



Thank you BOW® Volunteers and Supporters

The Becoming an Outdoors-Woman® Nova Scotia program is now in its 14th year and another successful workshop was held September 9 - 11th at the Mount Traber Bible Camp & Retreat Centre, Cooks Brook, Halifax County. Once again on behalf of the BOW® Nova Scotia Association Board of Directors and the BOW® Workshop Organizing Committee, I would like to thank all the instructors, volunteers, partners and sponsors for their continued commitment and support.

Sixty women participated in the workshop, with 38 women being “first-timers” to the program (63%). Once again ages of these women ranged from 18 to 66+ proving that enjoying the outdoor experience is a lifetime pursuit. For some women, it was the first time they had tried a particular activity which can be an exciting challenge as well as a fearful or frustrating one. The objective is to have each woman achieve their personal goal by mastering this skill. For some, this may be a one-time experience, but for others it will be the beginning of a lifetime love for the sport or activity. Comments by the participants often cite the patience and encouragement exhibited by the instructors which has led to their personal successes. Thank you to all the instructors for empowering these women so that they may make their goals obtainable.

BOW® Nova Scotia relies on its partners, sponsors and volunteers to offer these workshops which include agencies, organizations, businesses and individuals. Without their financial and in-kind support, these workshops would not be possible. Please refer to the listing of partners and sponsors featured on page 4 in this newsletter. Thank you to all partners and sponsors for your continued support of BOW®.

Thank you to the women who attend BOW®. It is a pleasure to get to know you and have you share your experiences with us. You are an inspiration to the instructors, volunteers and organizers of BOW®, to the women who attend BOW®, and to the girls and women you will influence at home and in your communities. Please continue to share your passion for the outdoors with others and to pursue whatever outdoor activity or sport that inspires you. We look forward to meeting you again.

Sincerely,
Pam Grace
BOW® Nova Scotia Coordinator





New Classes~

Willow Woodcrafts

Willow limbs were used to make a variety of items from chairs to small tables, plant holders and shelves. Sue, Angie, and Rene led a creative team of ten women to design and build their own pieces. Some of these pieces were later auctioned off in the "Live, Not-so-Silent Auction" and proceeds were donated to the Susan Hruszowy-Romkey Memorial Fund.

What participants said:

To have an opportunity to actually have made something – to saw, nail, use power tools, to see what can be done with wood was a wonderful experience.

Kids Outdoors

Oh to be a kid again! Led by Heather, Terri and Judy, this class provided women with the opportunity to explore their inner child, learn some new and creative activities that they could share with kids of all ages outdoors, as well as discover some outdoor opportunities for youth in Nova Scotia.

What participants said:

This is an area that I have lots of experience in, but was thoroughly impressed at how much more I learned! This class far exceeded my expectations....a great class for anyone who has children or is interested in leading any children's groups. The instructors were so gifted at being able to slow us down, let us explore the wonders of nature and allowing us our quiet reflection time.

Outdoors with Dogs

Go Dogs Go! Dogs are wonderful companions and they came in a variety of breeds and ages for this class. Led by Julie and Heather W., along with friends from the Bluenose Chapter of the North America Versatile Hunting Dog Association, this class gave women a chance to work with both pups and mature dogs on land and in the water in a variety of training exercises. As well, they explored options of activities they could do with their dog in the outdoors and covered basic emergency first aid for dogs. A special thank you to Bracken, Julie's German Short-Haired Pointer; Darren Miller with Scout (English Setter) from Firefly Kennels and Barb Deg with her two Irish Setters who helped out with this class.

What participants said:

I was surprised and very pleased that the session was made relevant to all dog owners and not just hunters. The session on first aid was really worthwhile.



BOW® Nova Scotia Association Annual General Meeting

June 2012 (Date and location to be determined)

We invite past participants, instructors and sponsors of the Becoming an Outdoors-Woman® workshops to join the Board of Directors at the BOW®NS Annual General Meeting. For further information and to pre-register call Pam Grace, BOW®NS Coordinator at bowns@gov.ns.ca or 902-424-5832.

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.

Upcoming Workshops

February 17 – 19, 2012 at the Gaelic College, St. Ann's, Cape Breton.

September 14 - 16, 2012 at Mount Traber Bible Camp, Cooks Brook, Halifax County.

Information on Winter BOW and Fall BOW will be emailed/mailed out in December and June, respectively.

About the Classes

Twenty-one classes were offered in 2011 which fell into three main categories: those that are hunting related, fishing related as well as those that encompass a range of outdoor pursuits. Classes included:

Hunting: Archery/Bow Hunting; Firearms Safety, Handling & Storage; Shooting Rifles; Shotgunning; and Trapping & Snaring.

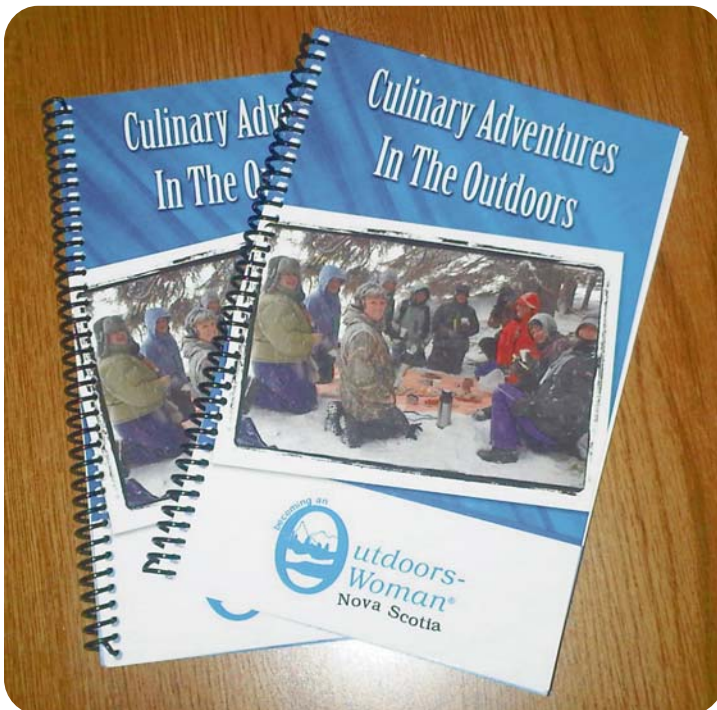
Fishing: Fly Fishing; Tasty Fish; and Trout Fishing.

Outdoor Skills: Canoeing; Geo-caching; Kayaking; Kids Outdoors; Nature Photography; Outdoor Cooking; Outdoors with Dogs; Wild Edible Plants; Wilderness Camping/Backpacking/Solo Tripping; Wilderness Navigation; Wilderness Survival; Willow Woodcrafts; and Woodsy 101.



Evening Rest and Relaxation

The evening program provides an opportunity for everyone to get a chance to try a new skill; mix and mingle with others, sample recipes using a variety of game or bidding on items at the silent and not-so-silent auctions. These were the types of programs offered at this year's workshop; a great big "Thank You" is extended to Brian Gilbert for leading the fly tying session; Heather Ramshaw for the Nocturnal Prowl - scoping for bats and other creatures of the night; Merryl Bustin & Angie Singer for tying up everyone in Knots; Sue Veinot & "Vanna"-Rene Scrutton for hosting the not-so-silent auction; Terri Peace for leading the Campfire session; and to Tara Marshall & Darlene Caldwell who cooked up a storm featuring 14 game recipes from the recently published BOW® Cookbook – "Culinary Adventures in the Outdoors".



BOW® COOKBOOK NOW AVAILABLE!

"Culinary Adventures in the Outdoors" is a compilation of recipes and cooking methods collected and used by BOW® instructors and friends at home, or out in the wilderness.

Cost: \$10.00 (\$4.00 - GST + shipping/handling).

Available through the
Department of Natural Resources Library,

visit www.gov.ns.ca/natr/library
and click "Contact Us" to order.

BOW® Scholarships

We are very pleased to announce that the BOW® Nova Scotia Association was able to provide scholarships to four 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 Salmon Association; Nova Scotia Big Game Society; and the Susan Hruszowy-Romkey Memorial Fund for their generous support of the fall BOW® Scholarship Program. For further information on how to contribute to the scholarship program, please contact the BOW® Nova Scotia Coordinator.

Susan Hruszowy-Romkey Memorial Fund

The Susan Hruszowy-Romkey (July 28, 1960 – May 28, 2010) Memorial Fund provides an annual partial scholarship to the Becoming an Outdoors-Woman® Scholarship Program. To make a donation in her memory please contact the BOW® Nova Scotia Coordinator at bowns@gov.ns.ca or telephone 902-424-5832.

Behind the Scenes:

Ashley Caldwell - Photographer
Darlene Caldwell* - Sponsorship
Judy Clattenburg – Transportation
Amelia Cox – Transportation
Fay Deviller* - Treasurer
Sandra Fraser* - Registration/Facilities/Equipment/Instructors
Pam Grace* - Coordinator
Tara Marshall* - Promotions/Evening Program
Zoë Oliver - Transportation
Nancy Parsons – Transportation
Heather Ramshaw* - Evening Program
Ted Scrutton* - Instructors/Program
Brenda Silver – Registration/Transportation
Tanya Wells - Transportation
* - 2011 Fall BOW® Workshop Organizing Committee

2011 Fall BOW® Nova Scotia Partners

Province of Nova Scotia
NS Federation of Anglers and Hunters

2011 Fall BOW® Nova Scotia Sponsors

Archers Association of Nova Scotia
Ashley Caldwell
Bow Hunters Association of Nova Scotia
Freeman's Little New York
Halifax Regional Municipality
JD's Shooting and Fishing Supplies
Julie Towers
Michelle Raymond
Musquodoboit Valley Rifle and Revolver Club
Mountain Equipment Co-op
North American Versatile Hunting Dog Association – Bluenose Chapter
NS Big Game Society
NS Department of Fisheries & Aquaculture
NS Department of Health & Wellness
NS Department of Natural Resources
NS Federation of Anglers & Hunters
NS Lifeguard Service
NS Museum of Natural History
NS Salmon Association
Peter Romkey
Raven Archery
Robert & Fay Deviller
Susan Hruszowy-Romkey Memorial Fund
Ted and Rene Scrutton
The Adventure Outfitters (TAO)
The Trail Shop
Victoria Castle

2011 Fall BOW® International Sponsors

ATK Ammunitions Group
Browning
Cabela's
Ducks Unlimited
Leupold
Lodge Manufacturing
National Shooting Sports Foundation
NRA Women on Target
Pheasants Forever
Pope and Young Club
Sables-Safari Club International
UWSP Foundation
UWSP College of Natural Resources – Stevens Point

2011 Fall BOW® Nova Scotia Instructors

Lyse Boyce	Susanne Litke	Angie Singer
Merryl Bustin	Tara Marshall	JoAnne Spencer
Darlene Caldwell	Kara McCurdy	Sarah Spencer
Judy Clattenburg	Kathleen Naylor	Dawn Stegen
Jody Conrad	Zoë Oliver	John Taylor
Amelia Cox	Etta Parker	Julie Towers
Brian Gilbert	Terri Peace	Sue Veinot
Rick Harley	Heather Ramshaw	Heather Weatherhead
Kim Huskins	Debbie Sanford	Tanya Wells
Genny Killin	Rene Scrutton	Gayle Wilson

2011-2012 Board of Directors

Past President: Gerry Naugler
President: Brenda Silver
Vice-President: Nancy Parsons
Secretary/Treasurer: Fay Deviller
Director: Darlene Caldwell
Director: Judy Clattenburg
Director: Krista McLarty
Director: Tara Marshall
Director: Sue Veinot
Recognized Agent: Pam Grace

BOW® Nova Scotia Committees

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

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.

Contact Information

Becoming an Outdoors-Woman® Nova Scotia Association

Attention: Pam Grace, BOW® Nova Scotia Coordinator
P.O. Box 698 Halifax, NS B3J 2T9
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