



***Come join us for a great outdoor adventure!***

**June 5<sup>th</sup>, 6<sup>th</sup> and 7<sup>th</sup>, 2015  
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 June 5 <sup>th</sup> :		
Morning: 9:00am– 11:00am Registrations  10:00am – 11:30am Basic Firearm Safety <b>**Mandatory for participants who do not have an FAC card # and are registered in the shooting classes**</b>	Lunch & welcome 12:00–1:00 pm  <b>Session A : 1:00pm – 4:15 pm</b> •Nature Art •On Target •Forager’s Feast •Rock Climbing •Woodwork for Wildlife •Basic Fishing Techniques •Sailing	Evening: 5:30pm – 6:15 pm Supper & Announcements  6:15 pm Group Picture  6:30pm – 7:30 pm BOW Olympics  7:30- 9:00 pm Mini Sessions & Free Time
Saturday June 6 <sup>th</sup> :		
Breakfast 7:00am – 7:45am  <b>Session B: 8:15am-11:45am</b> •Fur Harvesting •Canoeing •Shotgunning/Trap & Skeet •Geocaching •Fly Tying •Woodsy 101	Lunch & Announcements 12:00pm – 1:00 pm  <b>Session C: 1:00pm - 4:30 pm</b> •Shotgunning/Trap & Skeet •Map & Compass •Wittling with Willow •Gold Panning •Archery •Kayaking •Tracking 101	Evening: 5:30pm – 6:15 pm Supper & Announcements  6:30pm – 8:30 pm Auction Time!  8:30pm – 10:30 pm Free Time and Camp Fire
Sunday June 7 <sup>th</sup> :		
Breakfast 7:00am – 7:45 am  <b>Session D: 8:15am- 11:45 am</b> •Pioneer Skills •Survival Basics •Fly Fishing •Gold Panning •Outdoor Photography •Backpacking/ Hiking 101	Lunch 12:00pm – 1:00 pm  Announcements Acknowledgements Farewells 1:00pm – 2:00 pm	<b>** 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.</b>

**Brought to you by the New Brunswick Wildlife Federation**

**\*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).*

**\*Basic Archery (Bruce Hennessey):** It is a growing sport passed on from the time of Kings and Robin Hood. Learn how to select and use bows and arrows along with other practical equipment. Discover the secrets of archery and proper shooting techniques. You will enjoy shooting various types of bows and targets on the range.

**\*Canoeing (GHLC):** An accomplished canoeing instructor will teach safety, equipment and paddling. Instruction covers the basics; getting in & out of a canoe, team paddling and proper strokes, portaging, and special pointers to get started on planning a remote canoe trip. *Bring knee pads if you need them.*

**\*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)**

**\*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 (GHLC):** Join us to 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.

**\*Nature Art (Kim Reeder & Tanya Anderson):** Get inspired by a short walk through the woods to collect the supplies needed for your summer solstice art celebration. We'll gather and use sticks, feathers, stones, leaves and other bits we bring such as sea shells and recycled items to create these nature-based projects. We will guide you through a few nature-inspired art projects and allow time for individual creativity too.

**\*Map & Compass: (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.

**\*On Target (North Side Gun Range):** Is it your first time shooting a hand gun? Will you be "on target"? This group of experienced shooters will guide you through the elements of using an inside gun range and you will learn how to handle these firearms safely and correctly.

**\*Outdoor Photography (George Griffin):** 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. *(some walking or hiking during this class)*

**\*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 (GHLC):** 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 with our instructors. **(small hike to get to the rock face)**

**\*Sailing (GHLC Staff):** Qualified instructors will give you the basic knowledge of sailing in this session. You will hop aboard a sailing boat, Sunfish style, and learn the parts of the boat, how it works and how to operate it. Get ready for a fun adventure.

**\*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.**

**\*Survival Basics (Nathalie Michaud):** What if you are lost in the woods and you don't have "everything you need"? Learn how to deal with this situation safely and comfortably. Emphasis is placed on the importance of prevention and to be well prepared, how to find or build a shelter, starting a fire, how to find food and water and much more! You will come away with the basic skills you need to survive wilderness excursions or emergencies.

**\*Tracking 101 (Nathalie Michaud):** Either you are outside taking a walk, hunting or enjoying a great afternoon catching critters with your camera, these tips will help you find what you are looking for. Learn about tracks, trails, signs, habitat and how smart these critters can be! ***(Hiking/Walking short distances in this class)***

**\*Wittling with Willow (Sue Veinot):** You will not believe what you can do with a small bundle of green willow! Join Sue to complete a neat little project you can bring home and display.

**\*Woody 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 1-2 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 June 5<sup>th</sup> 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 506-426-9779 or email at [hunterbabe.nm@gmail.com](mailto:hunterbabe.nm@gmail.com) ; or reach Kim Reeder at [kim.quoddy@gmail.com](mailto:kim.quoddy@gmail.com)

For any questions or concerns.