



**May 30<sup>th</sup>, 31<sup>st</sup> and June 1<sup>st</sup>, 2025**  
**Greenhill 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 May 30th :**  
**1:00pm-4:15pm**

- Just a walk in the woods
- Edible wilds
- Canoeing
- Chainsaw safety
- Reconnecting with nature

**Saturday May 31st :**  
**8:15am-11:30am**

- Let's go shooting
- All things fire
- Survival skills
- Angling
- Archery hunting basics
- Aquatic exploration

**Saturday May 31st :**  
**1:00pm-4:15pm**

- Let's go shooting
- Wilderness wellness walk and talk
- Mountain biking
- Kayaking
- Woodworking
- Edible/medicinal plants
- Archery basics

**Sunday June 1st :**  
**8:15am-11:30am**

- Rock climbing
- Archery basics
- Fly tying
- Mountain biking
- Wilderness First Aid
- Feeling safe

## List of classes offered at the 2025 Spring Workshop

### **\*All Things Fire (Terri Peace and Bronwynne Conrad):**

Fire is such an integral component of outdoor experiences...from warmth and comfort, to safety, ambiance...and of course cooking! This experiential class will include understanding fire, making and using fire starters. We'll try out our new fire starters (weather depending) and our new skills to use with a tea boiling contest and in using our fires for cooking some delights to savor! Includes take home resources and recipes.

**\*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!)*

**\*Aquatic adventure (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).*

**\*Archery basics (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.

**\*Archery hunting basics (Tracy Price and Colby Johnston):** Our instructors will teach you the basics of archery hunting from a tree stand and ground blinds safely, what to bring to the field, equipment needed, and angles needed to shoot from different angles.

**\*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.)*

**\*Chainsaw safety (Gareth Davies from MCFT):** In this course you will be provided with tools and information to increase your knowledge on chainsaw safety. The purpose of this training is to teach you safety principals and techniques needed to safely operate a chainsaw. Topics include chainsaw anatomy, inspection, protective personal equipment, safe operating practices and hazards associated with chainsaws.

**\*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.

### **\*Edible/Medicinal Plants (Bronwynne Conrad):**

Not all local produce can be found at the farmers' market! Take a walk on the wild side to discover many tastes that nature provides. This introduction to wild edible/medicinal plants will explore their traditional uses, handling, tips for cooking native plants and touch on plant species at risk. Get hands-on experience in collection methods and practice identifying common wild edible plants using different plant guidebooks. There will be an opportunity to taste plants gathered during the course.

**\*Feeling Safe, Being Safe AND Having Fun! (Terri Peace and Bronwynne Conrad):**

This interactive and informative session will start off indoors and will cover important aspects of preparing for safe and comfortable outdoor experiences such as food and dress, trip planning, taking the essentials, training and resources, and general safety practices. It will also cover important information and practical tips on wildlife awareness and safety, especially regarding bears and coyotes. We will then head out for our own little adventure, including some fun activities such as making a foraged tea and enjoying some treats over a Leave No Trace fire! Take-home information and resources will be provided along with a few basic safety items.

**\*Fly tying (Meghan Nye and Megan Fraser):** 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.

**\*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 (Zara Boyce):** Zara 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 at the shooting range! Participants will be able to try out different types of firearms, including handguns and rifles 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.)***

**\*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)***

**\*Reconnecting with Nature (Terri Peace from A time to be):**

Spending time in nature is proven to have positive effects on both physical and mental health and well-being. Embrace the idea of spending positive time in nature through sensory experiences and appreciation-based activities. Learn techniques and practice ways to enhance your connection with nature by 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 start with a small hike to the base of the mountain where you will be climbing a real rock face. Your instructors are the best in their domain so please follow their instructions carefully. ***(Please wear sturdy shoes and long pants- no sandals or shorts)***

**\*Survival basics (Jeff Butler):** 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 test your newly found skills!

**\*Wilderness Wellness walk and talk (Leslie Alexander):** Discover a wealth of nutritional and medicinal plants wherever you walk. Mother Nature's pantry and apothecary surrounds us, and during this session we'll cover the basics - how to identify, harvest, preserve and use common botanicals for first aid, health and beauty. There's no such thing as a weed! *(Dress appropriately- walking involved)*

**\*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).**

**\*Woodworking (Sue Vienot):** You will be able to prepare a beautiful canoe paddle with our instructor. Prepare, sand and decorate your paddle with the designs of your choice and bring it home with you!

## 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 (paddling), 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 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.**

### **Food:**

My oh my!!! The food is incredible! You will be extremely well fed, all day long, with snacks during the day and evenings. Coffee is on all day!! ***We can accommodate vegetarian meals (please indicate on your registration form when you register), or if you have any other special food requirements, make sure to bring your own cooler.***

### **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!! Workshop fills up very quickly!***

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.

### **\*\*\*IMPORTANT\*\*NEW THIS YEAR\*\*\***

**Due to many issues in the past (last minute cancellations we could not fill), we will not be able to reimburse registration fees if you cancel, no exception. You can however send someone in your place if you cannot attend. If you register, please make sure you can attend, and keep in mind that you might not get all your first choices...space is limited in each class.**

**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....