



Come join us for a great outdoor adventure!

**June 3rd, 4th and 5th, 2016
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 3 rd :		
Morning: 9:00am– 11:00am Registrations 10:00am – 11:30am Basic Firearm Safety **Mandatory for participants who do not have an PAL card # and are registered in the shooting classes**	Lunch & welcome 12:00–1:00 pm Session A : 1:00pm – 4:15 pm •Rock Climbing •On Target •Forager’s Feast •All Tied Up! •Canoeing •Basic Fishing Techniques •Nature Art	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 4 th :		
Breakfast 7:00am – 7:45am Session B: 8:15am-11:30am •Fur Harvesting •Shotgunning •Nature’s all a BUZZ •Fly Tying •All Tied Up •Outdoor Cooking •Reconnecting with Nature	Lunch & Announcements 12:00pm – 1:00 pm Session C: 1:00pm - 4:15 pm •Shotgunning •Map & Compass •Outdoor Cooking •Day Hiking •Outdoor Fitness •Archery •Gold Panning	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 5 th :		
Breakfast 7:00am – 7:45 am Session D: 8:15am- 11:30 am •Pioneer Skills •Kayaking •Fly Fishing •Woodwork for Wildlife •Outdoor Photography •Kids in the Woods •Geocaching	Lunch 12:00pm – 1:00 pm Announcements Acknowledgements Farewells 1:00pm – 2:00 pm	** 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.

Brought to you by the New Brunswick Wildlife Federation

Being an Outdoors Woman in New Brunswick- Workshop Descriptions

***All Tied Up (Pat Mowatt):** Practical Application of Ropes and Knots-So, you want to put a temporary clothesline up on a camping trip, tie the dog so he doesn't escape, fasten the canoe to the roof so it survives the trip to the river or hang a hammock (or maybe the husband)? But nobody ever showed you how to use knots and ropes properly. There's an old saying that goes "If ya can't tie knots, tie lots": and this is fine, unless you want to tie knots you can get untied again without cutting the rope. This course is intended to show you a handful of knots you can use in any application, and to tie them correctly every time.

***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 (Ben Forward & 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 at the range, and learn from some of the best in the business.

***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.)*

***Day Hiking (Sarah Coley):** This class is an introduction to day hiking and will include basic instruction on safety, gear, what to wear and what to bring, as well as how to find resources for further exploration. We will begin indoors for a gear demonstration and then we will "take to the trails" for the rest of the class. *(Sturdy, close-toed footwear and proper clothing is required.)*

***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 (Michel Michaud & Charles Neveu):** Join an expert trappers to learn about the fur bearing animals in NB; you will review ethics, habitat and practices. You will learn how and where to set traps and you can also try your hand at skinning muskrats. *(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, log finds and learn what a cache looks like.

***Gold Panning (Martin Boulerville):** 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 about this amazing sport. You will learn basic strokes, safety guides and weather permitting, practice our newly found skills on the lake for a leisurely trip. *(Please dress appropriately as you will get wet.)*

***Kids in the Woods (Elizabeth Hendrick)** Spending time outdoors at a young age is critical to a child's healthy growth and development. It's time to get our kids outside! Elizabeth is a teacher, animal enthusiast, nature lover and forest school practitioner who educates children ages 3-5 years old at the Tir'na'Nog Forest school in Saint-John & Quispamsis. This course aims to inspire you into reconnecting children and youth to nature. You will receive practical resources, opportunities for hands-on adventure play, engage in wild activities, build your own nature tool-kit and rediscover the magic of the woods. Dress accordingly as we will spend some quality time in the forest.

***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.

***Nature's all a BUZZ (Roland Michaud):** With the catastrophic decline in bee populations, we will educate you and show you tricks and tips of what you can do to help. We will take a close look at the art of beekeeping, different beehives, equipment needed, races of bees, their life cycles and what each bee's role is within the hive. We will also take a look at an observation hive with working bees and, of course, a small sampling of their tasty natural honey!

Becoming an Outdoors Woman in New Brunswick- Workshop Descriptions

***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.

***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. *(Transportation to the range is about 35 minutes. If you do not have an FAC, Firearm safety basics is mandatory on Friday morning.)*

***Outdoor Cooking (Sue Veinot):** Join us for a fun session of cooking outdoors. You will learn about different stoves or cook wear to use over an open fire, propane stove or BBQ. You will get your hands dirty and prepare different meals from simple camp fire snacks to an amazing gourmet meal. *(Please advise your instructor if you have any food allergies.)*

***Outdoor Fitness (Sherry Lawless and Tanya Anderson):** We'll explore nature for physical and mental fitness- Guiding you towards using the outdoors as a free fitness center. We will show you easy exercises, stretches and breathing techniques to incorporate into your outdoor experiences and teach you to use the peace of nature to help create peace in your soul. Safety tips will also be provided on how to use your natural surroundings to get the full benefits of your outdoor experience.

***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.

***Reconnecting with Nature (Terry Peace):** Spending time in nature is proven to improve both physical and mental health and well-being. Embrace the idea of spending positive time in nature by learning how to prepare for and participate in outdoor experiences safely and comfortably. Increase the value of these experiences by learning techniques and practicing ways to enhance your connection with nature through appreciation based activities, discovering and understanding the many wonders of the plant and animal inhabitants of this special space, enjoying solo reflection time and opening yourself up to the healing power of our natural world.

***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)*

***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 have an FAC, Firearm safety basics is mandatory on Friday morning.)*

***Woodwork for wildlife (Nathalie Michaud):** You will be building basic bird houses for our feathered friends using recycled materials. 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 PAL who registers for shooting sessions.

**This session is held on Friday morning
June 3rd from 10:00 am – 11:30 am.**

Your attendance is mandatory if you do not have an PAL- if you miss the class, you will not be able to participate in any shooting activities.

CONTACT INFO:

For any questions or concerns, please contact Nathalie Michaud at hunterbabe.nm@gmail.com ; or Kim Reeder at kim.quoddy@gmail.com