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Becoming an Outdoors-Woman® Nova Scotia Association
PO Box 698
Halifax NS B3J 2T9



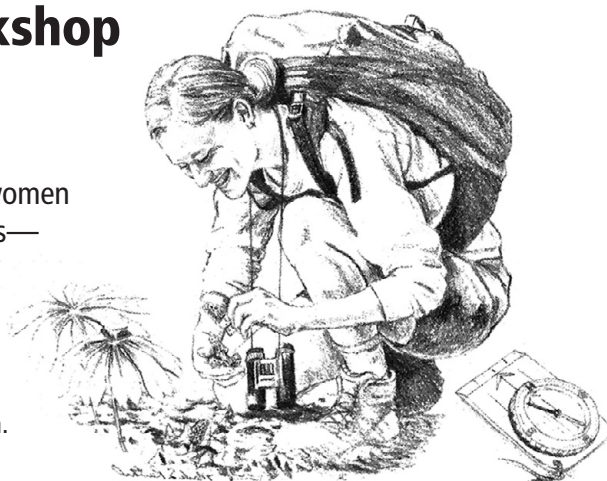
September 25 – 27, 2009 Becoming an Outdoors-Woman® Workshop

Mount Traber Bible Camp and Retreat Centre,
Cooks Brook, Halifax County, Nova Scotia

Becoming an Outdoors-Woman® is a workshop primarily aimed at women but is an opportunity for anyone 18 years 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 who wants to improve your skills.
- you know how to do some of these activities, but would like to try some new ones.
- you are just looking for the camaraderie of like-minded individuals.



Nova Scotia Partners

NOVASCOTIA
Fisheries and Aquaculture
Health Promotion and Protection
Natural Resources



**Deadline for registration is
August 18, 2009 or until full.**
So don't be unlucky, register today.

Workshop Schedule

All classes are introductory, for people who have little or no experience. All equipment is provided, unless indicated otherwise in class description.

September 25 - Friday		
Morning	Afternoon	Evening
8:00 am - 12:00 noon – Registration	12:00 noon - 1:15 pm – Lunch & Welcome	5:30 - 6:30 pm – Supper
8:30 - 11:30 am – Firearm Safety, Handling & Storage	Session 1 – 1:30 - 5:00 pm Archery/Bow Hunting Horseback Riding Nature Photography Ups and Downs! Shotgunning Tasty Fish Woodsy 101	7:00 - 7:30 pm Today's Happenings 7:30 - 9:00 pm Evening Program: TBA
September 26 - Saturday		
Morning	Afternoon	Evening
7:00 - 8:15 am – Breakfast	12:00 - 1:15 pm – Lunch & Announcements	5:30 - 6:30 pm – Supper
Session 2 – 8:30 am - 12:00 pm Archery/Bow-hunting Birding Fly Fishing Horseback Riding Outdoor Cooking Shooting Rifles Trout Fishing	Session 3 – 1:30 - 5:00 pm Wilderness Camping/Backpacking Cooking with Wild Edibles Kayaking Ups and Downs! Shotgunning Wilderness Survival	7:00 - 7:30 pm Today's Happenings 7:30 - 9:00 pm Evening Program Silent Auction
September 27- Sunday		
Morning		
7:00 - 8:15 am – Breakfast	12:00 - 1:00 pm – Lunch	
Session 4 – 8:30 am - 12:00 noon Fly Fishing Geo-caching Kayaking Knots, Knots, Knots Nature ID Trout Fishing	1:00 - 1:30 pm – Farewells	

Scholarships

A limited amount of funds are available for partial scholarships. Preference will be given to first-time participants, full-time students, single-parent and low-income households. Please contact Pam Grace at 902-424-5832 for a scholarship application. **Scholarship application deadline is August 11, 2009.**

Workshop Classes

Physical Activity Level: Please be advised that most activities will take place outdoors and may involve a wide range of physical activity including bending, standing, carrying light weights (pack), arm movement (paddle), climbing (rock wall) and walking distances of 0.5 to 2 km on uneven surfaces. If you have any concerns, please contact the BOW® Nova Scotia Coordinator.

Hunting

Archery/Bow Hunting

Once you learn how to select your bow, arrows and other archery equipment, it's time to hone your skills on the target range. You'll learn these "finer points" from experienced archers. Bow hunting equipment, skills and techniques (such as camouflage, tracking and animal behavior study) will also be presented and are relevant for any activity where you want to view wildlife in the natural environment.

Firearms Safety, Handling & Storage

Covers basic types of firearms, basics of firearm safety, as well as safe transport and storage. Does not include shooting, but is a prerequisite for anyone without an FAC or FHC who registers for any shooting class (Shooting Rifles and Shotgunning).

Shooting Rifles

Target shooting is an exciting challenge, so don't let this one slip by! You will learn how to handle rifles and ammunition safely and how to improve your shooting skills. An FAC/FHC or attendance at the Firearm Safety, Handling & Storage class is a prerequisite. Classes will travel to a gun range.

Shotgunning

This is your opportunity to have fun while you learn how to safely handle a shotgun. At the end of the class, you will be able to judge distances, learn shooting techniques, and even knock a few clay targets out of the air. An FAC/FHC or attendance at the Firearm Safety, Handling & Storage class is a prerequisite. Classes will travel to a gun range.

Fishing

Fly Fishing

Often called a graceful art form, fly fishing can be an enjoyable lifetime pursuit. Participants will learn the fundamentals of fly-casting, rods, reels, line selection and the equipment needed to get started. We will practice casting and try to encourage a fish to come to our fly.

Tasty Fish

Spend some time learning how to clean, fillet and prepare a variety of Nova Scotia sportfish. Take a closer look at the inside of a fish and learn the "ins and outs" of how fish function. Compare and contrast the taste of warm and cold water sportfish and learn some simple recipes.

Trout Fishing

Hooking into a nice size trout always makes the heart go a little quicker and brings a smile to your face. Whether it's a rainbow, speckled or a "browny", Nova Scotia trout fishing offers a wide variety of opportunity to those venturing into the sport. This class will explore the different species of trout, relevant bait and lure choices, and the equipment needed to get started. We'll even get our lines in the water in hopes of coming away with a few tall tales of our own to share.

Outdoor Skills

Birding

Nova Scotia is home to many species of birds throughout the seasons. Join our expert birders both indoors and outdoors to learn how to find birds and the skills to help you identify different species as well as tips on attracting birds to your backyard. Bring your binoculars, a field guide (if you have one), and a notebook and discover the wonderful world of our feathered friends.

Wilderness Camping/Backpacking

Get introduced to the basics of backpacking and wilderness camping as we take a short trip to our forested home for the evening. Learn the basics of packing an overnight pack and get a chance to carry a loaded pack on a short hike to our campsite. On arrival, we will work together to set up a proper and safe tent site. Participants should be ready for a "loaded" hike and should bring a sleeping bag if electing to spend the night out with the instructors.

Cooking with Wild Edibles

A chance to explore the many tastes that nature provides. Participants will be introduced to methods of preparation and cooking of wild animals and plants. Get hands-on experience and instruction in the care, handling, processing and cooking of plants, wild game and fish. From hot and cold drinks to main dishes, we will see what we can create from field and forest. There will be ample opportunity to taste all that we prepare.

Outdoor Skills (cont'd)

Geo-caching

Want to go on a high tech adventure? Geo-caching is 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/entering waypoints and narrowing down cache locations, as well as how to use www.geocaching.com to search for caches and log finds. Find out what a cache looks like, what may be contained within one including travel bugs and geocoins, and hopefully we will find some caches on-site.

Horseback Riding

Think you might like riding a horse? Join us for a fun-filled introduction to the world of horses. We'll start from the ground up on how to safely handle a horse, groom them, and "tack" them up. Then we will head out for a leisurely trail ride throughout the camp property.

Knots, Knots, Knots

It's time to tie up the tarp, or hang the bear bag, or tie the canoe on top of the car, or...do you know how to tie the knot? This class will take the mystery out of knots. Learn various knots, how to tie them and when to use each knot. Hands-on activities will help reinforce newly learned knot tying skills.

Kayaking

Kayaking is a wonderful way to explore the coastal and inland waters of our province. For beginners, this session will help you to see that kayaking is both accessible and enjoyable for women of all ages and abilities. We'll do some introduction of the equipment and the basic skills, then put them into practice on a short group excursion.

Nature ID

Unravel some of the mysteries of the forest and understand more of your wooded surroundings. Practice identifying common plants—from lichens and mosses, to ferns, flowers and trees. Find out what different kinds of vegetation tells you about the site. And, as animals live, eat and interact in their environments, they leave many signs of their activity. You can learn things from their tracks, nests, resting areas and droppings. We'll provide you with information, but if you have a favourite book or field guide, bring it along.

"That weekend (BOW) made me remember that although it is great to be a strong, independent woman, if I allow myself to open up, I can gain even more strength from giving and receiving support, sharing and being part of a family of women bound by their love of nature. I thank you so much for this experience. It has changed my life forever.

— Leah

Nature Photography

Join an experienced nature photographer and learn the secrets and the factors essential to create great nature photos. This hands-on class will cover everything you need to know from light conditions and composition to picking out that once in a life time shot. Bring your own digital camera (and a tripod, if you have one).

Outdoor Cooking

Learn how to prepare simple, healthy and hearty meals in the outdoors. Appropriate use of fire and stoves will be demonstrated and food selection and storage will also be discussed.

Ups and Downs!

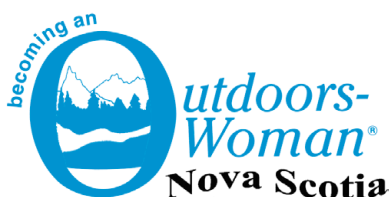
This class will provide participants with the opportunity to explore their sense of balance, inner strength and certainly reconnect to some of your childhood adventures/fantasies by scaling an indoor rock climbing wall and engaging in some outdoor initiative tasks. These novel activities are not normally offered at BOW so take advantage of this fun and exciting class!

Wilderness Survival

We know getting lost could happen, but if you were in such a situation would you survive? What you will learn in this class may make the difference. Learn how to cope in a survival situation using materials on hand. Learn how to minimize heat loss, maximize heat gain and to enable yourself to be found.

Woody 101

Would you like to know how to build a fire from materials in the woods without cutting trees; sharpen a knife or axe, and learn how to use both safely; or make useful items such as water dippers, moose calls, nik nak shelves and walking sticks from birch-bark and tree growth? This class will be hands-on in the woods at a comfortable campsite. You may bring your own knives and hatchets. All other tools for sharpening will be provided. Bring a cushion seat and a mug and relax as you make all kinds of woody stuff.



Becoming an Outdoors-Woman®

Nova Scotia Association

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Thanks to our sponsors:

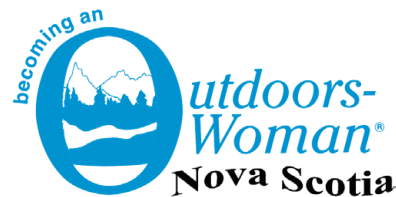
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Nova Scotia Sponsors: Mountain Equipment Co-op, The Trail Shop, TAO—The Adventure Outfitters

Registration Form

Becoming an Outdoors-Woman® Workshop
September 25 – 27, 2009

Mount Traber Bible Camp, 14015 Highway 224, Cooks Brook, NS



Workshop Fee: \$229 (HST included) Includes meals, accommodations, equipment, instruction & social programs

Please indicate method of payment:

cheque money order cash (in person only) **credit cards not accepted*

Registrations will not be accepted by telephone or without payment.

Please complete BOTH SIDES of this form. Only one person may register per form. Please photocopy both sides, if additional forms are needed. Applicants must be **18 years-of-age** to register.

Name _____	Address _____
_____	City _____
_____	Prov. _____ Postal Code _____
Name Preferred on Nametag _____	Daytime Phone () _____
_____	Evening Phone () _____
_____	e-mail _____

Please prioritize your selections by giving at least 3 choices per session, by indicating #1 Choice, #2 Choice, #3 Choice, etc. for each of the four sessions. (You should provide us with at least 12 choices in total).

Session 1: Friday 1:30 pm – 5:00 pm

- _____ Archery/Bow Hunting
- _____ Horseback Riding
- _____ Nature Photography
- _____ Ups and Downs!
- _____ Shotgunning*
- _____ Tasty Fish
- _____ Woody 101

Session 2: Saturday 8:30 am – 12:00 pm

- _____ Archery/Bow Hunting
- _____ Birding
- _____ Fly Fishing
- _____ Horseback Riding
- _____ Outdoor Cooking
- _____ Shooting Rifles*
- _____ Trout Fishing

Limited class space – first come, first served basis. Early registrations will have the best chance for their first choices, however we cannot guarantee that you will receive your first choices. Changes cannot be accommodated after you have received confirmation of classes.

Session 3: Saturday 1:30 pm – 5:00 pm

- _____ Wilderness Camping/Backpacking
- _____ Cooking with Wild Edibles
- _____ Kayaking
- _____ Ups and Downs!
- _____ Shotgunning*
- _____ Wilderness Survival

Session 4: Sunday 8:30 am – 12:00 pm

- _____ Fly Fishing
- _____ Geo-caching
- _____ Kayaking
- _____ Knots, Knots, Knots
- _____ Nature ID
- _____ Trout Fishing

*** Note:** When you choose **Shooting Rifles** or **Shotgunning** class(es), you will automatically be registered for and must attend, Firearm Safety, Handling & Storage, Friday, September 25, 2009 (8:30 am–11:30 am) unless you possess a valid FAC/FHC or Possession & Acquisition License.

Please provide license # _____

Do you require a room for Thursday evening?

Fee: \$45.00 (breakfast included)

Yes No

Enrolment and class size are limited. Classes are first come, first served. REGISTER EARLY!
Deadline for registration is August 18, 2009 or until full.
So don't be unlucky, register today.

CANCELLATION DEADLINE IS AUGUST 28, 2009

Because BOW® NS is a not-for-profit organization, no refunds will be granted once the final number of participants has been confirmed with the facility. Prior to this date a \$25 administration fee will be charged on all refund requests.

For Our Information

Your Health Card Number: _____

Whom should we notify if there is an emergency involving you?

(Name and relationship) _____

Phone number of that person during September 25-27, 2009:

Home: _____ Work: _____

Please check any of the following that apply:

Allergies – please list: _____

Dietary Restrictions – please list: _____

Vegetarian

Vegan

Please list any medical conditions and medications:

Classes often involve walking, standing and/or bending. Please indicate here if you have any concerns regarding potential physical limitations: _____

I am a medical doctor or nurse and I am willing to assist if a medical emergency arises: YES

Accommodations

Accommodations at the Mount Traber Bible Camp are bunkhouse style accommodating 6 people per bunkhouse. Bunkhouses are unheated. Mattresses are provided but participants must bring their own sleeping bag and/or bedding. Washrooms & shower facilities are located separate from but near the bunkhouses. A list of what you need to bring will be sent to you upon registration.

Alcohol Policy

Please be advised that there is a strict no alcohol policy enforced at the Mount Traber Bible Camp. Those who do not comply will be asked by camp staff to vacate the facility without refund.

For more information on Mount Traber Bible Camp, please visit their website at www.mounttraber.org

Please indicate if you are sharing this experience with your friends. We will accommodate for roomies in the rooms, if possible.

Roommate(s) name(s): _____

Would you prefer a Quiet Section:

YES NO NO PREFERENCE

Send completed form and registration fee, payable to:

BOW Nova Scotia Association
c/o Pamela Grace, Coordinator
PO Box 698
Halifax NS B3J 2T9

The applicant, by signing below, recognizes that the program involves some risk and that she/he takes responsibility for all action or injury that may result by participating.

Signature _____ Date _____