



June 5th, 6th and 7th, 2020

Green Hill Lake Camp Lower Hainesville, N.B.

\$250.00 per person, classes, instructions, 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 5th:
1:00pm-4:15pm**

- Rock climbing
- Fly fishing
- Entering the forest
- Nature’s all a Buzz
- Pack it up!
- Bear Ecology & Safety
- Pack frames
- Ice Fishing

**Saturday June 6th :
8:15am-11:30am**

- Canoeing
- Let’s go shooting
- All tied up
- Tie it, Whip it, Catch it
- Winter camping
- Up the creek..with a paddle
- Intro to Hiking
- Intro to Leatherwork

**Saturday June 6th :
1:00pm-4:15pm**

- Map & Compass
- How to find Nemo
- Ice Fishing
- Intro to watercolour
- Let’s go shooting
- Archery
- Basic Fishing Techniques
- Timber Sports

**Sunday June 7th :
8:15am-11:30am**

- Canoeing
- Geocaching
- Reconnecting with Nature
- Mountain biking
- Outdoor Cooking
- Archery
- Pioneer Skills
- Woodwork for wildlife

List of classes offered at the 2020 Spring Workshop

***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? But nobody ever showed you how to use knots and ropes properly. This course is intended to show you a handful of knots you can use in any application, and to tie them correctly every time.

***Archery x 2 classes offered (Ben Forward & Bruce Hennessey):** Whether you are interested in hunting or target shooting, you will learn about both. 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 Fishing Techniques (Jean-Paul and Johanne Daigle):** 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).

***Bear Ecology/Safety (Gerry Redmond):** This class will teach you all about bears. Their habitat, habits, biology, what they eat and what they do in the wintertime. After, you will go out in the field for some bear safety tips, such as what to do or not to do in the case of an encounter. You will learn how to use bear spray and bear bangers. Can you "bear" it?

Canoeing x 2 classes offered :** Basic canoeing for those wishing to gain confidence on the water in a positive supportive setting. Learn basic paddling strokes, stability getting into and out of the canoe, launching, balance on the water, turns, and communications will be covered during a short trip along the shoreline. A fun time on the water. ***(Bring knee pads if you need them and dress appropriately as you will get wet.)

***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 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, wear appropriate clothing and footwear).***

Fly Fishing (Jean-Paul and Johanne Daigle):** 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- bring waders-you will get wet)

Geocaching (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 electro fishing. ***(This is an outdoor session where you will want to get wet. You can bring waders if you want. Please dress accordingly).

***Ice fishing x 2 classes offered (Gerald Robichaud and Bob Flack):** One of the fastest growing, family oriented winter activities. Participants will learn about this ever growing winter sport and what it involves. You will learn what equipment is required and various fishing techniques ; how to set up and take down a portable shelter and different types of shelters. Learn what species of fish are available, what bait to use and where to fish. Each participant will make their own homemade ice fishing rod in this workshop and take it home with them .

***Intro to watercolor (Stan Choptiany):** We will learn the basics of mixing paint using the 3 primary colors, look at simple compositions, basic watercolor techniques using wet paper, and paint scenes around the camp.

***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. **(Bring appropriate outdoor wear for the weather, including sturdy close-toed footwear and a water bottle.)** Snacks will be provided.

***Intro to Leather Work (Paul & Ashley Flowers):** Learn the fundamental skills of basic leather working. Help create an understanding of the basic terminology and function of tools. To help you get started with the knowledge of creating your own leather work whether it be for basic needs or if you decide you would like to dive deeper into art. In this class, you will be making your own change purse to take home with you.

***Let's go shooting (Springfield Range):** We will head out to a fun session directly at the shooting range! Participants will be able to try out different types of firearms, including hand guns, rifles and shotguns and shoot different types of targets. Safety is key- please make sure to listen to your instructors. Loads of fun!! Now, let's go shooting!! **(Wear close-toed shoes and high collared shirt- no tank tops)**

***Map & Compass: (Adrian 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 the class will be indoors but practical exercises will take place outdoors.

***Mountain biking (GHLC):** Are you ready to roll? You will learn the basic parts of a bike and how it works (gearing), basic maintenance, how to make basic adjustments, how to change a tube or tire. Then, the instructor will take you out to see the sites on great trails surrounding the camp. *Note: you can bring your helmet if you have one; if not we can lend you one. You can also bring your own bike if you have one, but it must be a 21 speed mountain bike, not a touring bike. **(Wear appropriate outdoor clothing and sturdy shoes)**

***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, species 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"! **(This is an indoor class- bees may be present, confined to an observation hive)**

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

***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.

***Pack it up (Laura Gagnon and Angela Blanchard):** Backpacking is an art in itself. These instructors will teach you what type of pack is appropriate for the activity you will be doing, what clothes to wear and how to pack it correctly if you are planning a weekend backpacking trip. They will also show you how to dehydrate food, how to purify water and you will also learn some fire starting techniques.

***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 . You will enjoy the dress of the era and learn the history of these ingenious people. If you like history and the outdoors ,then sign up partner!!

***Reconnecting with Nature (Terri and Jessie-Anne Peace):** Spending time in nature is proven to improve 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. Allow your inner child out!!

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- in case of rain, we will move to an indoor wall)

***Tie it, Whip it, Catch it (Meghan Nye and Jocelyn Parker):** We are putting a new twist on the fly tying class. In this one, you will learn how to tie flies and build a couple in class. Afterwards, you will tie those flies to your angling rods and try them out on the lake to see if the fish bite!

Timber Sports (Melanie Bourque):** Come try your hand at some of the logger-sports events you've seen the professionals compete in on TV (or at a Maritime Lumberjack Association event). You will be introduced to the age-old skills of the forest, and experience them with a modern, competitive twist. Events include axe throwing, crosscut & bow sawing, kettle boil & a "cut, split & stack" race. After learning the rules, there will be a competition to crown the 2020 Bow Lumberjill Champions!! ***(Long pants and close toed shoes are required; "grippy" shoes with cleats are best or sneakers. If you feel more comfortable with steel toe boots, that's fine, but those can be slippery)

***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 take home! Get creative with your own personal touch and design, using paint or wood burner on it and keep it as a souvenir!

***Winter camping (Jeff Butler):** Summer camping is always fun, but what if you want to do winter camping? What do you need to know? We will show you the proper types of clothing to wear, how to build or improvise a shelter in winter, what essentials to bring with you, how the cold affects your body, how to stay safe on the ice, how lakes freeze and first-aid tips in case of injury or hypothermia.

***Woodwork for wildlife (Sue Veinot):** Did you know that in the last 14 years, the little brown bat population has dropped by 97% due to WNS (White-nose syndrome) ? Did you know that bats play an important role as predators of night flying insects? They are highly threatened and we want to help. We will be building bat boxes so you can take with you to install in your neighborhood to help protect our little brown bats. It time permits, we might work on another project.

Other important info:

Auction:

Let the fun begin!! Saturday night comes alive with our exciting BOW auction, something to interest everyone. Ticket and live auctions!

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 of 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 and please avoid interruptions in class!**

Registration form and payment:

The registration form will be available on February 21st.

On that date, please go to the New Brunswick Wildlife Federation's website to access the registration form: www.nbwildlifefederation.org. Fill out the form on-line and then click the submit button. You will then be redirected to the payment form. Visa and MasterCard accepted. A copy of your registration form and receipt of payment will be sent to us and to you. **FIRST COME, FIRST SERVED! REGISTRATION HAS FILLED UP VERY QUICKLY IN THE PAST!**

Sorry we cannot accept PayPal, bank transfers or E-transfers.

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 NOT REGISTER YOU UNTIL WE HAVE FULL PAYMENT).**

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 during 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....