



June 2nd , 3rd and 4th, 2023

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 2nd :
1:00pm-4:15pm

- Intro to watercolor
- Entering the forest
- Nature's all a Buzz
- Mountain biking
- Edible wilds
- Canoeing

Saturday June 3rd :
8:15am-11:30am

- Canoeing
- Let's go shooting
- All tied up
- Tie it, whip it, catch it
- Ice fishing
- Survival Planning

Saturday June 3rd :
1:00pm-4:15pm

- GPS Basics
- Let's go shooting
- Archery
- Outdoor cooking
- Pioneer skills
- Wildcrafting wellness
- Live edge woodcraft

Sunday June 4th :
8:15am-11:30am

- Geocaching
- Reconnecting with Nature
- Archery
- Fire techniques
- Fly fishing
- How to find Nemo
- Wilderness First Aid

List of classes offered at the 2023 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 GPS (Adrian MacDonald):** Do you like camping, hiking, hunting or snowshoeing? Learning to use a GPS (Global Positioning System) is key to staying safe on the trails or out in the wilderness. Learn the basics on how to use a GPS, how to enter way points, how to navigate, and different systems available out there. Cell phones have those apps available now, but what if there is no cell reception?

***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.)*

*** Edible Wilds Tour (Heather Fraser from Explore Nature's Bounty):** This tour includes interpretive walk/story-telling experience in the Acadian Forest highlighting the various medicinals, edibles and species of interest. Promoting natural health and wellness along the theme "Take back your health" while sampling teas, jellies, drinks and more.

***Entering the Forest - with Your Eyes Wide Open (Anne McKnight):**

This course, led by Anne McKnight 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 leader will 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).*

*** Fire techniques (Rhonda Sage-Buffit):** Rhonda is a forest schoolteacher who will teach you different techniques to start a fire. What to do, what to use, and most importantly how to keep it going. You'll try your hand at building your own bow drill and how to be successful with it."

***Fly Fishing (Fredericton Fish and Game):** 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 (Jason Soucy):** 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.

***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 handguns, 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. Safety equipment will be provided.)**

***Live edge woodcraft (Sue Veinot):** Create a spectacular work of art using live edge slabs. You will be able to prepare the surface, paint it any way you want, and add a little piece of history. This project is going home with you!

***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 (Terri Peace):** A fun class for you and your tastebuds learning to prepare and cook a variety of tasty meals and desserts using a camp stove, fire and coals, and even a cardboard box! This is a fully hands-on (and then eat!) workshop. Take home some recipes/instructions and great ideas to share.

***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 or knife, build a fire with flint and steel and shoot a muzzleloader rifle (no live rounds, powder only). 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 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!!

***Survival Planning (Jeff Butler):** What to do? What to wear? What to use? Jeff from Northwoods survival will teach you everything there is to know about survival planning for any type of adventure, trip or event. He will teach you how to prepare and pack so you'll be ready for any situation.

***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!

***Wildcrafting Wellness (Leslie Alexander):** Join Leslie from Northwoods Survival and learn how to identify and process local botanicals into an antibiotic, antiviral and antifungal salves to take home with you. All materials will be provided, and you will take home your own jar of salve along with a recipe and the know-how to make it yourself.

*** Wilderness First Aid (Laura Gagnon):** What happens when you are out exploring the wilds and someone in your group gets injured? Or maybe you come upon someone else, would you be able to help? This course will cover the important things to know in case of an emergency, such as scene survey, injuries, consent, assessment and how to help with only elements in your surroundings or items you are carrying? (**This is just a basic overview- no certification**).

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 or birthday 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 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 March 24th.

On that date, please go to the New Brunswick Wildlife Federation's website to access the registration form: www.nbwf.ca . 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!

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, Saturday PM, there are 7 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....