



**June 2<sup>nd</sup> , 3<sup>rd</sup> and 4<sup>th</sup>, 2017  
at Green Hill Lake Camp in  
Lower Hainesville, N.B.**

**\$250.00 per person, classes, equipment,  
meals and accommodations included.**

**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 and/or
- you are looking for camaraderie of like-minded individuals

These activities are held in a supportive, non-competitive environment.

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

## List of classes offered at the 2017 Spring Workshop

- \*All Tied Up- 2 classes offered (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 Archery- 2 classes offered (Ben Forward & Bruce Hennessey):** Whether you are interested in hunting or target shooting, archery 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.
- \*Basic Camping (Erin Penney):** This session will cover everything that you need to know in order to tackle that first big camping trip. We will discuss how to plan your adventure, what to pack, how to pack it and important things to do before you leave. There will be detailed instruction on choosing your campsite, pitching a tent, starting a fire, meal preparation and getting a good night sleep in the woods. We will also discuss safety and how to camp leaving little impact on the environment. Living outdoors should be a comfortable and rewarding experience; this session will give you everything that you need to be a happy camper!
- \*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. ***(Fishing license is not necessary for this class- Lake is Catch & Release only).***
- \*Building primitive weapons (Kim Reeder):** If you enjoy archery, but want to branch out and try something new come discover the atlatl. The spear-thrower, or atlatl first appeared very early in human history in several parts of the world. They are still being used by traditional societies and have recently been revived in present day, for sporting purposes. The sport does not require a lot of strength, but it may take a bit of strength, and repetitive motion for us to each build our own and practice shooting them!
- \*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.)***
- \*Entering the Forest - with Your Eyes Wide Open (Anne McKnight & Matt Daigle):**  
This course, led by Anne McKnight and Matt Daigle of the York, Sunbury and Charlotte Wood Marketing Board will encourage you to spend time in the forest, safely, without fear and engage you in all the woodland wonders! You will learn how to orient yourself, tricks to keep you safe and the leaders will both point out, and answer questions, about all the interesting things you will see in the woods. This course is as much a mental health course as it is a course on forestry. ***(Walking at a slow pace over uneven ground will be required).***

**\*Firearm maintenance 101 (Harold Morgan):** Let's face it...buying a firearm is a major financial decision, as some can be very expensive. With the help of your experienced instructor, you will learn the proper steps to keep your firearms safe and in pristine conditions for years to come. What to do, what not to do and what not to buy. ***(You can bring your own firearms to this class, but they will have to be verified, locked and stored on site by the BOW committee as soon as you register on Friday morning.)***

**\*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. ***(Dress appropriately- you will get wet)***

**\*Fly Tying (Fredericton Fish & Game Association):** 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 and you will be able to bring home your very own creations! ***(This is an indoor class)***

**\*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. ***(indoor session)***

**\*Fur Harvesting (Michel Michaud & Charles Neveu):** Join 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. ***(This class will be indoor for the first part)***

**\*Gold Panning (Martin Boulerice):** 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! ***(Please note that you are likely to get wet, and this activity might put some strain on your back).***

**\*Introduction to Paracord (Nadine Laidler):** The creator and owner of Knots & Rocks will demonstrate the many uses of 550 Paracord. You will learn different knotting techniques and try your hand at making survival bracelets to take home.

**\*Introduction to Reading the Woods (Nathalie Michaud):** Learn how to interpret signs left by wildlife, also learn how to recognize essential components of wildlife habitats and relate observations to wildlife behaviour. During the nature walk, stop for track identification and observation, scent stations, nest sites, burrows, watering sites, variations in ecosystems and movement corridors. ***(Please dress accordingly as this session will be outdoors).***

**\*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.)***

**\*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 outings can be planned before you leave home. Majority of class will be indoors but 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. You will also have a chance to taste some amazing natural honey made by our hard working "babe-bees"!

**\*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 shooting range is approximately 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. ***(If you are allergic to seafood or have a gluten free food restriction, this class is NOT for you.)***

**\*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 partner!!

**\*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, belay stations, use of webbing, and of course, try your skills on the beautiful natural rock face with our instructors. ***(there is a moderate hike to get to the rock face)***

**\*Shotgunning/ Trap & Skeet – 2 classes offered (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.)***

## Other important info:

### Auction:

Let the fun begin!! Saturday night comes alive with our exciting BOW auction, something to interest everyone. Ticket and live auction items; cash, cheque & credit card accepted.

You know that Christmas gift in your closet you don't know what to do with? Why not donate it to the auction! All donations greatly appreciated (no used items please). All auction proceeds go back in to the program.

### 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 at

[hunterbabe.nm@gmail.com](mailto:hunterbabe.nm@gmail.com)

### 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 in the Province. Please treat them with respect.

### 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 an FAC who registers for shooting sessions.

***\*\*This session is held on Friday morning June 2<sup>nd</sup> from 10:00 am – 11:00 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.***

### Registration form and payment:

**The registration form will be coming out on February 26<sup>th</sup>.**

On that date, please go to the New Brunswick Wildlife Federation's website to download the registration form: [www.nbwildlifefederation.org](http://www.nbwildlifefederation.org)

Please fill out the form and send it via email to [hunterbabe.nm@gmail.com](mailto:hunterbabe.nm@gmail.com) if you are paying with credit card. You will be contacted by the BOW committee within 2 weeks for your info. We do accept Visa or MasterCard.

If paying by cheque or money order send your form in the mail with your payment to:  
Becoming an Outdoors Woman, 576 Principal, St-Leonard, N.B. E7E 2H5

We **cannot** accept PayPal, Bank transfers or E-Transfers.

We suggest you take the time to read the class descriptions and make your decisions on the ones you would like to take as changes will not be possible once your confirmation letter is sent.

**This year being our 20<sup>th</sup> anniversary, new things are happening and some changes were made compared to previous years. Please read all info posted on Facebook, the NBWF website and the registration form VERY carefully!**