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**VOLUME 13, NO. 4
FALL 2004**

Deer Management
Requires Hunter
Involvement

Random Casts

**Fitness For
Hunting**

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OF ANGLERS AND HUNTERS



50th Issue

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NOVA OUTDOORS

FALL 2004

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To place your ad in the next issue (Winter, 2004) 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

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Nova Scotia Federation
of Anglers and Hunters



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Fall, 2004
**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.

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Newest Poll Shows 76.7% of Canadians Want Gun Registry Scrapped!

Garry Breitkreuz, Deputy House Leader and Official Opposition Justice Critic for Firearms, released the latest in a string of national polls that show that support for the gun registry has dropped to an all-time low of 16.7%. "The Liberals are living in their own gun control dreamland; two million law-abiding gun owners are living in a nightmare of red tape and user fees; Toronto residents are living in fear; and taxpayers are living with the soon-to-be \$2 billion dollar price tag," said Breitkreuz. "Canadian voters know that the gun registry isn't gun control, but for some inexplicable reason the Liberals just don't get it."

The Executive Summary of the JMCK survey states: A substantial majority of Canadians (76.7 percent) agree that the federal gun registry should be scrapped, allowing the federal government to fight violent crime by devoting more resources to other law enforcement priorities. A clear majority (61.6 percent) strongly agree. Only 16.7 percent somewhat or strongly disagree, while 6.7 percent are undecided. JMCK Polling (a division of JMCK Communications Inc.) of Calgary conducted the poll between April 25-30, 2004. JMCK Pollster Faron Ellis, Ph.D., reported that a total of 1,586 adult Canadians were interviewed by telephone and that the sample has been statistically weighted to more accurately represent the demographic distribution of the population. The margin of error is + 2.5 per cent, 19 times out of 20 and the margin of error increases when analyzing sub-samples of the total.

Recently, Anne McLellan, the Minister in charge of the Liberal government's firearms fiasco, told the House of Commons that the vast majority of Canadians want to see an effective and efficient gun control program in place. "Conservatives agree," declared Breitkreuz. "But

there are only a few misguided Liberals in Canada who still think the gun registry has anything to do with controlling the criminal use of firearms."

This newest JMCK poll clearly shows that opposition to the gun registry now crosses all party lines: 92% of Conservatives; 78% of Bloc Quebecois; 71% of Liberals; and 69% of New Democrats. Opposition is also unanimous in all regions: 92% in Alberta; 82% in BC; 82% in Atlantic Canada; 75% in Saskatchewan; 75% in Ontario; and 67% in Quebec. The majority of respondents in all demographic groupings (gender, age, education and income) shared their opposition to the gun registry. For example, 79% of males and 74% of females agreed that the gun registry should be scrapped.

"The more that Paul Martin's Liberals ignore these polls, the more obvious their decades-long agenda against legal gun ownership becomes. After ten-years of bureaucratic bungling and more than a billion dollars wasted on the firearms file, Canadians don't want more reviews, they want the gun registry scrapped. A Conservative government will repeal all the Liberal legislative mistakes and introduce cost-effective new gun laws designed specifically to keep guns out of the hands of people who shouldn't have them!" promised Breitkreuz. 🍀

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Executive Director's Voice



By Tony Rodgers

Before I get into my remarks for this issue, I would like to take the time to thank the editorial and sales staff at Nova Outdoors for their tremendous work in helping the Federation reach its 50th issue of the magazine. The time seems to have slipped by so fast. A special thanks to the main campaigners over the 50 issues, Nationwide Promotions Ltd., owner Lorne Urquhart and his very capable daughter and designer Angela. We appreciate your support.

It's crunch time again for many Nova Scotia hunters. The fall white-tailed deer season is approaching and they can't legally hunt.

They don't have a possession only license (POL) or the possession/acquisition license (PAL) and none of their firearms are registered. The federal government has forced them into a pretty sticky situation. This predicament for them also means that wildlife conservation in Canada is in jeopardy.

The reality is that the number of unlicensed gun owners is quite high, if you understand the historic gun ownership of the province. On the other hand, if you believe government statistics the number of unlicensed gun owners is low and compliance with the guns laws in

Nova Scotia is acceptable.

Part of the statistical problem began a number of years ago, when Ottawa needed better results from the provinces on licensing. They need numbers to give to media during the licensing of gun owners to justify their program. However, they were not getting the percentage of cooperation they needed so they started lowering the historical number of gun owners known to be in the province to meet their needs. That historical number was derived from the number of hunting licenses sold in the province, gun collector numbers and target shoots registered in the province. The provincial firearms office once estimated our firearm owners at 145,000, owning 450,000 firearms. When the need to adjust that number came along, we were reduced to 95,000 firearms owners with approximately 250,000 firearms. I don't remember the plague running through the province during the 90s, so it had to be the statistical virus that killed off 50,000 of us.

This way of lowering the historical number is sort of like shooting a rifle at a clean piece of cardboard and then using a marker draw a circle around the bullet hole and saying you were right on target. How does the expression go ... "there are lies, damn lies and statistics". Anyone can achieve a target objective if you lower the

actual toward the desired result. Hence great cooperation according to government, when the reality is there are a lot of unlicensed gun owners out there.

I have heard many reasons why people have decided not to cooperate with the program. The key element that people are afraid of is future firearm confiscation. That does not necessarily mean that squads of police will show up at your door to grab all your guns, but rather using section 117 of the legislation drive the cost of ownership up so high that only the rich could afford firearms. Once your name is in the system picking up firearms for non payment of license fees would be easy.

The overall affect of the firearm program is the decline in established hunters staying in the program, at least legally, and is an impediment to the recruitment of new or young hunters. Hunting is an activity in which most of us have learned from a mentor. Our father, uncle, a friend's father, grandmother, whatever. If that mentor is removed from the system for any reason, then the program is in for a negative participation shock.

The negative impact of the firearms legislation is felt by the government of Nova Scotia as well as the hunters. The loss of revenue from the sale of hunting licenses and the subsequent materials purchased for hunting from clothing, ammunition and gas for vehicles trickles down to every taxpayer in the province. A national study by the Federal Department of Environment in 1996 shows that hunting in Nova Scotia is a \$35 million business. Check it out at http://www.ec.gc.ca/nature/index_e.htm.

There will be some people who will argue that it's the decline in deer and an overall decline in people coming into the hunting fraternity across North America that is the real cause of the decline in hunting participation. I'll agree that there have been other distractions especially with im-

Continued on next page

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provements in many forms of other entertainment, but the point I'm trying to make today is that this gun legislation is an unnecessary hindrance to hunting.

As an example, in 1992 there were 77,477 white-tailed deer hunting licenses sold in the province. Eleven years later in 2003, this past deer season 42,260 licenses were sold. That's a decline of 35,217 or 45 percent of the hunters buying licenses. The loss to government last season, using the 1992 model, was \$850,490.55 in license fees including 15 percent HST. In 1992, the Wildlife Habitat stamp that hunters contribute to, did not exist. However, if it had, the loss to the people of Nova Scotia in 2003 from the stamp was \$70,434.00. That makes for a total of \$ 920,924.55.

How much further down this slippery slope can we go before the impact of wildlife conservation is felt? I said this before and I'll repeat it now – hunters and anglers pay for wildlife conservation.

Small game figures are the same. I don't want to bore you with the numbers but they are important to help understand so that you can push both levels of government to focus on what needs to be done to provide a correction to these figures.

In 1992, the province sold 34,149 small game licenses. In 2003, they sold 22,401. That is a net loss of 11,748 or a 34 percent decline in participants buying

licenses. The lost revenue was \$175,632.26. Add that to the Big Game losses and that's a grand total of a cool \$1,096,556.81. Chicken feed to the Canadian Firearms Center, the way they spend taxpayer money, but necessary conservation money in a small province like ours.

For you unregistered hunters, I'm sure you're searching your souls to figure out what to do next. But look around you, is there a young person in your life that needs a mentor – someone who is missing the hunting experience? At least try to get him/her into the hunting training program and then into the hands of someone who can hunt legally. The young hunter doesn't need to be looking over his or her shoulder every time you're in the woods or fields worried about your legal problem.

The voters of Canada have given the Liberals another opportunity to govern. This time with a smaller minority government, but none the less they are in charge. The minister with the responsibility for the gun legislation, Anne MacLellan has it again. So don't expect any good changes coming our way, given her history on this issue. We will continue to do everything we can to bring change to this law, like we always have.

This issue of Nova Outdoors contains very good information on a deer population in Nova Scotia from the Department of Natural Resources. Please be careful hunting this year. Knock on wood but we have had some very good luck with respect to hunting accidents, so let's keep it that way.

A search and rescue expression we use with the Halifax team is: the more training we do the luckier we get. I'm sure that adage can be used to explain our hunter safety, good luck. The hunter safety instructors in Nova Scotia are second to none and deserve a big thank-you from the hunters and citizens of the province. A safe hunter keeps us all safe. The first part of the summer was not much to enjoy so take advantage of our fall before the snow comes and covers our path. 🍂

Tony Rodgers
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Deer Management Requires Hunter Involvement

By Tony Nette

In 2003 a new zone, 2A, was established in the Bridgewater/Lunenburg area in an attempt to reduce the high number of deer and associated problems. Within this small zone, 500 antlerless deer hunting permits were issued. This may seem like a high number of hunters for this relatively small area, but certainly not high as a harvest objective for the area. Before deciding on the number, area residents were advised of the situation and given an opportunity to provide input. The most common feedback received was, "Get rid of these deer!"

The Fall 2003 hunt was a success, but deer numbers in the area are still too high. Of the 223 deer taken from the area, only 90 were antlerless. Obviously hunters had ample opportunity to select a buck and there is a deep seated preference by hunters to bring home antlers, in addition to meat for the table.

This Fall, the number of antlerless permits has been increased to 750 and hunters are encouraged to take an

antlerless deer as opposed to a buck. If this proves ineffective, other regulatory options such as designating the zone "shotgun only," may be considered. This is a common practice in other jurisdictions to address high deer numbers in developed areas. Issuing tags specific to Zone 2A which would restrict the hunter to taking only an antlerless deer, or increasing the bag limit within Zone 2A are other possible approaches to reduce deer numbers.

However, before any further changes are made, the effectiveness of the current approach must be assessed. Have we been successful in reducing deer numbers in Zone 2A? How do we measure success? Hunter kill may not be indicative of changing deer numbers. Consideration has been given to evening roadside surveys which have been used elsewhere in urban settings, or increasing the number of Pellet Group Index survey plots within the new zone. Each of these options are labour intensive and should be completed shortly after snow melts in the spring — a busy time when the Department of

Natural Resources staff are already stretched to the limit. tions of 750 hunters, together with data recorded at deer registration stations, should provide good information on abundance of deer from year to year. By using this approach, hunters not only assist in addressing the community problem of too many deer but also provide data required to assess effectiveness of the hunt. This situation is a good example of hunters as a key component of deer management. Any other approach to address the problem would be costly to society and arguably less effective.

All hunters holding an antlerless deer hunting stamp for zone 2A this year, will be sent the following letter:

September 2004

Wildlife Division
136 Exhibition Street
Kentville, N.S.
B4N 4E5

To: Antlerless Deer Hunters - Zone 2A

Congratulations on being selected for a Zone 2A Antlerless Deer Hunting Stamp.

Mild winter weather, good habitat and a lot of occupied land not normally accessible to hunters, have resulted in a very high number of deer in the area. These deer have been causing property

damage and are a hazard to traffic in the Lunenburg / Bridgewater area. We created zone 2A to reduce deer numbers and these problems. With this approach, hunters are able to provide a service to the general community while at the same time enjoying their hunt.

Last year, 500 antlerless stamps were issued for zone 2A. Hunters took a total of 223 deer from the zone: 133 were antlered bucks and 90 were antlerless. The hunt was a success be-

Continued on next page

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Natural Resources staff are already stretched to the limit.

Once again, the best solution appears to be involving hunters. The observa-

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cause a high number of deer were harvested from this relatively small area. Most importantly, there were no hunting accidents and no complaints received by DNR about hunters or hunting in the area. Obviously the hunters involved were polite and considerate of landowners and very careful in how they hunted.

This year the number of antlerless permits has been increased to 750 because deer numbers are still high. Acceptance of hunting in the area and the good reputation of hunters in general will be upheld if hunters continue to respect the local residents, comply fully with hunting regulations and maintain safety as first priority.

You are encouraged to take an antlerless deer rather than a buck. Research has shown that deer populations can be effectively managed by increasing or decreasing harvest of the antlerless segment of the herd. To reduce the number of deer in the area, we must remove a higher number of does and fawns.

Finally, the Department wants to measure the effectiveness of hunting as a means of reducing deer numbers. As one of the 750 antlerless deer hunters in this zone, you can help by providing information about your hunt this year in Zone 2A. We need to know the number of hours you hunted, and the number of deer you saw while you were hunting. The data collected can be compared from year-to-year to determine if there has been a change in abundance of deer in this zone.

As a valued partner in managing the deer herd of Zone 2A,

you are asked to complete the table below and drop it off at any Department of Natural Resources office or mail it to the Wildlife Division at the above address. Alternatively, you can report online at: <http://www.gov.ns.ca/natr/wildlife/web/obserharvt.htm>

The 2004 results will be posted on the Department's Internet Home Page at: <http://www.gov.ns.ca/natr/wildlife/sumindex.htm#deer>

Thank you for participating in this deer management project.

Sincerely,

Tony Nette

Manager, Wildlife Resources 

Tony Nette is Manager, Wildlife Resources (Large Mammals) at the Department of Natural Resources Wildlife Division in Kentville.

ZONE 2A HUNTER EFFORT AND OBSERVATION RECORD -2004-

Month	Number of Hours Hunted	Number of Deer Observed While Hunting			
		Fawn	Does	Bucks	Unknown
September					
October					
November					
December					
Total					

Please check off the following boxes that best describe your method of hunting and the firearm/bow used.

Method of Hunting:

From Tree Stand Ground Blind

Hunt Over Bait Pile Still Hunting

Firearm/Bow:

Bow Muzzleloader Rifle

Enter your Firearm Hunting Certificate (FHC) Number: _____

And your Zone 2A Antlerless Deer Hunting Stamp Number: _____

Signature: _____

Nova Scotia's Wildlife Habitat Conservation Fund

An Opportunity to Help Wildlife

Whenever one purchases a license to hunt or trap, a Wildlife Habitat Stamp is



part of the cost. Money from this Habitat Stamp forms the financial basis for the Wildlife Habitat Conservation Fund. As one of three Directors from the Nova Scotia Federation of Anglers and Hunters appointed to the Board that administers these funds, I am proud of the projects that the Habitat Conservation fund has supported in the past four years. That said, very few hunter or trapping organizations have accessed money in this fund for habitat conservation projects.

Organized hunters, trappers and anglers have a long history of supporting conservation efforts. Conservation amounts to more than just conversation; it means getting involved in useful work.

The Habitat Conservation Fund is designed to support the following activities:

- 1) Enhancing (improving) and conserving Wildlife Habitats,
- 2) Securing Valuable Wildlife Hab-

itat Lands through purchase or easement,
3) Research into Wildlife Habitats, and

4) Education regarding Wildlife Habitats

The Habitat Fund does not generally support habitat inventories, tree planting (unless it is part of a broader habitat program), fisheries management projects, or enterprises that are a provincial or federal management responsibility. It will not fund large capital items, such as buildings and vehicles. It is hoped that a mechanism for funding fisheries projects will soon be in place.

Hunters and trappers are frequently anglers as well. Many fishermen are sick of what's happened in recent years with squandered Department of Fisheries and Oceans funding and an Adopt-A-Stream program that scored high on the government's own evaluations. So high that the feds dropped it. Somehow anglers will wind up paying for a new fund to address real fisheries management and habitat issues while avoiding the bureaucratic bungling and crap we've been served in the past. Given their science themes of "management to oblivion", and "commercial fishermen are criminals", I sincerely hope that the "feds" hands are off the steering wheel of any new, angler-paid fisheries fund.

This Habitat Fund money is intended to conserve wildlife habitats. This can be done through rural and municipal planning, and by including wildlife habitat in farmlands, and private woodlots. There are opportunities for habitat restoration, enhancement and management. Land agreements or acquisition, research and education are other important components.

Many more details can be obtained by downloading a series of documents from the government website: <http://www.gov.ns.ca/natr/wildlife/habfund>. Someone in your organization will have Internet access for these documents and the application. Many groups appear to be somewhat daunted by the prospect of negotiating the application, which should be sent in during the period December 1—January 31. There are guidelines and general information that can be shared at club meetings in the early fall. A brainstorming session will usually produce a number of potential conservation projects to help conserve, research and/or enhance local wildlife habitats and educate others. A design may include one or more of the four elements.

Once your club has settled on a project idea, conduct a thorough review of the Habitat Conservation Fund Proposal Submission Guidelines. Pick a contact person for your group for the proposal, and a financial person to work up a cost estimate of the project. Remember that a maximum of 75 percent of the total project costs can come from this fund. Other financial sources are required and should be sought. Good projects often have several funding sources and volunteer in-kind contributions.

Working through the submission is easier if your club has clearly defined the project, its goal, and has someone who can write clearly and concisely. Maps showing the project area are helpful. The total budget has to be broken down - or shown - in two ways. The first is by general category of expenditure - salaries, professional fees, equipment, supplies and travel would be examples. The second category is by activity - planning, field work, monitoring, final report, and so on. This will re-

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quire some knowledge and experience of what is needed to do the work, and some additional accounting skills. That might seem a tall task, but so does my woodpile, until I get at it! Search your club membership for folks who can help, or find someone outside the group who would like to assist a worthwhile cause. Run the idea by your local DNR wildlife biologist and listen to his or her advice.

Research proposals require more detail in a special section (c). This generally means linking your club with a university professor, a management biologist, a forester or other appropriate professional. Students may be suited for some

work. Field work can be complementary to their academic studies. These folks should be approached at the planning stage for the research. Academics and other professionals may be able to assist with writing the proposal and with providing letters of support to accompany it. Community involvement is a definite asset with all of these submissions.

There are conditions for those who obtain grants. Someone in your group will have to document the work, provide progress reports, keep financial records and produce a final report. The money comes from hunters and trappers, and it's important that it be well spent.

There are more requests for money than the fund has to offer. Shelburne County Fish and Game Association had a successful eider nesting project, and the Halifax Wildlife Association is completing a waterfowl education project. All submissions will receive fair consideration. I hope to see more trapper and hunter associations submitting 2005 project proposals! 🦌

Bob Bancroft is a biologist and outdoor writer.

CORRECTION NOTICE
Last issue's Department of Natural Resources placement had an incorrect phone number. The correct phone number is: 1-800-565-2224.

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Did you know that moose on mainland Nova Scotia were formally listed as "Endangered" in 2003?

You can assist the Moose Management Program by reporting your sightings of moose and moose sign (tracks, droppings, shed antlers) on **MAINLAND** Nova Scotia to the nearest DNR office. Or, report online at:
www.gov.ns.ca/natr/wildlife/web/msform.htm

And remember, poaching is a threat to the survival of moose populations on mainland Nova Scotia. Report poaching by calling **1-800-222-8477**.

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Nova Scotia's Fall Fish Hatchery Program

By Darryl Murrant, Hatchery Manager

Whether it's fishing, hunting, boating or simply hiking your favourite trail, autumn in Nova Scotia provides so many reasons to be outside. The cool clear days (not to mention the absence of blackflies and mosquitoes) make the outdoors so appealing it is hard to imagine wanting to be anywhere else. As a staff member with the Nova Scotia Department of Agriculture & Fisheries, I am fortunate that my work often takes me outdoors while stocking many of the province's lakes and streams.



Volunteers prepare

The department operates two hatcheries; Fraser's Mills Hatchery in Antigonish County and McGowan Lake Hatchery in Queens County. One of the roles assigned to these facilities is to help sustain and restore populations of trout and Landlocked salmon affected by the fishery and other factors (acid rain, warming climatic conditions, forestry and agricultural practices as well as problems associated with urbanization). This is not an unimportant assignment given that each year over 50,000 Nova Scotian anglers catch nearly 2,000,000 trout and salmon and generate \$85,000,000 of economic activity in the process.

While our hatchery trucks are most visible in the Spring, while the fishing season is in full swing, they are also busy in the Autumn. Each Fall, staff from these hatcheries distribute nearly half a million brook trout, brown trout and landlocked salmon, enhancing fisheries in approximately 200 lakes and streams across the province.

The sites stocked are usually more remote than those done in the spring. They still, however, receive significant fishing pressure, such that their trout

populations are not considered self-sustaining. Good water quality and habitat as well as a relative absence of competitors such as smallmouth bass, chain pickerel and perch are important criteria that must be met prior to stocking trout in the Fall.

Several genetic strains of brook trout are maintained at the hatcheries. For the most part, hatchery production utilizes the Nova Scotian Fraser's Mills strain that has been selected for its disease resistance, egg producing capability and superior growth rates in the hatchery environment. There are three other strains, all developed using wild caught fish, one from the Cape Breton highlands, one from mainland Nova Scotia and one sea-run variety.

As much as possible, Fall brook trout stocking utilizes these strains. For example, sea-run brook trout have been used to enhance fisheries in the Aspy and Baddeck Rivers, Victoria County; River Inhabitants, Inverness County; West and South Rivers, Antigonish County; River John, Pictou County; Sackville River, Halifax County; LaHave River, Lunenburg County; and the Jordan River in Shelburne County, to name a few. These fingerling-sized trout grow rapidly in the food-rich estuaries and may be creel-size by the following fishing season.

While nearly 80 percent of the department's enhancement activities involve brook trout, brown trout and landlocked salmon are also released in the Autumn.

Brown trout were brought to Nova Scotia in the 1920s from New Hampshire, having been previously introduced to the eastern United States from Germany and Scotland in the late 1800s. Each year 50,000 to 75,000 brown trout are stocked in watersheds having naturalized populations and significant fisheries. In many instances, brown trout exhibit sea-run behavior and indeed are often only vulnerable to significant angling pressure in the spring, near the mouths of rivers. Some rivers which regularly receive brown trout in the Fall are: Salmon (Mira) River, Cape Breton County; Barny's and French Rivers, Pictou County; Shannon and Waterloo Rivers, Annapolis County;



Brown trout catch

Mersey River, Queens County and Harrison Lake, Cumberland County.

Fall stocking of landlocked salmon is currently only done in five lakes in Nova Scotia. They are: Gabarus Lake, Cape Breton County; Goose Harbour Lake, Guysborough County; Lake Charles, Lake Charlotte and Scraggy Lake in Halifax County.

As with our Spring stocking, the Fall stocking program relies heavily on volunteers. While all-terrain vehicles have allowed for increased fishing pressure on previously inaccessible lakes, they also allow these volunteers to transport fish to sites not accessible to trucks. I know hatchery staff get a great deal of satisfaction releasing fish at this time of year, because it has taken a great deal of work to produce them. I expect these volunteers enjoy it as much as they do catching them in future years — well almost. So I would like to take this opportunity to publicly thank them for their efforts.

To learn more about our hatchery programs check out our web site, www.gov.ns.ca/nsaf/sportfishing/ or contact the Inland Fisheries Division, Nova Scotia Department of Agriculture & Fisheries, at (902) 485-5056. 🦉

Darryl Murrant is the Hatchery Manager for the Nova Scotia Department of Agriculture & Fisheries at Fraser's Mills Fish Hatchery. (Photos courtesy of Darryl Murrant)

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- All entries must be postmarked no later than November 30, 2004. Entries postmarked after November 30 will be included in the next years draw.
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Attention Handloaders — Reloaders

Here we go again

Submitted by Tony Rodgers

It never seems to end when it comes to the federal government and their attack on our shooting sports. The following information is to inform you of proposed changes that will affect handloading of ammunition. Please read it and respond to the Federal Department of Natural Resources.

From Department of Natural Resources (Explosives Branch)

Changes to regulations under the Explosives Act relating to handloading of ammunition. The proposals were released to start the consultation process. A newsletter has recently helped spread the information to the reloading community.

There is no connection between these proposals and the recently passed Public Safety Act (Bill C-7; formerly C-42). Proposals for that Act were aimed at import, export and in-transit controls over "inexplosive ammunition components". These proposals were withdrawn

due to objections from the firearms community.

The proposed regulations on handloading relate mainly to safety, not security. Addressing each of the proposals:

1. Handloading in detached dwelling only. The accidental ignition of 5 kilograms (kg) of black or smokeless powder can cause a fireball several metres across. This would undoubtedly initiate a rapid and intense fire in a normal room. We do not believe that residents in a multi-unit dwelling should be subject to the risk.

2. No more than 5 kg of propellant to be stored within a dwelling. According to handloading tables this is sufficient for 1500 (shotgun) to 20,000 (pistol) loads. This amount seems adequate.

3. No handloading within 15 metres of a neighbouring dwelling. Again, this proposed change relates to protecting neighbouring properties from the risks and hazards associated with ammunition loading activities.

4. All propellants to be given a United Nations designation. There is nothing new here. All explosives made

in or imported into Canada must be authorized and classified under the UN system.

The Explosives Act prohibits the manufacture of explosives (including ammunition) anywhere except in a licensed factory - unless exempted by regulations. We have for many years made regulations to exempt hand loaders from this prohibition and, thus, avoid the expense of acquiring a factory licence.

We are looking for constructive feedback on these proposals. Consultation with stakeholders is part of the regulatory process. When the proposals are fully developed they will be posted on our website: www.nrcan.gc.ca/mms/explosif/index.htm <http://www.nrcan.gc.ca/mms/explosif/index.htm>

For more info contact C.G. (Chris) Watson, Ph.D. the Chief Inspector of Explosives and the Director of Explosives Regulatory Division in the Minerals and Metals Sector. You can reach him by e-mailing cwatson@nrcan.gc.ca or writing: 1431 Merivale Avenue, Ottawa ON K1A 0E4.

Get out in Guysborough County!



Fresh off the press, Guysborough County's guide to kayaking, hiking and scuba diving is now on sale. The 137 page guide showcases 20 top routes, 20 trails and 20 under water attractions in the area.

Guysborough County boasts of incredible scenery, diverse topography and pristine ocean water which is yours to explore. Get out in Guysborough County provides recreational enthusiasts with maps, a rating system and detailed descriptions on what makes the County unique, as well as services and amenities guide.



The Warden and Council of the Municipality of the District of Guysborough are pleased to be a sponsoring partner in this great book full of incredible photos for those wanting to discover one of the Province's uncut gems.

The retail price of the guide is \$12.95 and anyone wishing to purchase is asked to please phone Guysborough County Regional Development Authority at 1-800-533-3731.

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Random Casts

Good Old Wet Flies

By Don MacLean

The wind whipped my raincoat as I made another cast into the waves. It was early June on Third Pond of the Gander River but it was bitterly cold. The only thing that was hot was the fishing as brook trout after brook trout came to my cast of two wet flies. I have always been a fan of small wet flies for brook trout but these days, wet flies seem to have fallen out of favour, with most anglers instead choosing nymphs and streamers. That's a shame, because wet flies are a great method of catching trout.

Like most things related to fly-fishing, wet flies originated in Britain. Those early anglers were after brown trout, a species which is very wary and notoriously hard to catch. This resulted in the development of small drab patterns with names like black gnat, cow dung and march brown. Many of these anglers fished more

than one fly on their line. In England, where the technique originated, a multiple fly rig is called a cast. Traditionally, three flies are used; a fly at the end of the leader, called the point fly, a second fly, called the dropper fly, tied about 16 inches above the point fly on a short piece of leader and a third fly called the dib farther up the line. The dib fly gets its name from the technique known as dibbling. That's when an angler lifts their rod tip resulting in the dib fly skating or dibbling along on the surface. This technique imitates a hatching mayfly or caddis and can be very effective.

I use two flies most of the time because I find a three fly cast tangles too easily. There are several ways to rig a dropper fly. The simplest is to tie on a piece of leader using a blood knot and leave one of the ends long. Some anglers tie a piece of leader to the bend of the dropper fly and tie the point fly on that. The trick is

to not make the dropper leader too long. I find anything over a foot will wrap around the leader and leave you with a tangle. The use of multiple rigs is not limited to fly fishing. Tying a wet fly or streamer above a spinner or bait can be very effective as well.

Wet flies are usually tied on short shank, heavy hooks to ensure they sink readily. Most are simple patterns, with bodies of tinsel or chenille, a wing and some hackle at the head. Tie a variety of patterns in sizes ranging from 10 to 14 and you will be ready to hit the water anywhere.

Tight Lines. 🦋

Don MacLean is a Nova Scotia biologist who writes on sport fishing topics. His book, Discover Nova Scotia Sport fishing, was published in 2003.

“Enough is Enough!”

Call for an End to Game Farms in Canada Renewed

By Sandy Baumgartner

The Canadian Wildlife Federation (CWF) is renewing their call to have the game farming industry in Canada decommissioned with compensation paid to farmers. This comes in response to an expert panel report on Chronic Wasting Disease (CWD) in Canadian wildlife released by the Canadian Cooperative Wildlife Health Centre at the University of Saskatchewan. CWD is a transmissible spongiform encephalopathy found in deer and elk (cervids). It belongs to the same family of diseases as mad cow.

The panel, made up of international scientists with the expertise to evaluate CWD in Canadian wildlife, concluded that CWD “is

arguably the most important issue in the management of free-living cervids in North America. The disease has the potential to reduce cervid populations in the long-term, and to create major socio-economic impacts as observed in other areas in North America.”

The CWF has been a long time opponent of game farming because of concern over the potential spread of disease to wild cervid populations. “Our greatest fears were realized when CWD was detected in the wild,” says CWF Executive Vice President, Colin Maxwell. CWD was likely introduced to wild deer in Saskatchewan as a result of “spillover from infected farms” the report states. It has been identified on 40 game farms in Saskatchewan and three in Alberta. Subsequently, the disease was found in the wild in three areas of Saskatchewan in proximity to game farms.

The expert panel recommends a national plan be developed with the participation of federal and provincial governments that will monitor and manage CWD in the wild and increase research on the disease. The panel also recommends a comparable investment in the management of CWD in wildlife as has been made for managing the disease on game farms. “This would be significant,” says Maxwell, “given that the federal government has already spent tens of millions of dollars on surveillance, testing, and compensation to game farmers with infected animals.”

Although the report stopped short of calling for an end to game farms CWF believes

this is inevitable. “This is clearly not a sustainable industry,” says Maxwell. “The industry is relying on compensation paid to farmers with diseased animals and other government support programs. All this at the expense of wildlife.”

Although pleased with the panel's findings, CWF is concerned that it may be too late to effectively implement much of the panel's recommendations. This is especially so given that the panel acknowledged that the infectious prions could persist in the environment for years.

CWF first called for a federal environmental assessment on game farming in the late 1980s out of concern over the risk of disease transmission to wild deer populations. After two decades of frustration with jurisdictional buck-passing between federal and provincial governments CWF took an unprecedented stance by calling for a complete ban on the industry in 2002.

“Game farming is one big field experiment that has failed,” says Maxwell. “It's time for governments to admit they were wrong and shut this industry down.”

The full report of the Expert Scientific Panel on Chronic Wasting Disease in Canada is available on-line at <http://wildlife.usask.ca>. Click on the “CWD Report” icon on the landing image. 🦋

Sandy Baumgartner is the Manager of Programs and Communications for the Canadian Wildlife Federation.



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“Obesity Sleuths” Find Chronic Diseases Linked To A Breakdown Response To What Our Human DNA Is Expecting

The need for physical activity is hotwired into the body's expectations. When that activity does not occur, nutritional “thrifty genes” react, causing a steep rise in common chronic conditions.

The results of the most extensive research investigation into the relationship between chronic health conditions and physical inactivity have been released by a team of “obesity sleuths.” They conclude that today's skyrocketing levels of chronic diseases are due to the collision between the body's total gene complement of a set of chromosomes, — programmed 10,000 years ago to anticipate physical exertion, and the inactivity endemic to 21st century sedentary societies. Nutritional “thrifty genes” may further exacerbate the deterioration of the human body, which takes the form of common, chronic disorders, once thought to be rare.

The Study

The study entitled “Waging War on Physical Inactivity: Using Modern Molecular Ammunition Against an Ancient Enemy,” is the latest report from the obesity research team of Frank W. Booth and Espen E. Spangenburg, both of the Departments of Biomedical Sciences and Physiology and the Dalton Cardiovascular Institute at the University of Missouri, Columbia, MO; Manu V. Chakravarthy, of the Department of Internal Medicine, University of Pennsylvania, Philadelphia, PA; and Scott E. Gordon, of the Departments of Exercise and Sports Sciences and

of Physiology and the Human Performance Laboratory, East Carolina University, Greenville, NC. Their study appears in the current edition of the *Journal of Applied Physiology*, a publication of the American Physiological Society.

The team set out to identify the underlying genetic and cellular/biochemical bases of why a sedentary lifestyle produces chronic health disorders. They support the hypothesis that humans have inherited a genome programmed for physical activity by selective forces from the Late Paleolithic era (10,000 years ago), when physical activity was necessary for survival. Another associated hypothesis that was examined in this research effort is that a lack of physical activity leads to failure of the maintenance of normal signaling by cellular networks that activate that genome. Since the normal orchestration of protein expression in cells in humans was selected during evolution, when physical activity was higher than today, an altered protein expression of cells from sedentary individuals is associated with a higher incidence of chronic conditions.

As part of their efforts, new conclusions have been reached on how physical inactivity affects at least 20 of the most chronic and deadly medical disorders. They suggest that all these conditions share common genetic inheritances that were supported by physical activity. When physical activity diminished, chronic health conditions occurred.

Needs for the Paleolithic Age

Daily physical activity was an integral, obligatory aspect of our ancestor's existence. The weekly activity pattern of hunter-gatherers of the Paleolithic Stone Age period (c. 8,000 B.C.) required several days of fairly intensive physical activity followed by days of rest and light activity. Men commonly hunted from one to four consecutive days each week while women gathered every two to three days. The physical labors involved in tool making, butchering, food preparation, carrying firewood and water, and moving to new campsites were supplemented by dances, often lasting hours, as a major recreational activity in many cultures.

(Lack of) Needs for 21st Century Americans

Twenty-first century Americans still possess late Paleolithic, pre-agricultural hunter-gatherer genes, and, perhaps nutritional “thrifty genes.” Since our food abundant society makes physical activity no longer obligatory for survival, the sedentary lifestyle has emerged, disrupting the normal homeostatic mechanisms that have been programmed for the proper metabolic fluctuations necessary to maintain health. Physical inactivity interferes with the genome, thus becoming an initiating factor in the molecular mechanisms of disease.

This assessment of chronic disorders addressed a wide range of maladies that affect a considerable number of Ameri-



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cans. Disorders were considered and conclusions were reached.

Highlights include: Cancer

Breast cancer: Sedentary females, compared with physically active women, are less likely to have primary and secondary anenorrhea, delayed menarche, and irregular cycles, all associated with a reduced development of breast cancer.

Colon cancer: Physical inactivity was the risk factor most consistently shown to be associated with the increased risk of colon cancer. A 50 percent reduction in the incidence of this disease was found in those with the highest level of physical activity.

Pancreatic cancer: Walking or hiking less than 20 minutes a week was associated with twice the risk of pancreatic cancer when compared with those who performed the exercise for more than four hours a week.

Melanoma: Sedentary men and women had a 56 and 72 percent, respectively, higher incidence of melanoma than those exercising five to seven days a week.

Cardiovascular Diseases

Heart disease, coronary artery disease, angina, and myocardial infarction: Undertaking a moderate-intensity physical activity would prevent 250,000 deaths each year, 12 percent attributed to these medical conditions.

Heart disease: congestive heart failure — Exercise may improve the condition of people afflicted with this disorder; physical inactivity may be a determinate factor to their time of death.

Hypertension: Tests found that inactivity led to blood pressures in sedentary individuals being substantially higher than in those who were active.

Stroke: Physical activity lowers blood pressure, facilitates weight loss, and decreases the chance for Type 2 diabetes, a major cause of strokes.

Metabolic Diseases

Type 2 diabetes: Most of the preva-

lence of Type 2 diabetes in the United States can be attributed to a change in lifestyle that involves a genome evolved from a Paleolithic lifestyle. Cultures that still have hunter-gatherers have low incidence of this disease.

Obesity: Sedentary individuals can lower their risk of many disorders by increasing their physical activity, regardless of whether they are normal or overweight.

Musculoskeletal Disorders

Osteoarthritis: Appropriate exercise, both therapeutic and recreational, is an effective therapy in the successful management of this disorder. The benefits are flexibility, muscular conditioning, and cardiovascular and general health.

Rheumatoid Arthritis: Exercise for patients with this disorder minimizes loss in muscle strength but not in bone loss.

Conclusions

This effort clearly points out that a sedentary lifestyle leads to a breakdown

in the body's biomedical system and a failure of genes leading to chronic disease. Now, the public has a baseline of information of how to develop an optimum design for living that will contribute to a healthy lifestyle and to the avoidance of disorders caused by inactivity.

This research also suggests that the publicized searches for genes causing chronic illnesses are too limited. In addition, scientists should explore how selected "activity" genes are misexpressed as a result of a sedentary lifestyle. These findings challenge those engaged in using the human genome sequence to fight disease to recognize the "activity genes" that produce diseases when inactivity occurs. They repeat their call for people to participate in more physical activity to prevent the advent of a wide range of chronic disorders. ♣

Source: *Journal of Applied Physiology*, July 2002.

Canadian Firearms Program Statistics

By the Office of the Chief Operating Officer of the Canada Firearms Centre

Licences

1.98 million Firearms Licences (POLs and PALs) issued under the current legislation are valid. • 1.3 Million Possession Only Licences (POLs) issued under the current legislation are valid. • 696,000 Possession and Acquisition Licences (PALs) issued under the current legislation are valid. • 5,100 Minor's Licences (MLs) issued under current legislation are valid. • 345 Firearms Acquisition Certificates (FACs) under the previous legislation are still valid.

Registration

1.6 million firearm owners have at least one registration certificate in the Canadian Firearms Information System (CFIS). • 6.9 million firearms have been registered.

Canadian Firearms Registration On-Line (CFRO)

3.2 million CFRO queries have been made by police and other law enforcement officials since December 1, 1998.

For further information on CFRO please go to <http://cfc-cafc.gc.ca/en/portals/police/cfro/default.asp>. Statistics last updated on August 3, 2004. These statistics are provided by the Office of the Chief Operating Officer of the Canada Firearms Centre. Some statistics are tabulated weekly and some are tabulated monthly. Additional statistics may be added as the program develops. http://www.cfc-ccaf.gc.ca/en/general_public/program_statistics/default.asp



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Fitness For Hunting!

Submitted by Jeremy Allwein and Staff, University Fitness Centre

A rash of heart attacks marks every hunting season. In fact, heart attacks take a higher toll than careless hunting practices. Walking with gear, dragging out a carcass, setting up the tree stand, and even spotting may cause more stress than the heart can handle. This is especially true if you are not physically active.

Hunting can be hazardous to the health if the hunter has an undetected heart condition. High blood pressure, high cholesterol levels, increased body fat percentage, and smoking are all conditions that when combined with physical inactivity can result in a horrible day in the woods. Even merely seeing a deer can cause a hunter's heart rate to significantly increase.

So the question for the responsible hunter is: What do I need to do to get into prime hunting condition? The answer is actually quite simple: Get active and make it consistent! Maintaining a healthy level of fitness year-round is the best approach, however, now is not too late to start. You can follow this progressive 4-week program and boost your heart's conditioning! This program is to be followed three times a week at your local gym or a home version can be just as effective. REMEMBER: Consult your physician if you experience unusual shortness of breath, chest pain or discomfort.

WEEK 1

- * Start out with a 5-minute warm-up.
- * 15-20 minutes of strength training. One set/12-15 repetitions at a light weight.
- * 20 minutes of continuous cardiovascular activity

WEEK 2

- * 5-10 minute warm up
- * 20 minutes of strength training. One set/12-15 repetitions at a moderate weight.
- * 25 minutes of continuous cardiovascular activity.

WEEK 3

- * 5-10 minute warm-up
- * 20 minute of strength training. One set/12-15 repetitions at a moderate weight.
- * 30 minutes of continuous cardiovascular activity.

WEEK 4

- * 5-10 minute warm-up
- * 20 minutes of strength training. One set/12-15 repetitions at a moderate/hard weight.
- * 30-45 minutes of continuous cardiovascular activity.

Key Points to Remember:

1. Your warm up can consist of anything that gradually increases your heart rate. Jumping rope, bicycling, or walking are all good examples of what you can do for a warm-up.

2. Your strength training should focus on both the upper and lower body muscles. Your legs and shoulders are key muscle groups used during a long day's hunt.

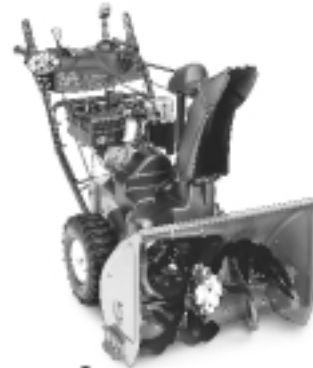
3. While doing strength training, choose a weight that is challenging, yet not too strenuous to handle.

4. When doing cardiovascular activity, choose something that you can enjoy doing for an extended period of time. If you do not have access to the gym, take a walk at a brisk pace.

Hunting is more fun and a lot safer when you are not tired and out of breath. Increasing your physical fitness will enable you to cover more ground, get your game out of the woods faster, and help you to avoid the clumsiness and lapses of concentration that accompany physical exhaustion! 🦌

Jeremy Allwein is with the University Fitness Center, Penn State College of Medicine, The Pennsylvania State University, Hershey, PA.

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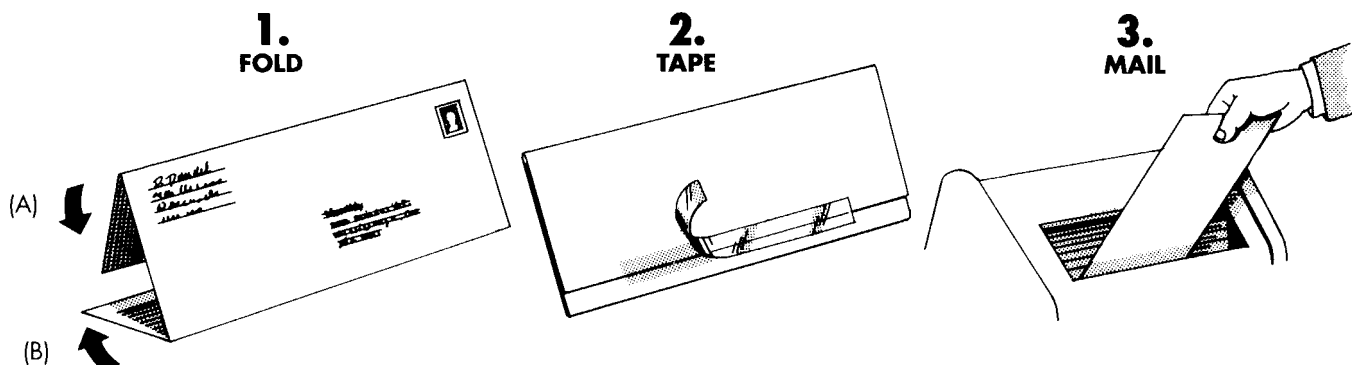


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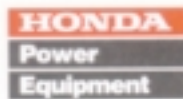


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