



June 1st , 2nd and 3rd, 2018 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.

Join us for a great outdoor weekend!

Friday June 1st

1:00pm-4:30pm

- Entering the Forest
- Forager's Feast
- On Target
- All tied up
- Basic Angling Techniques
- Intro to Paracord
- Rock Climbing
- Kayaking

Saturday June 2nd

8:15am-11:30am

- All tied up
- Shotgunning
- Survival Kits
- Outdoor Cooking
- Fly Tying
- Up the creek..with a paddle
- Canoeing
- How to find Nemo
- The art of taxidermy

Saturday June 2nd

1:00pm-4:30pm

- Map & Compass
- Intro to Hiking
- Canoeing and hiking with Seniors
- Nature's all a BUZZ
- Shotgunning
- Archery
- Basic camping skills

Sunday June 3rd

8:15am-11:30am

- Outdoor photography
- Geocaching
- Reconnecting with Nature
- Packframes
- Fly fishing
- Archery
- Pioneer Skills

List of classes offered at the 2018 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 skills (Sue Vienot):** Let's get ready for a fun afternoon! You'll be learning how to properly sharpen a knife or an axe safely and learn the basics of a good fire: how to find and prepare your materials for the type of fire required without cutting down trees, and how to build it and maintain it for as long as you need it.
- *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).*
- *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 and dress appropriately as you will get wet.)*
- *Canoeing and Hiking for Seniors or those with limited physical abilities (Sylvia Humpries and Stan Choptiany):**
Canoeing: We will cover the basics of canoeing, from loading and moving a canoe, basics on canoe choices and characteristics, how to enter and exit a canoe safely, launching, paddling and safety. A canoe over canoe rescue will be demonstrated, weather and water temperature permitting, and a short canoe trip is planned.
Hiking: Hiking practicalities will be demonstrated and discussed with emphasis on the use of poles, footwear and safety. A short hike is also planned. If you have a pair of poles, bring them. We discourage the use of a single pole.
- *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 a course on forestry. *(Walking at a slow pace over uneven ground will be 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. *(Dress appropriately- you will get wet)*
- *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 and you will be able to bring home your very own creations! *(This is an indoor class)*

***Forager's Feast (Marion McIntyre & Kathy Power):** Join the Friendly Foragers for this introductory session on foraging for wild edibles with emphasis on wild berries and plants. Learn tips for identifying, picking, and processing antioxidant rich berries such as Elderberry, Serviceberry (aka Saskatoon Berries) and Chokecherries. We will do a short forager's scouting trek in the vicinity of the camp to identify plants for later harvest, followed by sampling Forager's Feast products and the preparation of a unique product that you can't buy in a grocery store.

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)

How to Find Nemo (Kurt Samways):** Ever wonder what else is in the lake in which you are swimming? You are not alone...A fisheries biologist will teach you about the fish in the lake, how to identify them as well as lake ecology. This “hands-on” session will provide you with the opportunity to participate in various fish sampling methods including setting/retrieving nets and traps, beach seining, and electrofishing. ***(This is an outdoor session where you are likely to get wet. Please dress accordingly).

***Intro to hiking (Terri and Jessie-Anne Peace) :** This program 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. The first portion of the class will be indoors followed by a hike, so please be prepared to go out with appropriate outdoor wear for the weather, including sturdy close-toed footwear and a water bottle. Snacks will be provided.

***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 or other fun creations to take home.

Kayaking (Claire Peveril):** 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 a PAL, Firearm safety basics is mandatory on Friday morning at GHL camp.)

***Outdoor cooking (Paul Nickerson and Laura Gagnon):** This class will offer you the opportunity to learn how to cook with a dutch oven. You will cover sanitation and water purification, and in small groups, you will prepare amazing meals and deserts, and of course, have a taste of all the great food you have prepared.

***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)*

***Pack frames (Jeff Butler):** In this workshop, we will construct a pack frame that is so functional and easy to build that you may sell your store bought pack on Kijiji afterwards! While we build, we will also be talking about selecting a bush crafting knife, safe knife use, types of cordage and knots.

***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!!

***Reconnecting with Nature (Terri and Jessie-Anne 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, 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 PAL, Firearm safety basics is mandatory on Friday morning at GHL camp.)*

***Survival kits (Jeff Butler):** During this class we will need to discuss what you need to build a practical and functional survival kit. Don't settle for "off the shelf" kits that usually contain items of dubious quality and that have little or no relevance to your skill level or environment.

***The art of taxidermy (Sarah Best):** Did you ever wonder what taxidermy really is? In this class, you will go through the process of preparing a coyote shoulder mount. Your instructor will break down the stages with demonstrations and the opportunity to try some of the work. Process will be skinning/fleshing, tanning, preparing the form and finally mounting and seeing a finished product.

***Up the creek....with a paddle (Sue Vienot):** If you're ready to explore your creative side, this is the class for you! You will be working on beautiful wooden paddles you can bring home! You will prepare it, put your own personal touch and design on it, paint it or wood burn it and keep it as a souvenir!

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 are cash and cheques only!!

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 to the program, helping to keep registration fees as low as possible.

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

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 PAL who registers for shooting sessions.

*****This session is held on Friday morning June 1st from 10:00AM – 11:00AM.***

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.

Registration form and payment:

The registration form will be available on February 25th.

On that date, please go to the New Brunswick Wildlife Federation's website to download the registration form: www.nbwildlifefederation.org. Fill out the form on-line and then click the submit button. A copy of your registration form will be sent to us and to you.

We accept Visa and MasterCard, sorry we cannot accept PayPal, Bank transfers or E-Transfers. For payment by credit cards, please make sure to indicate the required info on the registration form.

Payments by cheque or money order may be forwarded along with your registration form to:

Becoming an Outdoors Woman, 576 Principal, St-Leonard, N.B. E7E 0C2 (you may want to send ahead of time because we can't register you until we have payment in full).

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

VERY IMPORTANT: There are a number of classes offered in each session (there are 4 sessions on the weekend- Friday PM, Saturday AM, Saturday PM and Sunday AM). You must indicate, in order of preference, each class in each session. For instance, Friday PM, there are 8 classes offered- you must indicate which is your first, second, third choices, etc..until you've assigned a number to each class. Depending on when your registration form is received, your first choices may be filled, so then we go to your second choice or third or fourth, etc....