



Come join us for a great outdoor adventure!

**May 31st, June 1st and 2nd, 2013
at Green Hill Lake Camp in
Lower Hainesville, N.B.**

Becoming an Outdoors-Woman is a workshop primarily intended for 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 May 31st:

<p>Morning: 9:00 – 11:00 am Registrations</p> <p>10:00 – 11:30 am Basic Firearm Safety</p>	<p>Afternoon: 12:00–1:00 pm Lunch & Welcome</p> <p>Session A : 1:00 – 4:15 pm •Native Crafts •Wood Carving •Tasty Fish •Edible Wilds & more •On the Water •Fishing 101</p>	<p>Evening: 5:30 – 6:15 pm Supper & Announcements</p> <p>6:15 pm Group Picture</p> <p>6:30 – 7:30 pm BOW Olympics</p> <p>7:30- 9:00 pm Mini Sessions & Free Time</p>
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Saturday June 1st:

<p>Morning: 7:00 – 7:45 am Breakfast</p> <p>Session B: 8:15-11:30 am •Fur Harvesting •Crossbows •Basic Shot Gunning and Clay Bird Shooting •Fish Fun and Stream Study •Outdoor Photography •The Forager's Feast</p>	<p>Afternoon: 12:00 – 1:00 pm Lunch & Announcements</p> <p>Session C: 1:00- 4:15 pm •From Fly to Water- Part 1 •Annie Get your Gun •Woody 101 •Bushcraft & Wilderness Skills •Navigation Basics •Outdoor Cooking • Mafia Medley</p>	<p>Evening: 5:30 – 6:15 pm Supper & Announcements</p> <p>6:30 – 8:30 pm Auction Time!</p> <p>8:30 – 10:30 pm Free Time and Camp Fire</p>
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Sunday June 2nd:

<p>Morning: 7:00 – 7:45 am Breakfast</p> <p>Session D: 8:15- 11:30 am •Pioneer Skills •Shapes & Shadows of Nature •Bear Hunting Techniques •From Fly to Water- Part 2 •Geocaching •Up a Creek with a Paddle</p>	<p>Afternoon: 12:00 – 1:00 pm Lunch</p> <p>1:00 – 2:00 pm Announcements Acknowledgements Farewells</p>	<p>** All classes are introductory, for people who have little or no experience. All equipment is provided, unless indicated otherwise in the class description.</p>
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Brought to you by the New Brunswick Wildlife Federation

Becoming an Outdoors Woman in New Brunswick- Workshop Descriptions

Native Crafts: Build your very own dream catcher! You will learn the basics of weaving a dream catcher with sinew, the history behind the very popular Native craft, and after it is completed, you will decorate your new project and take it home to display proudly.

Wood Carving: Learn how to carve a special project, then take your masterpiece to display at home! The instructor will be happy to answer all your questions and help you try your hand at carving. The knives and chisels are sharp so you need to be careful. ***Space is limited. Some extra finishing time may be required after you get home.***

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!!

Edible Wilds and More: This session will bring you outdoors on a nature walk. We will cover plant identification, tree identification and how they benefit people in many ways, medicinal plants and some bird identification. We might even have time to sample some tea or soup.

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

Fishing 101: 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 learn how to set traps 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!!

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)***

Fish Fun and Stream Study: Come prepared to get a little wet as you "fish" with pails and nets and then examine your catch. Beneath the surface of a trout stream is an environment rich in diversity. Participants will catch, and identify insects commonly found in NB streams. You will learn about the fascinating life history of these insects and have a better understanding of their natural history. Bring your boots, a sense of adventure and prepare yourself for the wonders of life in flowing waters. ***(This is a hands-on class- you can bring waders or rubber boots to get in the water)***

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.***

The Forager's Feast: Did you realize how many berries grow along our provincial paths and trails, free for the picking? Did you know that wild berries typically contain more antioxidants than their cultivated cousins? Join The Friendly Foragers as we explore the beneficial properties of wild berries as an introduction to the world of wild edibles. Learn about their health benefits, picking tips and best of all, participate in the preparation of unique products that you can't find at a grocery store.

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 a local river just down the road. **(Part 1 is a pre-requisite to Part 2)**

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)***

Woody 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.

Bushcraft and Wilderness Skills: 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, what should be found in your survival kit, how to get food, and much more!!

Navigation Basics: Learn how to read a map, how to use a compass and how to put the two together to navigate your way to new places. Discover how successful wildlife outings can be planned before you leave home. Practical exercise will take place outdoors.

Outdoor Cooking: Learn and practice many methods of cooking outdoors on an open fire, understand the care and uses of cast iron Dutch ovens, solar cookers and other easy methods to cook a quick lunch outdoors.

Mafia Medley: Learn the basics of waterfowl hunting and identification. The East Coast Waterfowl Mafia will teach you about hunting regulations and ethics, how to set up a field with decoys, 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 hands-on session.

Pioneer Skills: Learn the skills of the people of yesteryear who helped blaze the trail west. Participants will learn how to throw a tomahawk, build a fire with flint and steel and shoot a muzzleloader rifle (powder effects only, no bullets) You will enjoy the dress of the era and learn the history of these ingenious people. If you like the old west and the outdoors then sign up.

Shapes & Shadows of Nature: If you love the outdoors and drawing, this is the perfect class for you. Our professional instructor will guide you through basic steps, types of strokes, use of shade and light, how to's and a whole lot more!

Bear Hunting Techniques: Want a new hunting challenge? Why not Bear Hunting? This session will guide you through everything you need to know about the equipment needed, ethics of the hunt, baiting, ecology, habitat and how to make your hunt a great experience. *(No actual hunting in this class).*

Geocaching: We will introduce you to 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 and learn what a cache looks like.

Up a Creek with a Paddle: You'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 May 31st from 10:00 am – 11:30 am. Your attendance is mandatory if you do not have an FAC- if you miss the class, you will not be able to participate in any shooting activities.

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.