



## Newsletter

August 2011

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- Win a NSFAH Grohmann Knife
- The Mickey Finn
- Becoming an Outdoors Woman – BOW

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!

## Welcome

Welcome to the first edition of the Nova Scotia Federation of Anglers & Hunters E-Newsletter which we will publish monthly with the exception of the month of November.

This newsletter is our commitment to continued communication with our affiliates, our members and the public, on issues related to angling, hunting, trapping and the general enjoyment and use of the wildlife and natural resources of Nova Scotia. We will feature stories from and about our affiliate organizations, their activities and events, their issues and concerns. We will highlight legislation and regulatory activity that impacts upon our use and enjoyment of our natural resources, both positive and negative. Our mission is to ensure that our members and the people of Nova Scotia are enlightened and aroused about these issues. The launch of this new communications tool is coincidental with the last issue of "Atlantic Outdoors", which was the

successor of our magazine "Nova Outdoors" and marks the end of a 20 year relationship with the publisher Lorne Urquhart. A relationship that was to our mutual benefit, and we want to publicly thank Lorne for all his help over those years and wish him well in his future endeavors.

One of the first things we have to address is what we call this newsletter, so we are starting a "Name the Newsletter" contest. If you have a suggestion, go to [www.nsfah.ca/contact](http://www.nsfah.ca/contact) and fill in the contact information and name the newsletter. The winner will be selected by our executive committee and will receive a Grohmann knife with the Federation logo etched on the blade. Closing Date is **September 15<sup>th</sup>** and the October Newsletter will have its new name. *In case of two or more duplicate names the first one received will be selected.*

A limited number of the August and September editions will be printed for distribution to make people aware of the new publication.

To sign up, go to [www.nsfah.ca/contact](http://www.nsfah.ca/contact) and enter your contact information and tell us you want the newsletter.

**We will not share your information with anyone for any reason. It will only be used to distribute the newsletter and any important information that may arise between editions.**

I hope you enjoy the newsletter and find it informative. I hope it will arouse you to become involved with your local affiliate, or the Federation directly, and through that membership to become involved in our efforts to ensure continued enjoyment and use of our wildlife and natural resources.

Yours in Conservation,  
Wilf Woods (Woody)

President  
Nova Scotia Federation of  
Anglers & Hunters

## The Mickey Finn

I was getting ready for a trout fishing trip last week. The trip was to be on a lake down in Guysborough County which I had never fished before so I checked with some friends who were familiar with the system regarding what fly patterns worked well down there." A small Mickey Finn with Jungle Cock eyes," was the reply. Fortunately I have lots of Mickey Finns in my fly box but not too many with Jungle Cock eyes so I spent some time at the fly bench tying up a few for the trip.

While the Muddler Minnow is often considered to be the one fly which you can't do without I believe the Mickey Finn would be a close second on the list of must have flies. Whether it is trout, salmon, perch or mackerel, this fly can catch them all. The fly also has an interesting history, with a Canadian connection. Colonel Joseph Bates in his

Streamers and Bucktails book states that the fly was originally popularized by American writer John Alden Knight who first wrote about it back in 1932. At that time it was called the red and yellow bucktail. Knight made a fishing trip to Toronto in 1936 where he fished with Canadian writer Greg Clark who was well known for his writing in Star Weekly magazine. The fly was so successful on the trip that they decided to give it a name, the Assassin, due to its effectiveness but Greg Clark would rename it later that year when he wrote about a story on the fly and called it the Mickey Finn. Clark renamed it after a popular drink at the time which was rumored to be the cause of the death of film star Rudolph Valentino. Clark reasoned that the fly was as deadly as the drink. Clark published a story about the Mickey Finn in 1937

for Hunting and Fishing magazine. The magazine was published to coincide with the annual Sportsman Show in New York city. The fly became so popular at the show that it was estimated that up to half a million Mickey Finn flies were tied and sold in a few days. While that event took place over 70 years ago the popularity and fish catching ability, of the Mickey Finn continues today.

While adding jungle cock eyes is a popular addition to the pattern it is only one of the numerous variations I have seen for this fly. Recently I saw the pattern tied with a blue hackle collar while other tiers add a butt, throat or synthetic material such as krystal flash.

By Don Maclean

Mickey Finn  
 Body: Flat silver tinsel  
 Rib: Oval silver tinsel  
 Wing: Small bunch of yellow bucktail topped with small bunch of red bucktail and covered with a larger bunch of yellow bucktail  
 Head; Original was black but many use red today.



*Don MacLean is a Nova Scotia biologist who writes on sport fishing topics. He is the author of two books, Discover Nova Scotia Sport fishing and A Little Thing I Tied Myself, Stories from Atlantic Canadian Fly Tiers.*

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## Scientific Proof Off-Road Vehicle Riding Great Physical Activity

**Toronto, Ontario** – The Canadian Off-Highway Vehicle Distributors Council (COHV) reviewed the published results of the final phase of York University's study on the "Fitness and Health Benefits of Off-Road Vehicle (ORV) Riding", and is pleased to confirm once more that these findings support what all-terrain vehicle (ATV) and off-road motorcycle (ORM) clubs have been saying all along -- that being out on the trails on your ATV or ORM is not only fun but contributes to individual and family emotional and physical well-being.

In order to characterize the health, fitness and quality of life, of people who ride recreational off-road vehicles, Jamie F. Burr, and his team at York University's Physical Activity and Chronic Disease Unit, in its final phase of the study, evaluated the fitness and health of individuals who participated in a six or eight week training program that involved riding all-terrain vehicles (ATV) and off-road motorcycles (ORM) as the exercise stimulus. The primary purpose of this investigation on the "Physiological fitness and health adaptations from purposeful training using off-road vehicles" was to determine the fitness and

health effects resulting from a structured program of off-road vehicle riding in non-habituated riders using all-terrain vehicles (ATV) and off-road motorcycles (ORM). A second purpose was to determine if differences would occur in the training response by vehicle type or riding frequency. The study's scientific results were published in the January 2011 issue of the European Journal of Applied Physiology.

Bob Ramsay, President of the COHV stated that, "The positive results reported in the study prove important health benefits can be achieved by this type of non-traditional physical activity." Ramsay added, "The fact that this type of physical activity can be used to target higher risk rural communities where exercise opportunities are limited, off-road riding certainly represents an attractive unconventional physical activity to help combat preventable disease and premature aging that puts a burden on Canada's health care system."

"In addition to being an increasingly popular recreational activity for Canadian of all ages, this study confirms what we already know, that off-road motorcycle riding is an effective exercise stimulus that results in positive changes in an individual's

fitness, health and quality of life," stated Daniel Tessier, President of the Motorcyclists Confederation of Canada (MCC).

All-Terrain Quad Council of Canada (AQCC), President Danny Gagnon stated "This ground breaking, first ever comprehensive, scientific probe of the fitness and health benefits of ATV and ORM recreational riding proves that riding creates sufficient opportunity to positively impact COHV.../2

ORV rider's fitness levels". Gagnon also noted that "Information in this study indicated that 77% of rural Canadian residents have access to off-road vehicles. These findings demonstrate that ATV-ing is a recreational activity that is appealing, readily available and a great opportunity for rural community residents to increase their physical activity levels".

The COHV and its member companies: Arctic Cat, BRP (*Can-Am*), Honda, Kawasaki, KTM, Polaris, Suzuki and Yamaha are committed to family recreation and healthy, active life styles. We believe that the results of this study are a great resource to be shared with those who question OHVs as a healthy recreational activity.




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*"Off-road riding certainly represents an attractive unconventional physical activity."*



*“Hat’s off to the club members that made this shoot enjoyable.”*

## Bowhunters Association of Nova Scotia

On July 23 and 24th, Northumberland Shooters Archery Club hosted the annual 2 day 3D shoot at their range in Thorburn. Approximately 50 people shot 4 rounds of 15 targets over the course of the weekend.

The course was excellent! The shots were challenging and changed

almost every round making it interesting.

Hats off to the club members that made this shoot enjoyable for all and the Rose Cooke for winning the "overall Bowhunter" trophy!

Archery clubs that want to host this event can

present or send proposals to BANS, either in person, snail mail or e-mail.

Go to [www.bans.ca](http://www.bans.ca) for the addresses.

These must be received by October 31st to be presented at the BANS AGM, which is held in December of each year.

## BOW – Becoming an Outdoors Woman

Looking for an outdoor adventure? The Becoming an Outdoors-Woman Nova Scotia Association offers workshops designed for women 18 years and older to learn outdoors skills which are usually associated with hunting and fishing but include a range of outdoor pursuits. This workshop is for women who have either never tried these activities, but would like to learn; a beginner who hopes to improve their skills; someone who knows how to do some of the activities but would like to try some new ones; or someone who is just looking for the camaraderie of like-minded individuals. All classes are at an introductory level with knowledgeable instructors who are sensitive to the learning needs of women. Registration is on a first come-first served basis and classes are limited in size.

### 2011 Fall Becoming an Outdoors-woman Nova Scotia Workshop

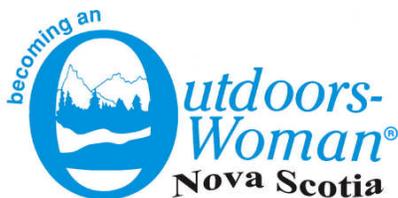
September 9-11, 2011  
Mount Traber Bible Camp & Retreat Centre, Cooks Brook, Halifax County, NS  
Participants get to choose 4 half-day classes which include: Archery/Bow hunting, Fly Fishing, Kayaking, Nature Photography, Shotgunning, Tasty Fish, Trapping/Snaring, Geocaching, Outdoor Cooking, Shooting Rifles, Trout Fishing, Wilderness Navigation, Canoeing, Wild Edible Plants, Wilderness Camping, Willow Woodcrafts, Kids Outdoors, Outdoors with Dogs, Wilderness Survival, and Woodsy 101.

### 2012 Winter Becoming an Outdoors-woman Nova Scotia Workshop

February, 17-19, 2012  
Gaelic College of Celtic Arts & Crafts, St. Ann's, Cape Breton.  
Participants choose 3 half-day classes which focus on winter related activities. Classes have yet to be determined for the 2012 Winter BOW workshop.

For more information visit <http://www.gov.ns.ca/natr/outdoor> ; contact the BOW Nova Scotia Coordinator at [bowns@gov.ns.ca](mailto:bowns@gov.ns.ca) or call 902-424-5832.

Pamela A. Grace  
Outdoor Recreation Specialist



*“All classes are at an introductory level with knowledgeable instructors”*

## Hants West Wildlife Association – Hunter Ed

Hants West Wildlife Association, with the NS Association of Crossbow Hunters and the NS Bear Hunters Association is putting on a **Hunter Education Course** on the weekend of August 27/28. This course is over 2 days (both the Saturday and Sunday). Start time is 8am both days. The course will be held at the Stanley Range area, in Hants County, on the Saturday and at our building, 596 Bog Road in Falmouth, on the Sunday. The course includes classroom discussions & lectures and lots of outside hands on activities.

All activities on Saturday will be held outdoors in Stanley - we expect to be there all day (5 pm). Activities on Saturday, will include rifle target shooting at the range, clay target shotgun shooting over decoys, treestand & ground-blind setup, game calling, crossbow shooting, bear site set up, blood trailing, and more. Basically, all realistic hunting type scenarios. A lunch will be served on Saturday or you can bring your own. Sunday we will be doing some classroom work, outdoors for map & compass and shelter building and of course,

the exam. You are on your own as far as food is concerned on Sunday. Remember to dress for the outdoors as we will be outside rain or shine. Bug spray, sunscreen, boots, rain gear might be a real good idea to bring along.

You need to pre-register for the course - register through NS Department Natural Resources <https://www.hmcgroup.ca/education/>  
Cost is \$25.

**ONCE YOU HAVE REGISTERED PLEASE CONTACT US SO WE CAN RESERVE A SEAT IN THE CLASS.**



Contact Mike Obrien for information and to reserve a seat in the class  
Mike, 902-798-3684  
or  
[byonderdogs@ns.sympatico.ca](mailto:byonderdogs@ns.sympatico.ca)

## NSFAH Annual Fundraising Banquet

### 7<sup>th</sup> ANNUAL FUNDRAISING BANQUET NOVA SCOTIA FEDERATION OF ANGLERS AND HUNTERS *Fundraising Auction*



Nova Scotia Federation of  
Anglers & Hunters

*Getting better every year!!!*

Wednesday September 14, 2011  
Opening: 6:00 PM  
Dinner: 7:30 PM  
St. Mary's Boat Club  
1641 Fairfield Road  
Halifax, NS

Single Tickets \$40  
Table of Eight \$300

Visit our web site at  
[www.nsfah.ca](http://www.nsfah.ca)

*NSFAH is dedicated to the conservation, preservation and propagation of wildlife and natural habitat in Nova Scotia.*

**For more information or for tickets, please call:  
Tony Rodgers at 477-8898 or Email: [tonyrodgers@eastlink.ca](mailto:tonyrodgers@eastlink.ca)**

*"There will be lots of great merchandise available and hunting trips to bid on."*

## **Nova Scotia Federation of Anglers & Hunters**

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We're on the Web!

See us at:

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

## **Bowhunter Instructors Association of Nova Scotia**

The Bowhunter Instructors Association of Nova Scotia conducts the Bowhunter Education Course. The

course includes instruction on ethical responsibilities of bowhunters; laws and

regulations; equipment; basic survival skills, first aid, and safety; when to shoot; and hunting.

### **Bowhunter Education Course Schedule**

August 28 & September 11, 2011  
BIANS  
Shubenacadie  
Contact Roy Nicholas (after 6PM)  
902-758-2144

September 11, 2011  
Annapolis Valley Shooting Sports Club  
Kentville  
Contact Joanne Spencer  
902-678-4710

## **Hunter Education Courses**

Hunter Education Courses are set up based on demand, so ALL students must preregister by either submitting an application to the Nova Scotia

Federation of Anglers and Hunters or by registering online at the NS DNR website. As soon as there are enough students to warrant putting on a

course an instructor will contact students with the details.

### **Hunter Education Course Schedule**

September 17, 2011  
Springhill Ground Search and Rescue  
Springhill  
Contact Brian Guthro  
902-597-2858

October 17, 2011  
Anna. Co. Ground Search & Rescue  
Lawrencetown  
Contact Chris Bishop  
902-665-2104

October 01, 2011  
St. Mary's Shooters Association  
Aspen  
Contact Mike Ackerman  
902-522-2172

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

1. All Terrain Vehicle Association of Nova Scotia
2. Archery Association of Nova Scotia
3. Bowhunters Association of Nova Scotia
4. Bowhunters Instructors Association of Nova Scotia
5. Bras D'or Wildlife Association
6. Cape Breton Wildlife Association
7. Conservation Enforcement Officers Association of Nova Scotia
8. Delta Waterfowl Association
9. Digby East Fish & Game Association
10. Halifax Wildlife Association
11. Hants West Wildlife Association
12. Kings County Fish & Game Association
13. Lunenburg County Wildlife Association
14. Nova Scotia Association of Crossbow Hunters
15. Nova Scotia Guides Association
16. Nova Scotia Houndsmen Association
17. Port Morien Wildlife Association
18. Queens County Fish and Game Association
19. Shelburne County Fish & Game Association
20. South Shore Wildlife Association
21. The Big Game Society of Nova Scotia
22. Traditional Archers Association of Nova Scotia
23. Trappers Association of Nova Scotia
24. West Pictou Wildlife Association