide and support them throughout their young impressionable years.

Tara Marshall from fisheries and I have offered a day of fishing to Lydia and her family and friends. All we want to do, is show these dear little hearts the enjoyment of a day outside. Tara has a wonderful youth program that she delivers around the province called Learn To Fish. This program is so well received and in demand that she is already booked up to the end of 2008.

I really hope that Lydia's family takes us up on our offer. Right now it's just a matter of scheduling. We are looking at

I'm guessing that by now, most of you are familiar with Lydia's story. The little 9 year old girl from the Windsor area

somewhere around the first of September. I can't wait, it's going to be so much fun!

I have had the privilege of being personally involved with two very strong, determined young ladies in the past year. Nine year old Lydia and let's not forget 7 year old Tayler Milbury who initiated the Hunters for Hunger Program.

I have my moments when I wonder just what the future has in store for us and our children and do they really care. Moments like this are very reassuring to me and make me proud. We could learn a lot from these young minds.

The following is a quote that a friend sent to me after my interview on CBC radio. I was touched by it and I want to share it with you.

The Essence of Character.

"Your true character is revealed by the clarity of your convictions, the choices you make, and the promises you keep. Hold strongly to your principles and refuse to follow the currents of convenience. What you say and do, defines who you are, and who you are ... you are forever." ♡

*Yours In Conservation,
K. Darlene Caldwell,
President of the Nova Scotia
Federation of Anglers and Hunters*

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Executive Director's Voice



By Tony Rodgers

As hunters we have all been there, sitting quietly in our tree stand as the sun slowly brightens our view and warms the air. The anticipation of a fall buck with a respectable rack of antlers walking his rut line and heading for you, his nose to the ground. The noise of a running squirrel on the dry leaves grabs your attention and makes you even more alert. Many a fall morning has been spent like that and I hope to have many more.

However, there is one experience I would love to enjoy here in Nova Scotia and that is sitting quietly in the same tree stand but in the spring over a bear bait. The Federation's position on that hunt still stands, we support that hunt.

Imagine yourself dressed in camo, your crossbow at the ready with a broad head on the bolt. The call of the male gobbler off in the distance, you think what a gorgeous Sunday afternoon to be hunting a bear in the wilds of Nova Scotia. A Meat Jay flies in to pick at the food scraps near your bait and the anticipation of a large boar strolling into "his" food.

Whoops, did I mention hunting on Sunday? Well I guess I did. At our last convention the Federation directors past a resolution asking the Nova Scotia Department of Natural Resources to open Sunday up for hunting. Up until that meeting we had had a no Sunday Hunting policy based on a variety of reasons, that seem to have evaporated.

We, meaning Nova Scotians, have found ourselves like most of North America in a situation where there is very little a person can not do on Sunday.

The provincial government is dragging in loads of tax dollars generated from shopping on Sunday, a practice not fully supported by the voters of the province in an earlier vote. We if we so choose to, can go to a bar and drink there all day, go to the movies, gamble at casinos, see adult entertainment, whatever, you get my point. Instead of spending a health day on stand.

But to my knowledge the only thing

off limits is hunting. Trapping ATVing and angling are OK on Sunday but not hunting.

The arguments for hunting are sound ones and of course there are a few arguments against it. The argument that there must be one day a week when people can go into the woods for walk and feel safe is a poor one. Nova Scotia has not had a non-hunting person killed or injured in a hunting accident and the statistics for North America is .000008 non hunters per 100,00. So that argument is weak. And when you consider the safety record of Nova Scotia hunters since the inception of Provincial mandatory Hunter Education everyone should feel safe in the woods. Rural Nova Scotians know when the season starts and many wear bright colours and especially hunter orange.

As a search manager I would strongly recommend that all people going into the woods for their recreation, hunting season or not, should wear bright coloured clothing so if they become lost, searchers will be better able to spot them.

If it comes down to having that day of "safety" perhaps we can trade them. Wednesday for Sunday. This trade is also available for those who argue the noise of guns going off should be stopped for one day.

Unfortunately, people are hunting and have been doing so on Sunday for years. Those who are able to slip out of the back door of a home or camp and don't care for the rules do it anyway. The noise still happens only its fewer shots.

Perhaps the province can start off slowly by allowing bow hunters the opportunity to hunt on Sunday. No noise and a better safety record than firearm hunters.

The time has come to speak of many things said the carpenter to the walrus, lets ask the land owners how they feel about the idea? For now I'll just dream of the day.

Frustration is probably the leading annoyance with my job at the Federation and it comes in many forms.

The demonstrations of ignorance on

wildlife, firearm and hunting issues by some in general public and government and what has come to be known as political correctness has managed to keep me that way.

As an example, just recently the University of Toronto closed its shooting club. You would imagine that they had serious firearm accident and the administration decided to close it for safety reasons but you would be wrong. In fact they never had single accident in the long history of the club.

But ignorance coupled with the political correctness an uninformed decision was made to close to it. The administration of the U of T have been receiving flack from the firearms community but what will hurt is firearm owning alumni who are withdrawing their financial support.

Yes, there is a murder with firearms problem in Toronto and yes the mayor and Premier both call for a ban on handguns. But that is still no reason to take away a safe shooting environment for people in Toronto who are responsible firearms owners and force them to go elsewhere that may not be as safe.

Why is it that the only solution to the problems in downtown Toronto is banning something. Why not identify the root cause of the problem and ban it. I'm very pleased at the stand of the Minister of Public Safety: Stockwell Day on the call for the ban. He rightly pointed out to them that bans have not worked in other places like Australia and Britain.

In a letter to Mr. Day thanking him for that position I gave him a list of possible things to ban that might help the Premier of Ontario and Mayor of Toronto. I suggested a ban on unemployment, poverty, racism, street gangs, violence and hate. If they manage to ban these issues then there will be no need to ban guns.

Please have a safe hunting season. 🦌

tonyrodgers@eastlink.ca

Ensuring The Future Of Duck Hunting In Nova Scotia – One Duck Hunter At A Time

By Delta Waterfowl Foundation

Duck hunters across Canada are flocking to Delta Waterfowl because we understand the importance of promoting and defending your hunting heritage. Whether it's a firearms issue, like the recent proposal to ban semi-autos, or anti-hunters pushing to close your hunting area, Delta is there to defend hunter's interests. Listening to, and working with our members is what makes Delta unique among national conservation organizations today.

The biggest issue facing Canadian duck hunting is not a lack of birds, but the future of hunting. Since the mid 1980s, two of every three duck hunters have disappeared. Only 141,000 Canadian licenses were sold in 2006. This past season 5,321 Canadians purchased a duck license in Nova Scotia, down from a peak of 16,230 in 1978. Given hunters' legacy of giving generously to conservation, and our willingness to fight to defend the hunting heritage we all enjoy, this is not good news. Fewer duck hunters means fewer pro-hunting advocates and less political and public support for hunting.

Delta is the gathering place for our tribe of keen duck hunters, who work proactively with Delta staff to ensure the future of hunting in the Maritimes. With chapters and mentored hunts planned in Nova Scotia, PEI and New Brunswick, Delta is poised to introduce and recruit new hunters. Delta is on the lookout for partner groups and volunteers to work together to defend hunting, and to retain and recruit hunters.

But Delta Waterfowl does much more for hunting across the country. As a national leader in promoting and defending hunting, Delta works with provincial and local partners, such as the Nova Scotia Federation of Anglers and Hunters. Here's some of the top issues that Delta and our partners are addressing in Nova Scotia and beyond:

- continuing to push for Waterfowler Heritage Days – days that are free and exclusive to youth hunters;
- continuing to develop and expand mentored hunting opportunities through our membership and partners for youth and other first-time hunters



- (including women);
- proudly defending and promoting hunting in public forums, responding in direct and publically accountable ways to threats to hunting access and opportunities;
- assisting and organizing efforts to defeat firearms discharge bylaws and other attempts to close public areas to hunting;
- working with partners to ensure firearms legislation targets criminals and not hunters;
- training and educating hunters on the communications skills they need to defend and promote hunting;
- continuing to push for Sunday hunting opportunities, where requested by local hunters, across Canada;
- developing partnerships and cooperation with other like-minded organizations including the Nova Scotia Federation of Anglers and Hunters;
- playing a key role in promoting the interests of hunters at the political table by promoting and advising the federal Outdoors Caucus, made up of MPs and senators from all political parties;
- working with government to simplify

hunting licence requirements and provide opportunities to prospective hunters;

- networking with over 20 hunting organizations across the country to have greater impact in defending and promoting hunter interests, and many more ...

With your help Delta can expand these efforts on behalf of hunters. Delta brings the strengths of hunters across the country to Nova Scotia, and helps expand the good work done by provincial and local partners.

Join Delta today and become a part of our dynamic team of duck hunters who understand the need to defend and promote our hunting heritage and share our passion for the future of ducks and duck hunters in Canada. WE NEED YOU WITH US NOW. Call toll free 1-877-667-5656 or visit our website at deltawaterfowl.org to join.

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A Walk In The Woods

Don Cameron



Be on the lookout for this nasty imported beetle

"We do not live to think, on the contrary, we think in order that we may succeed in surviving."

—Jose Ortega Gasset

The saga of the Brown Spruce Longhorn Beetle (BSLB) continues. This little beetle has caused many problems since it was first positively identified in 1999 in Point Pleasant Park along the Halifax waterfront. This is the only known location where BSLB was found on-land in North America although it has also been found in solid wood packaging at the ports of Montreal and Vancouver.

It is believed that the pest was shipped to the area before 1990 via infested wood packaging materials brought from Europe through the port of Halifax. It is not difficult to imagine how the beetle would make its way to the nearby large potential feeding area - Point Pleasant Park - which is immediately next to the port.

With all the fuss surrounding the beetle, one may wonder why it is such a problem. This wood boring beetle is native to northern and central Europe and western Siberia. It poses a potentially se-

rious problem to the forests of Nova Scotia and the rest of North America as it has no known predator or natural mechanism to keep the population in check. This little beetle is able to kill large spruce trees over a single year.

It is known that the BSLB attacks healthy spruce trees, dying trees and recently felled trees such as by strong winds. If a spruce tree is under some sort of stress such as insect infestation, over-maturity or drought, it is even more susceptible to BSLB attack. Research indicates that although any spruce tree of 10cm or more in diameter may be attacked, mature spruce trees in excess of 30cm diameter tend to be the favourite menu item of choice.

Evidence indicates that our Halifax BSLB will make a meal out of a variety of spruce trees which grow in Nova Scotia. Along with the commonly found damage to red spruce, the pesky beetle has also attacked white spruce - which is also a favourite target for our native spruce bark beetle, black spruce, and the exotic and fast growing, Norway spruce. The wide-scale blow down of spruce trees during Hurricane Juan, created additional prime feeding areas for the BSLB.

Because of established patterns in Europe, scientists believe that pine, fir, larch and even some deciduous tree species may be at risk here as well. Due to the Canadian climate and nation-wide coniferous forest, there is a possibility that the BSLB could create a widespread infestation westward toward the much more

famous Mountain pine beetle which is feeding its way eastward from British Columbia and Alberta.

The actual tree damage caused by the BSLB is a result of the larvae feeding under the bark in the cambium and phloem, which is the growing tissue that transports nutrients. The larvae forms meandering feeding tunnels through this critically important tissue. Once they make a complete circle around the tree, it effectively girdles it which leads to a quick death. Trees can also be damaged over time by repeated attacks which do not cause complete girdling. After feeding, the adult bores out through the bark, creating exit holes of about 4mm across.

These holes soon are running with resin which streams down the bark, creating an obvious symptom of problems within.

The Canadian Food Inspection Agency is the federal agency responsible for preventing pests of quarantine significance from entering Canada. Once the BSLB was found, in an attempt to eradicate the pest, the CFIA undertook a large survey and infested tree removal program. A Ministerial Order was issued in October, 2000 that established a 828-square-kilometer part of Halifax Regional Municipality as a regulated quarantine zone. Under legislation, this authorized the CFIA to restrict the movement of high infestation risk materials to be moved outside of the regulated area without the agency's formal approval.

Continued on page 14.



At J.D. Irving, Limited we understand the important recreational role of our region's forests. We want to ensure the forests are safe for all who work and play in them.



Random Casts

Hiking for Highland Trout

By Don MacLean

"There she is," said Wayne as we reached the top of the hill. The small lake twinkled like a blue gem nestled in the green highland hills. After walking for over two hours, all uphill, the lake was a welcome sight. We were hiking into the interior of Cape Breton Highlands National Park to fish one of the lakes which dot the highland plateau. I took off my pack and took a few minutes to look around. While the view was impressive we had come for the trout fishing, so we picked up our gear and struck off toward the water.

The Cape Breton Highlands National Park was created in 1936 and covers an area of 950 square kilometers on Northern Cape Breton. As the largest protected wilderness area in Nova Scotia the Park includes the most striking features of the Northern Cape Breton ecosystem. The Highlands are a part of the Northern end of the Appalachians which run from Georgia to Newfoundland. As a result the Park includes a mix of northern and southern plant and animal species found nowhere else in Canada. While thousands of people travel along the Cabot Trail every year to experience the beautiful scenery and other features which the Park has to offer fewer people have the opportunity to hike into the interior to experience the trout fishing which the lakes in the highlands have to offer.

Surrounded by the sea, and with sixteen major watersheds draining its interior, the Park has numerous sportfishing opportunities for anglers. The small lakes in the interior of the Park are a legacy of the great glaciers which covered the Highlands ten thousand years ago. Most are shallow and the thin soils deposited by the glaciers has left them slightly acidic and productivity is generally low. The heavy snowfall in the Highlands (300-



Fisherman holding lake trout, courtesy of US Fish & Wildlife Service, National Image Library.

400cm per year) ensures that lakes and streams have good water conditions well into the summer.

Another legacy of the glaciers is that the only fish species found in many Highland lakes are species which were able to migrate from the sea to populate these interior lakes. As a result some lakes are devoid of any fish species while in others the only species present is brook trout. While a few lakes within the Park were once stocked the program ended in the early 70's.

With the short growing season and low productivity of the Highland lakes one would expect that trout would be slow growing and short lived. While this is the case in some lakes the saving grace for many of the watersheds and lakes in the Cape Breton Highlands is that many of the lakes in the interior of the Park are only accessible by hiking in for several hours. This isolation results in low exploitation rates, giving brook trout the opportunity to live longer. These populations are very vulnerable to heavy angling pressure so the Park management, while

allowing for a minimal harvest, stresses catch and release as much as possible.

Next issue: Highland Jewels Tight Lines. ♣

Don MacLean is a Nova Scotia biologist who writes on sportfishing topics. He is the author of Discover Nova Scotia Sportfishing and his new book, A Little Thing I Tied Myself, Stories from Atlantic Canadian Fly Tiers was published in the Spring of 2006. ©2007 Don MacLean



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THE TRIP: General Area: _____ Specific Area: _____

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Local landmarks (i.e.. watershed, etc.): _____

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Date: _____ **Time:** _____ am / pm **NOTIFY THE POLICE!**

Signature: _____ **Date:** _____

Give Shelter to Wintering Birds

Many species of birds wait out stormy weather inside the hollows of tree-trunks and snags. On a winter's night, when temperatures plunge, it can be hard for birds to find decent roosting spots. Even the thickest evergreen tree may not give a bird enough shelter to keep from freezing to death. As for the flocks of birds that gather at your feeder, there may be too few spots for them all to roost in the area.

Why not do wintering birds a special favour and build them a "dormitory"? Here are some tips on how to make a roosting box:

- The compartment is usually about 35–46 cm wide, 40–50 cm tall, and about 30 cm deep (the overall size is not important.)
- Make several perches out of dowel .7 cm (1/4") or 1 cm (3/8") in diameter and mount them at varying heights inside the box.
- Locate the entrance hole near the bottom to stop heat from escaping as it rises. A

box for each species is not necessary. One for smaller birds and another for somewhat larger ones will do. As in nest boxes, different sized entrance holes will attract different species.

- Make the box as airtight as possible — no drainage or ventilation holes.
- Put hinges on the front rather than the top, so the box can be cleaned easily and thoroughly when winter is over.
- A latch can be installed to keep the door shut.
- Place the roosting box in a well-sheltered spot on the south side of a building or large tree.

When summer arrives, close the box



Black capped chickadee courtesy of US Fish & Wildlife Service, National Image Library.

up or put it away if you want to prevent sparrows and mice from taking up residence.

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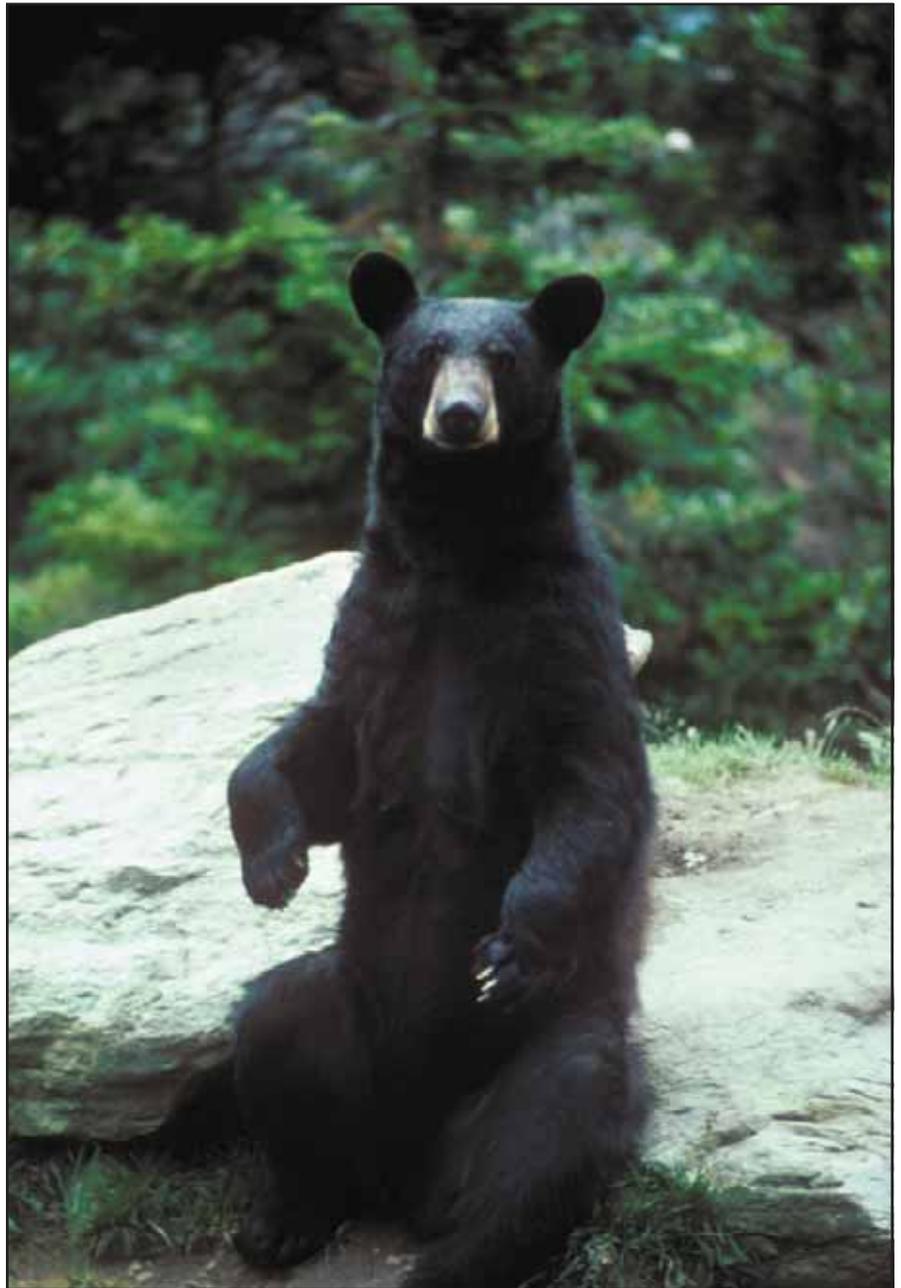
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New Black Bear Website

By Jenny Costelo and Ismael (Butch) Galvez

Early this year, a new web-site was launched on the internet which deals specifically with black bears in Nova Scotia. There has been a significant increase in the number of occurrences involving black bears around the province over the last few years. There are many reasons for this increase, but the bottom line is that all indicators point to a healthy ursine population. Less hunting pressure, more favourable habitat, humans moving into or developing bear habitat, and a higher tolerance for co-existing with bears, have all contributed to this resurgence in bear numbers. At the same time, the public are often very fearful about having bears nearby, yet inadvertently provide food for bears by having attractants on their properties. Black bears only eat human food when natural food is scarce, particularly in late spring and early summer. This is a behavior documented by many researchers. It only makes sense that during the time when bears are most vulnerable to food attractants provided by humans that everyone makes a concerted effort to control the problem.

Understanding black bears and learning more about their ecology would also help to alleviate any concerns that people have about them. For the most part, they are shy, solitary, forest creatures who spend most of their days in search of food. When a bear comes in contact with people, it generally disappears back into the surrounding woods, with the unsuspecting humans totally unaware that a bear was close by. Unfortunately, there has been the occasional human casualty from a black bear (often caused by a predatory, older male bear that has had little human contact). These tragic events are often well publicized and help fuel the distrust that most people have for bears. Since the



Black Bear, courtesy of US Fish & Wildlife Service, National Image Library.

turn of the last century, there has been less than 60 humans killed by black bears in North America. To date in Nova Scotia, there has never been a per-

son mauled by a bear.

Bear Nova Scotia is a web-site that provides information on black bear biology, behavior, communication and co-existing with bears. Hopefully anyone who has an interest in black bears; including hunters, hikers, naturalists, teachers or the general public will check out the site. 🐾

Comments about this site are welcome and can be e-mailed to info@bearnovascotia.ca.

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Don't Let This Be Your Last Hunt - Part 2

Editor's Note: Part 1 of "Don't let this be your last hunt" was printed in the last issue of The Nova Outdoors.

Avoid Injury Tips

- Listen to your body and rest when needed.
- Use appropriate equipment and clothing for your activity.
- Prior to your activity check all equipment for safety.
- Take 5 minutes at the beginning and end of an activity to stretch and properly warm up and cool down your muscles.
- Start at an easy pace and work up to higher levels of activity.
- Drink plenty of water before your activity and while you are being active.

Proper Footwear

The number one cause of foot pain is shoes that are too small. Make sure there is at least a half-inch between your longest toe and the end of the shoe. Wearing shoes that have lost their ability to support and cushion your feet is another problem. If the tread is worn down or the inside lining of the shoe is torn, the

shoe has lost its shock-absorbing ability and should be replaced.

Injury Management (RICE)

- Rest: Stop what you are doing and let the injured area rest.
- Ice: Put ice on your injury right away. Do this several times a day for 15-20 minutes at a time. Swelling should disappear in a couple of days.
- Compression: Use a tight sock or wrap to help reduce swelling to the injured area. Be careful not to wrap the area too tightly.
- Elevation: Raise the injured area higher than your heart. This will help to keep the swelling to a minimum. If you have any concerns about your injury you should contact your physician.

Buckle Up

We all make decisions in everything we do everyday. It is important to make wise choices. Here are some things to think about when you're driving and others are riding in your vehicle. The facts show the chances of surviving a crash are much higher if you wear a seat belt. We

know that wearing seat belts saves lives and that 75% of the occupants who are ejected from passenger cars in a crash are killed. Remember to Buckle Up!

Sunburn – Too Much Sun Prevention:

- Stay out of the direct sun, especially between 10 a.m. and 2 p.m.
- Use sunscreen that has an SPF of 30 or higher
- Wear sunglasses with UV protection.

Signs:

- Pain
- Redness
- Swelling of affected area
- Blisters

Treatment:

- Take a cool bath or shower
- Drink plenty of water
- Stay in the shade
- If the sunburn is severe and blisters, contact your health care provider.



The Beauty of the hunt, courtesy of US Fish & Wildlife Service, National Image Library.

Heat Exhaustion/Dehydration

Prevention:

- Drink water every 15-20 minutes throughout the day. Stick with water, avoid soft drinks, caffeine and drinks containing alcohol
- Wear a hat
- Protect your skin from the sun
- Minimize strenuous exercise during hot humid weather.

Signs

- Muscle cramps
- Feeling tired
- Change in mood
- Dizziness
- Nausea

Treatment:

- Move the person to a cool, shaded location
- Cool them down with tepid water
- Give cool fluids if conscious
- If unconscious call 911 immediately.

Tips for Preventing Heat-Related Illness - The best defense is prevention. Here are some tips:

- Wear lightweight, light-colored, loose-fitting clothing.
- NEVER leave anyone in a closed, parked vehicle.
- Although anyone at any time can suffer from heat-related illness, some people are at greater risk than others.
- Limit outdoor activity to morning and evening hours.
- Try to rest often in shady areas.

Tips for Preventing Dehydration - The following tips can help prevent dehydration:

- Drink 8 to 10 glasses of fluids, such as water or rehydration drinks each day.
- Drink extra water before, during and after exercise.
- Take a container of water or sports drink with you when you exercise, and try to drink at least every 15 to 20 minutes.
- Use sports drinks if you will be exercising for longer than 1 hour.

Warning:

- If your doctor generally limits the amount of fluid you drink or has you on water pills, ask how much you should drink while the weather is hot.
- Do not drink coffee, colas, or other

drinks that contain caffeine. They increase urine output and make you dehydrate faster.

- Avoid high-protein diets. If you are on a high-protein diet, make sure that you drink at least 8 to 12 glasses of water each day.
- Do not drink alcohol, including beer and wine. They increase dehydration and make it difficult to make good decisions.
- Do not take salt tablets. Most people get plenty of salt in their diets. Use a sports drink if you are worried about replacing minerals lost through sweating.
- Stop working outdoors or exercising if you feel dizzy, lightheaded, or very tired.

Hypothermia - When the body temperature falls below normal.

Prevention:

- Dress in layers
- Wear a hat
- Cover exposed skin

Signs:

- Shivering
- Loss of sensation
- Dizziness
- Memory loss

Treatment:

- Remove person from the cold
- Remove any wet clothing
- Slowly warm the person
- Do not rub the affected area

Stress Reduction

Stress is with us all the time. It comes from mental or emotional activity and physical activity. It is unique and personal to each of us. So personal, in fact, that what may be relaxing to one person may be stressful to another. Too much emotional stress can cause physical illness such as high blood pressure, ulcers, or even heart disease. When stress does occur, it is important to recognize and deal with it. Here are some suggestions for ways to handle stress. As you begin to understand more about how stress affects you as an individual, you will come up with your own ideas of helping to ease the tensions.

- Try physical activity – Physical exercise will relieve the “up tight” feelings, relax you, and turn the frowns into smiles. Remember, your body and your mind work together.

- Share your stress – It helps to talk to someone about your concerns and worries. Knowing when to ask for help may avoid more serious problems later.
- Know your limits – If a problem is beyond your control and cannot be changed at the moment, don't fight the situation. Learn to accept what is – for now – until such time as you can change it.
- Take care of yourself – You are special. Get enough rest and eat well.
- Make time for fun – Schedule time for both work and recreation. Play can be just as important to your well-being as work; you need a break from your daily routine to just relax and have fun.
- Be a participant – One way to keep from getting bored, sad and lonely is to go where it's all happening. Offer your services in neighborhood or volunteer organizations. Help yourself by helping other people.
- Check off your tasks – Trying to take care of everything at once can seem overwhelming, and, as a result, you may not accomplish anything. Instead, make a list of what tasks you have to do, then do one at a time, and check them off as they're completed.
- Must you always be right? – Do other people upset you, particularly when they don't do things your way? Try cooperation instead of confrontation. A little give and take on both sides will reduce strain and stress.
- Create a quiet scene – Change the scene by reading a good book or playing beautiful music to create a sense of peace and tranquility.
- Avoid self-medication – Although you can use prescription or over-the-counter medication to relieve stress temporarily, they do not remove the conditions that caused the stress in the first place.
- The best strategy for avoiding stress is to learn how to relax. Find activities that give you pleasure and that are good for your mental and physical well being. Forget about always winning. Focus on relaxation, enjoyment, and health. If the stress in your life seems insurmountable, you may find it beneficial to see a mental health counselor. Be good to yourself. ☺

This information was provided courtesy of the South Dakota Department of Health. www.healthysd.gov/HealthyHunter/index.html

West Nile Virus Precautions Recommended

Courtesy of Natural Resources/Health Promotion and Protection

Simple measures, like wearing light-coloured clothing and applying insect repellent that contains DEET, can reduce the risk of mosquito bites and infection from West Nile virus.

"Although there has not been a lot of West Nile virus activity in Nova Scotia in recent years, precautions are always wise," said Dr. Shelly Sarwal, medical officer of health at the Department of Health Promotion and Protection.

West Nile virus infection is caused by a bite from a mosquito that carries the virus. While most infected people will have no symptoms and the risk of becoming sick from the virus is low, the virus can cause serious illness in some cases.

The Department of Health Promotion and Protection is once again partnering with the Department of Natu-

ral Resources, the Canadian Co-operative Wildlife Health Centre in Charlottetown, P.E.I., Canadian Blood Services and others in a public information and surveillance program.

"We track the virus each year to watch for new trends and possible risk for infection," said Dr. Sarwal. "We also remind health-care professionals to watch for tell-tale symptoms of West Nile virus. And we remind the public that they can do little things to help reduce their risk, like removing standing water from pool covers, lawn furniture or recycling bins so their yards are less inviting to mosquitoes."

As part of this year's program, the Department of Natural Resources will again collect dead crows, ravens, blue jays and grey jays. The birds are tested for West Nile virus at the Canadian Co-operative Wildlife Health Centre to help determine what the risk is for infection

with West Nile virus.

"To help us with that testing, we ask people to report sightings of dead birds to their local Department of Natural Resources office," said Julie Towers, the department's director of wildlife. "Our staff can determine if the dead birds are suitable for West Nile virus testing and can help ensure that other dead birds are safely disposed of."

In 2006, 117 dead birds were tested for West Nile virus. All tested negative.

Information on West Nile virus is available on the Department of Health Promotion and Protection website at www.gov.ns.ca/hpp/ocmoh/unile.htm and at local public health offices across the province. Updates on West Nile virus activity in Nova Scotia will be available on the website as required throughout the virus season.

A Walk In The Woods...

continued from page 7

Regulated materials included wood of all species, in the form of logs, trees, lumber, wood with bark attached, nursery stock, wood mulch, wood or bark chips, and firewood. Obviously, this situation caused many challenges for woodland owners and the forestry sector in and around HRM.

In April 2007, the CFIA announced that it was extending the containment zone to include central Halifax County and smaller adjacent parts of Hants and Colchester counties. It also created new guidelines for handling and moving higher-risk products, such as spruce logs, bark and large wood chips. The new regulations were worked out in consultation with industry stakeholders. The

expanded zone now includes several sawmills which means that there are now more possible markets for woodlot owners and industry to direct their harvested timber within the zone.

It is practically impossible to accurately predict what long-term impact the BSLB will have on our forests. It is imperative that we make all efforts to slow the spread of this foreign pest.

Tree trivia: At least 99% of the bugs you encounter in the backyard and garden are actually beneficial; they pollinate plants, eat other bugs, and provide food for birds.

Don Cameron is a Registered Professional Forester.

For further information see www.gov.ns.ca/natr/protection/ipml/Sheets/bslbeetle.pdf or cfs.nrcan.gc.ca/index/bslb2.

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Status Of The Sea Run Trout Fishery In The Estuary Of West River Antigonish's Special Trout Management Area

By John MacMillan and Reg Madden, Inland Fisheries Division, Nova Scotia Department of Fisheries and Aquaculture

Sea run brook trout populations have been in decline throughout their range with an especially apparent decline in the Southern half of their North American distribution which includes Nova Scotia. Trends in Nova Scotia's total catch of brook trout, as well as the results of a 2006 study on Moser River, suggest that changes have occurred in trout fisheries across the province. The two most common reasons cited to have impacted our trout fishery are habitat loss and over fishing. To address the concern regarding over fishing, the Inland Fisheries Division of Nova Scotia Department of Fisheries and Aquaculture initiated a new approach through the use of Special Trout Management Areas on a number of specific rivers and lakes in 2001. Objectives of the regulations put in place for Special Trout Management Areas were: 1) to improve the size and number of trout caught, 2) to reduce the time required to catch a trout, and 3) to sustain trout fisheries. The success of new angling regulations often depends on the ability of the habitat to support increased numbers of larger and older fish and the impact of exploitation on the targeted fish population.

The migration of sea run brook trout to salt water is believed to satisfy a need for more food and space. The general migration pattern involves swimming to the estuary in spring and returning to freshwater in early summer. During a short time spent in salt water, brook trout can double their weight after feeding on the abundance of fish and crustaceans present in estuaries. The cost of the seaward migration, however, increases the risk of predation that often leads to large mortality rates. While in salt water, brook

trout are known to travel throughout their native estuaries and some trout will migrate to neighboring river systems. The fast growth and larger size of sea run trout make them a desirable catch to anglers. Recreational spring fisheries for sea run trout are characterized by high rates of retention and the use of bait. New regulations were developed in 2001 based on previous spring creel surveys that revealed very few sea run trout lived beyond three years of age or grew to a length greater than 35 cm.

Based on advice from the public Recreational Fisheries Advisory Councils, the West River of Antigonish was approved as a Special Trout Management Area in 2001. The West River watershed contains geology that is conducive to cool water streams that are naturally buffered from acid rain and is considered to be a productive trout habitat that would support larger, longer-lived fish. The 2001 regulations for West River sea trout included a delayed opening to 15 May, gear restriction to lure or fly only (no bait), and a reduced daily bag limit of one fish with a total length greater than 35 centimeters or 14 inches. The Special Trout Management Area includes a portion of the Antigonish Harbour estuary that is shared by both the West and South Rivers of Antigonish. The portion of the Antigonish Harbour that is located on the South River side is under general fishery regulations (five trout bag limit, bait permitted and an open date of 15 April).

Darryl Murrant, Hatchery Manager, and staff of the Fraser Mills Fish Hatchery conducted an angler creel survey in the South River region of the estuary in 2006 and 2007. The creel survey included angler interviews to determine catch per hour, the size and age of the catch, angler effort, and harvest.

Creel survey data collected in 2006 and 2007 was compared to ten years of creel survey data collected prior to the

implementation of the West River Special Trout Management Area. Catch rates of large brook trout (>35 cm or 14 inches) were greater in 2006 and 2007 compared to catch rates from ten years of creel surveys from 1991 to 2000. Changes in catch rate are often used to detect changes in abundance, however, temperature plays a large role in the activity of trout and is one of the reasons suggested for higher catch rates in delayed opening fisheries compared to early opening fisheries.

The mean angler effort over the first month of the season was much greater in 2006-07 in the South River portion of the estuary compared to the angling effort in 2000 when the entire estuary was open on 15 April and under general angling regulations. The perception of anglers who raised concerns about a recent increase in angler effort and catch in the South River portion of the estuary at the Recreational Fisheries Advisory Council meetings was correct. Angler effort may continue to increase in the future as anglers are often attracted to sites where large trout can be captured.

The percentage of trout greater than 35cm in length changed from 20% in surveys prior to 2001 to 50-60% in 2006-07 surveys. The percentage of five year old brook trout in the anglers catch was zero in previous surveys and was 10-15% in those of 2006 and 2007. A five year old sea run brook trout can reach a length of 55 cm and a weight of over two kilograms or about five pounds. The increase in the number of large and older brook trout is probably the most important result to be highlighted from this survey. Previous assessments of sea run populations including angler creels and trapping in South River Antigonish indicated brook trout aged four years were scarce and brook trout aged five years and older were absent. These findings were in agreement with other trapping studies on River Denys and Lake-O-Law Brook. Migration studies indicate that sea run trout from West River were capable of migrating throughout these estuaries and beyond the estuarine border of the management area. The increased length and older age structure of the trout caught in the spring

Continued on next page...

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Nova Scotia Protects 30 Additional Natural Areas

By Natural Resources/Environment and Labour

Thirty new protected areas in six Nova Scotia counties will preserve old-growth forests, rare ecosystems, unique wetlands, historic and cultural sites and extensive natural frontage on many lakes and rivers.

The province will designate all of the 10,050 hectares (24,834 acres) of land acquired from Bowater Mersey Paper Company Ltd. Eleven areas will become nature reserves, 12 will be provincial park reserves and seven will be wilderness areas.

"This is a significant step forward in conserving our most precious natural areas," Mark Parent, Minister of Environment and Labour, said on July 26. "These areas will be protected for all Nova Scotians to study, to explore and to enjoy."

Important Mi'kmaq cultural heritage sites and natural features along the Mersey River in Queens and Annapolis counties will be protected by new provincial park reserves.

The designation of the Shelburne River Wilderness Area will provide pro-

tection to the Shelburne Canadian Heritage River, one of 40 heritage rivers in Canada.

The new protected areas also will help preserve habitats of rare species, unique natural features and opportunities for wilderness recreation.

"Our department was very pleased to help facilitate the acquisition of these new Crown lands, to enhance Nova Scotia's protected-lands system," said David Morse, Minister of Natural Resources. "All of the \$27 million worth of land, acquired in March, will be conserved."

The Environmental Goals and Sustainable Prosperity Act, proclaimed June 7, commits the province to protecting 12 percent of its land mass, an international standard, by the year 2015. As announced in the spring, 100 percent of the acquired land will be conserved. Of the new designations, 91.5 percent will help to meet the 12 percent target by protecting the natural areas' plants, animals and ecosystems. The remaining 8.5 percent of lands will be conserved for public recreation use and for the protection of historic and cultural sites.

The 11 new nature reserves, also known as ecological sites, total 2,683 hect-

ares (6,630 acres) and fall under the Special Places Protection Act, administered by the Department of Environment and Labour. They will be located in Queens, Lunenburg, Hants, and Annapolis counties.

The seven areas designated under the Wilderness Areas Protection Act, located in Queens, Shelburne, and Annapolis counties, total 5,780 hectares (14,282 acres) and also will be administered by the Environment and Labour Department.

The 12 park reserves total 1,587 hectares (3,921 acres) and will be designated under the Provincial Parks Act, administered by the Department of Natural Resources. Lands that have the potential to be a provincial park are protected as a park reserve.

The new park reserves will be in Queens and Annapolis counties and in Halifax Regional Municipality.

A map showing the locations of the new protected areas is located at the Department of Environment and Labour website at www.gov.ns.ca/enla and at the Department of Natural Resources website at www.gov.ns.ca/natr/land/

Status Of The Sea Run Trout Fishery... *continued from previous page.*

of 2006-07 suggest that the level of exploitation, prior to the implementation of new regulations on West River sea trout, had an impact on the number of older and larger trout in the population. Fluctuations in trout populations, however, are common and often related to environmental changes from flood events or drought conditions.

Additional factors that may relate to an increase in the size and age structure of the catch of South River anglers include milder winters and increased enforcement in Special Trout Management Areas. Milder winters result in below average ice thickness and ice cover in Antigonish Harbour and reduced access to the popular fishery for smelt that is conducted through the ice in estuaries. An illegally retained bi-catch of trout during the smelt fishery has been reported by anglers and Nova Scotia Department of Natural Resources and Fisheries and Oceans Canada enforcement have increased patrols during the ice fishery and trout fishery. Reduced access and increased enforcement

have probably discouraged illegal harvest of sea run trout. Improved catches of sea trout in Spring may be related to a reduction in the assumed trout bi-catch during the smelt fishery combined with an increase in enforcement in Special Trout Management Areas.

Is the current level of angler effort and catch during the spring fishery in the South River portion of the estuary sustainable? Additional study is planned to clarify the impact of spring exploitation in the estuary on West River's sea run trout population. A greater frequency of sampling would help to increase confidence in estimates of catch and harvest. Sea run brook trout appear to be sensitive to exploitation and environmental change. The implementation of new regulations in the West River Special Trout Management Area that were designed to protect first time and second time sea run

migrants seems to have been very beneficial to the sea run trout fishery. In productive habitat, exploited brook trout populations seem to be able to respond quickly to regulations that protect young fast growing trout.

Future studies with the valued support of volunteer organizations and departments such as Nova Scotia Federation of Anglers and Hunters, Antigonish Town and County Angler's Association, Nova Scotia Department of Natural Resources, Nova Scotia Department of Environment and Labour, Fisheries and Oceans Canada, and Trout Research Cooperatives will contribute to a better understanding of the current status of the trout resource and how selected trout fisheries are responding to new regulatory approaches.

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Plan To Help Nova Scotia's Mainland Moose

By Department of Natural Resources

Nova Scotians can help preserve mainland moose by reporting moose sightings and illegal activities such as poaching.

There are many threats to the moose population, including disease and parasites, easier human access to moose habitat, development, forest practices, poaching, acid rain and climate change.

Natural Resources Minister David Morse announced on May 14, a plan to help protect and increase the moose population on mainland Nova Scotia.

"Moose on mainland Nova Scotia are at risk," said Mr. Morse. "Over the next five years, we hope to enhance the current population and distribution of mainland moose, and address threats that are causing the depletion."

There are two types of moose in Nova Scotia. One type is on Cape Breton Island, where there is a thriving moose population because of the introduction of moose from Alberta in the 1940s into a different habitat, climatic conditions and land-use history. The second type is on the mainland, where there are only 1,000 to 1,200 moose. The population has declined on the mainland by at least 20 percent over the past 30 years.

The recovery plan will build on preliminary data to identify and alleviate the greatest threats to the mainland moose population.

"The recovery plan is a living document that we will continue to work with, and modify, as new information becomes available," said Mr. Morse. "Preliminary research says there is reason to be optimistic about the future state of Nova Scotia's mainland moose."

The plan was prepared by the Department of Natural Resources in co-operation with the Nova Scotia Mainland Moose Recovery Team. The recovery team has representation from government, academia, industry, aboriginal peoples and non-government organizations.

"The recovery team has put years of hard work into this plan," said Mr. Morse. "A strong and diverse group of people came together to tackle the complex issues surrounding mainland moose and the result is a comprehensive, viable plan." ❧

To report observations of moose and illegal activities, call 1-800-565-2224. The mainland Nova Scotia Moose Recovery Plan is available on the department website: www.gov.ns.ca/natr/wildlife/



Moose, courtesy of US Fish & Wildlife Service, National Image Library.

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Nova Scotia Fishing and Hunting Online

By Dave Doggett

Chances are that you have Internet access at home and probably even at work. If you don't, you can visit a local public library C@P site and surf the World Wide Web. There isn't much that you can't find on the Internet however this wasn't always the case. Back in 1999 while surfing the web, I quickly realized that I was unable to find much information on my favourite past time, fishing in Nova Scotia. There was very little published about fishing within our great province so I decided perhaps I should do something about it.

After two years of planning and development in my spare time, www.NovaScotiaFishing.com was born. My goal was to provide an easy to use 100% free online community where anglers could visit and share Nova Scotia sport fishing information and photos. The next step was online and offline marketing. As is the case with any website, you can build it but no one will come to visit unless you get the word out. Fortunately, everyone

who heard of the site from day one enjoyed it so much that word of mouth has been the primary marketing method even to this day. If you fish in Nova Scotia, be sure to visit www.NovaScotiaFishing.com and join the almost 5000 anglers to date who have become free members.

A few years later, www.NovaScotiaHunting.com was launched due to a strong request from anglers on www.NovaScotiaFishing.com who also enjoyed the sport of hunting. The popularity of this site was explosive and quickly became THE website for Nova Scotia hunters to gather and exchange information and photos. This website currently has over 2200 hunters who have registered as free members.

In addition to the active discussions taking place daily in the Discussion Forum on each site and numerous member photos that are posted, the sites serve as a great way to spread the word about non-profit fishing and hunting organizations and any events associated with them. If your group or club is not listed in the Clubs & Organizations section of either website, be sure to submit a free listing today. If you know of any non-profit event taking place in the near future, such as a fundraising dinner or auction, there is no better way to spread the word than to submit it using our News & Events area. This service is completely free of charge. Affordable webpage design services are also offered if needed.

As both www.NovaScotiaFishing.com and www.NovaScotiaHunting.com have grown, so has the demand on the servers which results in added expenses to keep the sites online. There are also regular upgrades made to the sites to ensure optimum performance. To offset these expenses, there are many very reasonable advertising opportunities on both sites which are perfect for small and large businesses in reaching their target audience of consumers.

Those of you who fish or hunt in New Brunswick, be sure to visit our sister sites www.NewBrunswickFishing.com and www.NewBrunswickHunting.com. Both sites are quickly growing in popularity in our neighbouring province.

I am very pleased to say that the popularity of all four websites has surpassed my greatest expectations and I welcome any comments or questions you may have.

If you can't be out fishing or hunting yourself, log onto www.NovaScotiaFishing.com and www.NovaScotiaHunting.com to see what you are missing!

David Doggett owns and operates Cybernetic Media Inc., a global web development business with his wife Angela. Dave has also been a licensed Nova Scotia sport fishing guide for 12 years. For more information or to contact Dave, please call 902-489-1938, email dave@novascotiafishing.com, or visit www.davedoggett.com.

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Habitat Conservation Fund Helps 18 Projects

By The Nova Scotia Department of Natural Resources

The Habitat Conservation Fund will secure and enhance the living conditions of Nova Scotia wildlife and help increase the population of mainland animals such as moose, marten and wood turtles.

The fund is generated through the required purchase of a \$3 wildlife-habitat stamp on all hunting licences sold in Nova Scotia. Eighteen projects have been approved because of \$146,300 collected in the Habitat Conservation fund this year.

"The money is used entirely for habitat conservation," said Natural Resources

Minister David Morse. "The fund is a great way for hunters and trappers in Nova Scotia to help sustain our wildlife and wildlife habitat."

The primary goal of the fund is to assist with projects that protect and enhance wildlife habitats. Projects are funded up to 75 percent on a cost-shared basis, to a maximum of \$25,000 (\$50,000 for land acquisition). To be considered, a project must fall into one of four categories: purchase of land for the benefit of wildlife, habitat improvement, wildlife habitat research and related education programs.

About \$850,000 has been invested in wildlife conservation since the fund was

established in 2001. Project applications are reviewed and recommendations are made by an independent board of directors with members from hunting, naturalist and academic associations.

Applications for the 2008 Habitat Conservation Fund can be submitted to the Department of Natural Resources, Wildlife Division, between December 1, 2007 and January 31, 2008. Submission guidelines and application forms can be obtained from any Natural Resources office or from the website at www.gov.ns.ca/natr/wildlife/habfund/

Information on 2007 projects, as well as past projects, is also available on the website.

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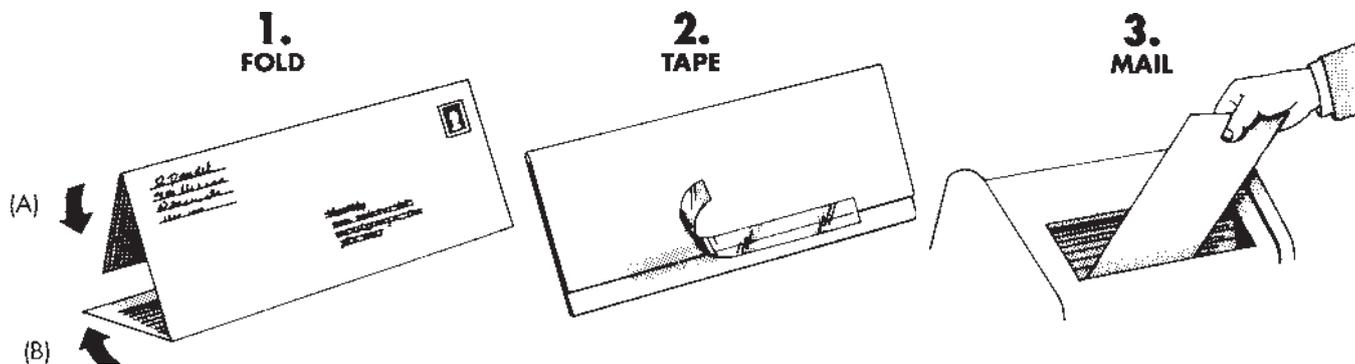


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Tony Rodgers, Executive Director of the Nova Scotia Federation of Anglers and Hunters, presents a donation of deer meat to Dianne Swinemar, Executive Director of FEED NOVA SCOTIA.



