

Thank you

BOW[®] Volunteers and Supporters



Class of 2010 Winter BOW....Take the Roof Off Winter

On behalf of the BOW Board of Directors and the BOW Organizing Committee, I would like to thank all the instructors, volunteers, partners and sponsors for your commitment and all the support that you bring to the BOW program. We truly appreciate your dedication to the program and to the women who participate in it.

The intention of the BOW workshop is to introduce women to a range of outdoor activities at an introductory level. Our hope is that the workshop acts as a stepping stone that leads these women to pursue their activity(ies) of choice either informally with family or friends or through many of the organizations or businesses that provide a range of outdoor opportunities within the province.

The 2010 Winter BOW Nova Scotia workshop broke a few records. It boasted the largest number of participants attending a winter workshop (52 participants) and it had the highest percentage of first-time BOW participants (77%) in recent years. We are pleased that the Becoming an Outdoors-woman Nova Scotia workshops are seeing some new faces although we always look forward to welcoming old friends back as well.

Of the total, 88.5% of the women had never attended a winter BOW previously and some of them stated that they had come specifically because they were interested in winter activities. BOW was very pleased to be part of the "Take the Roof off Winter" program through Recreation Nova Scotia and the NS Department of Health Promotion and Protection, one of the one-thousand events that occurred across the province encouraging Nova Scotians of all ages to improve their health and quality of life by being outdoors and active in winter.

One participant put this so well when she noted that although there were a wide range of ages at the workshop (18 – 65+), they were able to bond and share based on a common interest and that age was not a factor. In fact, intergenerational bonding through a shared experience is becoming a positive emerging trend in today's society.

Thank you to the women who attended the winter BOW, for your enthusiasm and willingness to share your experiences with us. We are always inspired by the positive energy that you bring!

Sincerely, Pam Grace,
BOW Nova Scotia Coordinator

2010 Classes

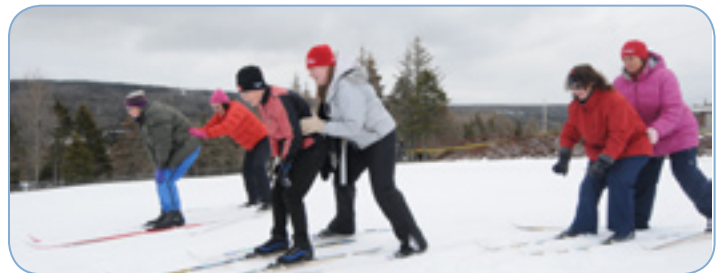
Fifteen classes were offered in 2010 which fell into three main categories: those that are hunting related, fishing related as well as those that encompass a range of outdoors winter pursuits. Along with classes, evening programs included night time snowshoe hikes, fly tying and a campfire social. Classes included:

- **Hunting:** Scouting for Wildlife, Trapping, and Cooking with Wild Edibles
- **Fishing:** Ice Fishing
- **Outdoor Skills:** Cross-country skiing, Geo-caching, Winter Camping, Nature Connections, Nature in Winter, Nature Photography, Winter Birding, Wilderness Navigation, Winter Day Outings, Winter Emergencies, and Winter Woodsy.

Upcoming Workshop

September, 2010 – Date and location to be determined. Information on the Fall BOW will be emailed/mailed out in June.

For comments or questions email us at: BOWNS@gov.ns.ca or for more information on the BOW® program visit: www.gov.ns.ca/natr/outdoor



ONE, TWO, THREE, GO...achieving balance in cross-country skiing!



Geocaching, one of the fastest growing activities world-wide.

BOW® Scholarships

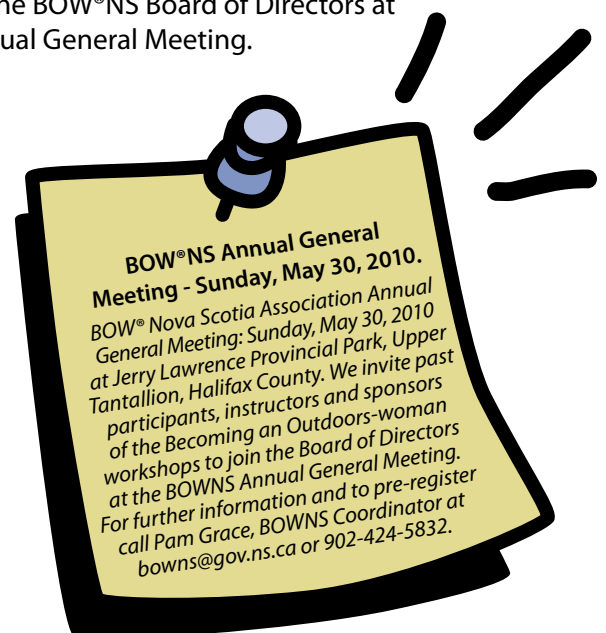
Once again the Association was able to provide scholarships to five women who may not have otherwise been able to attend the workshop due to financial constraints. The scholarships are in the amount of \$129 each. The Association would like to thank the Nova Scotia Federation of Anglers and Hunters, and Ted & Rene Scrutton for their generous support of the winter BOW® Scholarship Program. For further information on how to contribute to the scholarship program, please contact the BOW® Nova Scotia Coordinator.

Gift Certificates

Give the gift of adventure! Certificates available for either full BOW workshop fees or in denominations of \$20 each towards purchases of merchandise, silent auction items, or the registration fee at the next workshop. To purchase a gift certificate please forward cheque or money order, payable to the BOW Nova Scotia Association.

You're Invited!

Past participants, instructors and sponsors are invited to join the BOW®NS Board of Directors at our Annual General Meeting.



New Classes



NATURE CONNECTIONS

Lucy O'Driscoll, visiting Newfoundland BOW Coordinator, shared various traditional cultural approaches to connecting with nature, using nature as a healing power in life. From cleansing of all negative energy through a smudging ceremony to identifying their inner animal totem, participants were taught the techniques to connect with the natural world around them and thereby lowering their stress levels.

What participants said:

- *Wow, who knew how much I needed that! What an amazing experience and I am all the better for it!*
- *So many great breakthroughs and emotional moments. I learned a lot and had a great time. Thanks for the class.*

WINTER WOODSY

The how to's of building a lean-to, lashing together poles, building a campfire, sharpening knives and axes as well as basic survival tips were all part of the learning experience provided in this woody class.

What participants said:

- *Absolutely loved the variety of things to do and practise...could of stayed all night!*
- *Sue is amazing! She has such a broad degree of knowledge and a wonderful way of sharing it!*
- *What a great combination of knowledgeable instructors, each complimenting the other.*



TRAPPING

A return of an old favorite, the trapping class covered all aspects of trapping including live trapping for research and relocation. Modifications on traps and snares to avoid catching certain endangered species and to help trappers better catch their target species was discussed. A skinning demonstration was held for those who wished to participate.

What participants said:

- *The pairing of formally trained (instructor) & traditionally taught (instructor) gives an invaluable perspective from both sides probably not commonly available...excellent idea.*
- *This was my favorite session! I learned so, so much and thoroughly enjoyed everything about it!*

Becoming an Outdoors-Woman® Nova Scotia Association

The *Becoming an Outdoors-Woman® Nova Scotia Association* (BOW®NS) is a registered not-for-profit organization which was first incorporated in March 1998. The goal of the Association is to provide opportunities for women to learn skills that enhance and encourage participation in hunting, angling, and other outdoor activities. The Association's objectives are to design programming that allows women to learn outdoor skills in a non-threatening, comfortable atmosphere; create agency, industry, and club coalitions for planning and sponsoring of workshops; and to facilitate positive press coverage of workshops. For more information, please contact the *BOW®Nova Scotia* Coordinator.

BEHIND THE SCENES

Darlene Caldwell* - Sponsorship
Judy Clattenburg - Transportation
Fay Deviller* - Treasurer
Sara Forde - Transportation
Sandra Fraser* - Registration/Facilities/Equipment/Instructors
Pam Grace* - Coordinator
Tara Marshall* - Promotions
Krista McLarty - Registration
Ted Scrutton* - Instructors/Program
Tamara Stephen* - Equipment
* - 2010 Winter BOW® Workshop Organizing Committee

2009-2010 BOW® Nova Scotia Partners

Cross Country Ski Nova Scotia
NS Department of Fisheries and Aquaculture
NS Department of Health Promotion and Protection
NS Department of Natural Resources
NS Federation of Anglers and Hunters

2009-2010 BOW® Nova Scotia Sponsors

Atlantic Oilfield & Industrial Supplies/Atlantic Workwear
Bow Hunters Association of Nova Scotia
Brian Gilbert
Cabela's
Excalibur Crossbows Inc
Gravel Agencies
Henry Repeating Arms Company
JD's Shooting and Fishing Supplies
Natural Resources Education Centre
Mountain Equipment Co-op
Natural Resources Education Centre
North Highlands Nordic Cross Country Ski Club
Big Game Society
NS Federation of Anglers and Hunters
NS Department of Fisheries & Aquaculture – Inland Fisheries Division
NS Department of Health Promotion & Protection
NS Department of Justice
NS Department of Natural Resources
NS Outdoor Leadership Development Program
Orienteering Association of Nova Scotia
Raven Archery
Robert and Fay Deviller
Ted & Rene Scrutton
The Adventure Outfitters (TAO)
The Trail Shop

2009-2010 BOW® International Sponsors

Browning
Cabela's
Federal Premium Ammunition
Leupold
Lodge Manufacturing
National Shooting Sports Foundation
Pheasants Forever
Pope and Young Club
Rocky Mountain Elk Foundation
Safari Club International Foundation
UWSP Foundation

2010 Winter BOW® Nova Scotia Instructors

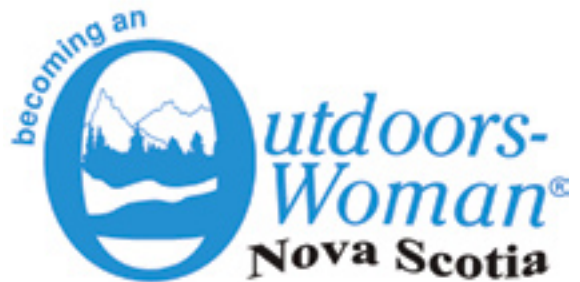
Rosemary Algar	Tara Marshall
Merryl Bustin	Heather McKinnon
Judy Clattenburg	Linda Murray
Jody Conrad	Lucy O'Driscoll
Amelia Cox	Doug Ross
Billy Digout	Ted Scrutton
Sara Forde	Lawrence Shebib
Sandra Fraser	Sarah Spencer
Mark Hamilton	Julie Towers
Bethsheila Kent	Sue Veinot
Susanne Litke	Steve Vines
Gordie MacKinnon	

2009 -2010 Board of Directors

Past President:	Darlene Caldwell
President	Gerry Naugler
Vice-President:	Brenda Silver
Secretary/Treasurer:	Fay Deviller
Director:	Judy Clattenburg
Director:	Krista McLarty
Chair, Promotions:	Tara Marshall
Recognized Agent:	Pam Grace

BOW® NS Committees

Promotions Committee, Membership Committee, Sponsorship Committee, BOW® NS Workshop Organizing Committee*
(* appointed committee)



Newsletter Contribution

If you would like to share your outdoor experiences with our readers, please forward your contribution to:

Becoming an Outdoors-Woman® Nova Scotia Association

Attention: Pam Grace, BOW® Nova Scotia
Coordinator
P.O. Box 698, Halifax, NS B3J 2T9
Email: BOWNS@gov.ns.ca

