



Come join us for a great outdoor adventure!

**June 1-3, 2012
at Green Hill Lake Camp in
Lower Hainesville, N.B.**

Becoming an Outdoors-Woman is a workshop primarily aimed at women, but it is also an opportunity for anyone 18 years of age or older to learn outdoor skills – skills usually associated with hunting and fishing, but useful for many outdoor pursuits.

This workshop is for you if...

- you have never tried these activities, but have hoped for an opportunity to learn.
- you are a beginner and hope to improve your skills.
- you know how to do some of these activities, but would like to try new ones.
- you are looking for camaraderie of like-minded individuals.

Workshop Schedule:

Friday June 1st		
Morning: 9:00 – 11:00 am Registrations 10:00 – 11:30 am Basic Firearm Safety	Afternoon: 12:00–1:00 pm Lunch & Welcome Session A : 1:00 – 4:15 pm •Tree Go •Outdoor Photography •Tasty Fish •Walking/Tracking Sticks •Human/Wildlife Interaction •Go Fish!	Evening: 5:30 – 6:15 pm Supper & Announcements 6:15 pm Group Picture 6:30 – 7:30 pm BOW Olympics 7:30- 9:00 pm Mini Sessions & Free Time
Saturday June 2nd		
Morning: 7:00 – 7:45 am Breakfast Session B: 8:15-11:30 am •Fur Harvesting •Crossbows •Basic Shot Gunning and Clay Bird Shooting •Hands-On Fisheries Science •Search & Rescue -Part 1 •Nature Creations	Afternoon: 12:00 – 1:00 pm Lunch & Announcements Session C: 1:00- 4:15 pm •From Fly to Water- Part 1 •Annie Get your Gun •Woosy 101 •On the Water •Search & Rescue –Part 2 •Mushroom Madness	Evening: 5:30 – 6:15 pm Supper & Announcements 6:30 – 8:30 pm Auction Time! 8:30 – 10:30 pm Free Time and Camp Fire
Sunday June 3rd		
Morning: 7:00 – 7:45 am Breakfast Session D: 8:15- 11:30 am •Get your Ducks in a Row •From Fly to Water- Part 2 •Survival Basics •Creating a Butterfly Garden •Geo Caching •Up a Creek with a Paddle	Afternoon: 12:00 – 1:00 pm Lunch 1:00 – 2:00 pm Farewells, Acknowledgements and Announcements	** All classes are introductory, for people who have little or no experience. All equipment is provided, unless indicated otherwise in the class description.

Sponsored by: New Brunswick Wildlife Federation

Being an Outdoors Woman in New Brunswick- Workshop Descriptions

Tree Go: Fun, freedom and personal reward are what it's all about. These aerial adventure courses offer a diverse and exciting experience. No matter what your age or fitness level, the courses are designed for your pleasure in a unique outdoor environment. Weight limit of 225 pounds. ***(For this session, an extra \$20.00 fee applies)***

Outdoor Photography: This class will show you how to capture nature's splendor in just one shot. We'll focus on technique and composition, spend plenty of time outside practicing and reviewing a few shots for comments. So pack your camera and some grubby clothes, because we're going to look at the world from new angles. ***Please bring your own camera.***

Tasty Fish: Your very charismatic instructor will teach you everything you need to know about fish: where they live, what they eat, where they lay their eggs, how to clean them, filet them and how to cook them!!

Walking/Tracking Sticks: During your walk or hike in the woods, you come across a set of tracks. Don't you wish you knew which animal these tracks belong to? Through this easy session, you will build and paint your very own tracking stick, and we'll head out to the woods to put it to use.

Human/Wildlife Interaction: The Provincial biologists will explain in detail what the joys or problems are when interacting with wildlife. Is it a good idea to feed deer? If you find an injured or orphaned critter -what do you do with it? If one wanders near your home, what do you

do? Is that normal? Is it sick? All your questions will be answered.

Go Fish! : Learn safety skills, ethics, tricks & tips, then head out to practice casting and catching fish with a spinning rod & reel alongside two of NB's finest anglers. You will learn about seasonal patterns of game fish, effects of weather and water conditions, and where to locate fish. ***(Catch & Release only).***

Fur Harvesting: Join an expert trapper to learn about the fur bearing animals in NB; you will review ethics, habitat and practices. You will be building a snare and there will be a skinning demonstration on site. ***(Allergy alert: fur pelts will be present in this class)***

Crossbows : This is an introduction to crossbow hunting- the instructors will cover the history and evolution of the crossbow, components and safety, hunting opportunities and yes, shooting on the range!! Try out this new sport which is now available in New Brunswick.

Basic Shot Gunning & Clay Bird Shooting: Learn shotgun handling and shooting techniques on clay birds. Start with proper shooting form and fitting of a shotgun, safe loading and unloading techniques and work your way up to clay bird shooting. ***(Transportation to shooting range is approximately 35 minutes)***

Hands-On Fisheries Science: Most of us just love to go fishing and catch something. But what do we really know about fish? Learn how they adapt to hot and cold weather, where they lay their eggs, what they need to survive and how we can help by restoring and building fish habitats.

Search & Rescue-

Part 1 & 2: These sessions will give you an overview of all the work involved in rescuing a person in distress. We'll talk about preparation, policies, first aid, clues, tracking and equipment. See the amazing work that these volunteers do every day!

(All day session- Parts 1 & 2 together are mandatory)

Nature Creations: We will work to create a figurine built solely with natural items. Bring your collection of found objects- Shells? Grapevine? Sea glass? Leaves? We will provide the base and help with the creative process to give these items a new life. If you don't have materials, don't worry, we'll share!

From Fly to Water-

Part 1 & 2:

Part 1: Learn from experienced anglers the art and skill involved in tying flies. In this session, you will learn about the material and equipment needed for this enjoyable pastime

Part 2: Time to practice- you will learn casting moves, how to choose the perfect rod, and try your new flies on the water! ***(Parts 1 & 2 together are mandatory)***

Annie, Get your Gun!: Learn handling and shooting techniques on the range. Plenty of time is allotted for shooting .22 caliber and hand guns. Learn how to sight in your rifle and try your hand at target shooting. ***(Transportation to shooting range is approximately 30 minutes)***

Woodsy 101: Would you like to know how to build a fire from materials in the woods without cutting trees, sharpen a knife or axe and learn how to use both safely? Make useful items from birch-bark and tree growths such as water-dippers or moose calls? Join us for a fun hands-on afternoon.

On the Water: Canoeing and kayaking is a wonderful way to explore coastal and inland waters of our province. Learn about the equipment used, the basic skills, safety on the water, and put them to use on a short group excursion.

Mushroom Madness: Shiitake mushrooms for the beginner/market gardener- an A to Z presentation along with a show and tell on how to grow your own mushrooms. Sex and the Shiitake mushroom? What you never knew or dared to ask! Good fun! Don't forget to ask me about the "Dangerous Dungo".

Get your Ducks in a Row: : Learn the basics of waterfowl hunting and identification. These experts will teach you about hunting regulations and ethics, what type of firearms and ammo to use, conservation aspects, different duck and goose calls and much more! Wait until you hear these guys...you won't believe your ears! Join our 2007 Canadian duck calling and 2009 goose calling champion for this very interactive session.

Survival Basics: You will learn how to survive in the woods if you ever get lost, the basics of fire building, finding and building a shelter, how to find good drinking water, what to do in case of an emergency, how to get food, and more!!

Creating a Butterfly Garden: A world without chocolate? Do you enjoy having a garden with diverse plants that produce beautiful flowers and perhaps some fruits and vegetables? Would you like to see more bees, butterflies and hummingbirds visiting your flowers for nectar rewards? We need these benign creatures to pollinate the foods we enjoy most. (i.e.. chocolate, apples, pears, citrus fruits, carrots, grapes, etc.) Join us and explore plans to compose a diverse garden that will contribute to the food and shelter resources of invaluable pollinators. We will review soil and garden prep, including composting, and focus on garden planning to create a beautiful garden space for all creatures to enjoy.

Geo Caching: Want to go on a high tech adventure? Geo Caching is an outdoor treasure-hunting game where a Global Positioning System (GPS) receiver is used to hide and seek containers called geo caches or caches anywhere in the world. You will learn how to use a GPS for caching, marking or entering waypoints and narrowing down cache locations; how to use Geocaching.com to search for caches and log finds; learn what a cache looks like, what may be contained within one including travel bugs and geocoins.

Up a Creek with a Paddle: We're far from being in trouble! This session will be amazing- each of you will work with a simple piece of wood, sand it down and either wood burn or paint it! Final product will be a beautifully crafted canoe paddle that you can display at your cottage, home or office.

Physical Activity Level:

Please be advised that most classes will take place outside and may involve a wide range of physical activity including bending, standing, arm movement (paddle), and walking distances of up to 0.5 kms through wooded areas. If you have any concerns, please contact the NB provincial coordinator.

About the Instructors:

All our instructors, both male and female, are volunteers that give freely of their time and knowledge. Many have been with the BOW program since it began and represent some of New Brunswick's finest outdoor leaders.

Pre-Requisite Firearm Safety:

Covers basic types of firearms, basics of firearm safety and safe transport and storage. There is no shooting in this class, but it is a pre-requisite for anyone without a FAC who registers for any shooting class (Shot Gunning and Annie Get your Gun).

This session is held on Friday morning June 1st from 10:00 am – 11:30 am.

Your presence is mandatory if you do not have an FAC- if you miss the class, you will not be able to participate in any shooting activity.

Contact info:

Please call Nathalie Michaud at 506-479-1481 or email at nathalie@maritimefence.ca; or reach Kim Reeder at kim.quoddy@gmail.com
For any questions or concerns.