



Come join us for a great outdoor adventure!

**May 30th, 31st, June 1st, 2014
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 30th:

<p>Morning: 9:00 – 11:00 am Registrations</p> <p>10:00 – 11:30 am Basic Firearm Safety **Mandatory for participants who do not have an FAC card # and are registered in the shooting classes**</p>	<p>Lunch & welcome 12:00–1:00 pm</p> <p>Session A : 1:00 – 4:15 pm</p> <ul style="list-style-type: none"> •Native Crafts •Wood Carving •Forager’s Feast •Edible Wilds & more •Woodwork for Wildlife •Fire Craft •Woodlot Management 	<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 May 31st:

<p>Breakfast 7:00 – 7:45 am</p> <p>Session B: 8:15-11:45 am</p> <ul style="list-style-type: none"> •Fur Harvesting •Crossbows •Shotgunning/Trap & Skeet •Geocaching •Fly Tying •Rock Climbing •Woodsy 101 •Knot Tying 	<p>Lunch & Announcements 12:00 – 1:00 pm</p> <p>Session C: 1:00- 4:30 pm</p> <ul style="list-style-type: none"> •Shotgunning/Trap & Skeet •Navigation Map & Compass •Basic Fishing Techniques •Gold Panning •Lumberjill Skills •Kayaking • Mafia Medley •Dog Sledding 101 	<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 1st :

<p>Breakfast 7:00 – 7:45 am</p> <p>Session D: 8:15- 11:45 am</p> <ul style="list-style-type: none"> •Pioneer Skills •Bears in NB •Camp Cooking •Fly Fishing •Gold Panning •Outdoor Photography •Backpacking/ Hiking 101 	<p>Lunch 12:00 – 1:00 pm</p> <p>Announcements Acknowledgements Farewells 1:00 – 2:00 pm</p>	<p>** All classes are introductory, for people who have little or no experience. All equipment is provided, unless indicated otherwise in the session special instructions on the confirmation sheet.</p>
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Brought to you by the New Brunswick Wildlife Federation

Becoming an Outdoors Woman in New Brunswick- Workshop Descriptions

Backpacking/ Hiking 101 (Ocean Trail/Source for Adventure): The focus of this session is trip planning, equipment selection and risk management. You will learn how to select equipment such as packs, tents, camping stoves, clothing and footwear, how to plan and assemble your trip plan, and managing risks , exposure and hazard assessment. We will finish the session with a light hike.

Basic Fishing Techniques (Gerald Robichaud, Jean-Paul Daigle & Bob Flack): Learn safety skills, ethics, tricks & tips, then head out to practice casting and catching fish with a spinning rod & reel alongside 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).*

Bears in New Brunswick (Matt Wilson): This session will guide you through everything you need to know about ethics of a hunt, baiting, ecology, habitat, bear safety and how to make your hunt a great experience. *(No actual hunting in this class).*

Camp cooking (Lori Bolster-Sipprell): - Learn how, with some planning and preparation at home, you can make meal-time at the campsite a fun and delicious event!! From easy dutch-oven cooking to special campfire treats that kids and adults alike will love to try!

Crossbows (Bob Barnes): 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!!

Dog Sledding 101 (Jeff Butler): Learn from an experienced musher about the hard work involved in this great sport! You will learn about equipment needed, dog nutrition, how to dress properly, different sleds, and the huge commitment needed from the owners. Meet a few of the rarest breed of sled dogs- the Canadian Inuit dog. (no actual dog sledding in this class)

Edible Wilds & More (Heather Fraser): 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. Sample a few of nature's goodies at the end of the class.

Fly Fishing (Gerald Robichaud, Jean-Paul Daigle & Bob Flack): Fly fishing is a great hobby- you will learn casting moves, how to choose the perfect rod, how to tie on your leader and try your newly found skills on the river.

Fly Tying (Gerald Robichaud, Jean-Paul Daigle & Bob Flack): 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.

Forager's Feast (Marion McIntyre & Kathy Power): 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. **(inside session)**

Fire Craft (Jeff Butler): Imagine being able to quickly start a fire without using matches or a lighter. We will learn the basic science and more importantly the practical skills to start, maintain and enjoy a fire, either for cooking or warmth. We'll talk about fire safety, lighting by percussion, various tools and the twig bundle method.

Fur Harvesting (Roland Michaud): 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)*

Geocaching (Adrian & Sam McDonald): 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.

Gold Panning (Grant Tregger): We'll bring you back to the late 1800's, in the gold rush era. Learn the basics of gold panning, lot claims, working with pans and sluice boxes. You will be working in the stream and who knows? You might even find a hidden treasure!

Kayaking (Ocean Trail/Source for Adventure): Join our experts and learn how to get in and out of the boat with or without paddles, self rescue, assisted rescue, different paddle strokes, what to wear, safety gear and much more. Please dress appropriately as you will get wet.

Knot Tying: Participants will learn about ropes and knots used in everyday life, in survival situations and also while boating, camping, and kayaking. From this basic class, participants will become familiar with and learn how to successfully tie knots.

Lumberjill Skills (Sue Veinot): Learn how to excel in a kettle boil, how to use a buck saw, do a crosscut, quarter split and learn the art of axe throwing. Our expert will also teach you the different types of axes available and how to sharpen a knife or an axe correctly and safely. ***We will have leather gloves and eye protection available for all participants. Safety boots (steel toe) are required for this session; please bring yours.***

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Mafia Medley (Matt Wilson): 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 Canadian calling champion for this very hands-on session. Dog retrieval demo on site.

Native Crafts (Rachel Levesque): Medicine bags are meant to give guidance, good luck, good health, abundance, protection and even love to their wearers. They act as a means of personal energetic protection and can be held to help invoke healing and protection. The creation of your personal medicine bag is a pure example of "spiritual crafting," as it is a process in which you can nurture your art and soul, find inner peace, and enhance your well-being. To benefit from the spiritual crafting lessons that are in nature healing items, all you need are a few simple supplies and a desire to connect to a mystical state of grace.

Navigation (Adrian & Sam McDonald): 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 Photography (Kentrina Jenkins): this class is less about technology and more about vision! You'll be opening your eyes, mind and imagination for a new look at your own photography. We'll start in the classroom with examples and tricks, and then go out for a fresh look at our surroundings. If time permits, we will review some pictures taken during the class. Make sure you bring your own camera, an extra card for your digital camera and fresh batteries.

Pioneer Skills (Moncton Buckskinners): 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.

Rock Climbing (Ocean Trail/Source for Adventure): You will learn about the basics of rock climbing – different knots and rope carrying techniques, call signs, maintaining and use of harnesses, call signs, belay stations, use of webbing, and of course, try your skills on the beautiful natural rock face on site along with extremely qualified mountaineers.

Shotgunning/ Trap & Skeet (Fredericton Trap & Skeet Club): 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*). If you do not an FAC, Firearm safety basics is mandatory on Friday morning.

Wood Carving (Ian Duncan): 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.*)

Woodlot Management (Anne McKnight): Have you ever wondered what you could do with the forested areas behind your home or camp? In this session, you will be introduced to many options: Will you manage for firewood? Will you manage for wildlife habitat? After this session, you will have the knowledge and inspiration to make a great decision.

Woodsy 101 (Sue Veinot): 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.

Woodwork for wildlife (Sue Veinot): You will be building a basic bird house for our feathered friends. Once built, you will be able to paint or decorate your project using materials found in nature and bring your finished product home to display in your backyard.

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. Some have been with the BOW program for many years and represent some of the 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 shooting sessions.

This session is held on Friday morning May 30th 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:

For any questions or concerns, please call Nathalie Michaud at 506-479-1481 or email at hunterbabe.nm@gmail.com ; or reach Kim Reeder at kim.quoddy@gmail.com

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