



**June 7<sup>TH</sup>, 8<sup>TH</sup> AND 9<sup>TH</sup> , 2024**

**Green Hill Lake Camp Lower Hainesville, N.B.**

**\$265.00 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 7th :  
1:00pm-4:15pm**

- Just a walk in the woods
- Nature’s all a Buzz
- Mountain biking
- Edible wilds
- Kayaking
- Wilderness Hiking

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

- Let’s go shooting
- How to find Nemo
- Angling
- Fly tying
- Reading the land
- Survival Basics

**Saturday June 8th :  
1:00pm-4:15pm**

- Basic GPS
- Let’s go shooting
- Archery
- Canoeing
- Live edge woodcraft

**Sunday June 9th :  
8:15am-11:30am**

- Modern treasure hunting
- Archery
- Bow drill fire techniques
- Fly fishing
- Wilderness First Aid

## List of classes offered at the 2024 Spring Workshop

- \*Angling (Emily from Dead End Lures):** In this class, you will learn how to choose the right equipment, how to cast correctly, the basics of angling with a spinning rod and reel. Once you have gone over the basics, you will try your hand by fishing in the lake. Tight lines!! **Note: Lake is catch and release only!**
- \*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?
- \* Bow drill 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.
- \*Canoeing (GHLC):** 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 medicinal, edibles and species of interest. Promoting natural health and wellness along the theme "Take back your health" while sampling teas, jellies, drinks and more.
- \*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)**
- \*Fly tying (Meghan Nye and Jocelyn Parker):** If you are looking for a relaxing and creative new hobby, fly tying is the way to go! Our instructors will take you through the equipment you will use, proper terms for equipment and supplies. They will show you how to choose your materials and how to complete your creation.
- \*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).**

**\*Just a walk in the woods (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).***

**\*Kayaking (Sara from KV Adventures):** Sara will teach you the basic strokes needed while kayaking, safety regulations, what to wear and what to bring with you. Once she has covered these topics, you will be able to go on a nice stroll around the lake. Dress accordingly, you will get wet.

**\*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):** Join Sue to 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!

**\*Modern Treasure Hunting (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)***

**\*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)***

**Reading the land (Rhonda Sage-Buffit):** Engage all of your senses! During this class, we will walk the land and remember that we are indeed part of the ecosystem. We will engage in simple awareness activities which will help to reignite our senses. We aim to help you develop your eye to read the land, and help you quiet your inner noise, which can be so distracting when out and about in nature.

**\*Survival basics (Nathalie Michaud):** Let's put your skills to the test! We will learn different techniques of starting a fire, how to find a suitable place to build a shelter, how to keep warm and be safe in any type of weather, how to prepare and essential things to bring while exploring the great outdoors. We might even have a fun little competition at the end of the class to tests your newly found skills!

**\*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**).

**\*Wilderness hiking (Michele Banks):** Our instructor will start with Leadership activities and then you're off to the woods. You will learn to identify plants, trees and animal tracks in the area. You will be guided to the top of the mountain where you will do more activities such as nature yoga. Michele will also teach you how to pack lightweight necessary gear and other very useful information.

## 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](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 and please avoid interruptions in class!**

### **Registration form and payment:**

**The registration form will be available on April 14th.**

On that date, please go to the New Brunswick Wildlife Federation's website to access the registration form: [www.nbwf.ca](http://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.

**CANCELLATION DEADLINE:** If you cancel after May 1<sup>st</sup>, no refund will be sent. You can, however, send someone in your place and they must take the same classes you were assigned.

**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 5 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....