

Halifax, NS B3J 2T9
1701 Hollis St.
PO Box 698
Becoming an Outdoors-Woman® Nova Scotia Association



Looking for an outdoor adventure?

Join us for the fantastic fall

Becoming an Outdoors-Woman Workshop

September 10-12, 2010

**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 hopes 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.

Workshop Classes

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, and 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).

Scouting for Wildlife Do you like to spend time in the woods and observe wildlife in their natural habitat? Do wildlife appear to be elusive and difficult to find? It takes patience and some preparation in order to truly experience the wilderness and to be one with nature. Whether hunting for prey with a camera, binoculars or traditionally with firearm or bow, the principles are ultimately the same. This class will discuss how you can educate yourself about wildlife habits, their habitats and how you can best prepare to spend time in the woods. Participants will have the opportunity to set up a tree stand and a blind in order to catch those magical moments when you get to observe wildlife unobserved.

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.

Trapping What is involved in running a snare and trap line? You will be making snares and learning special techniques that will put more rabbits in your stew pot. An overview of trapping and snaring ethics will form part of this experience as well as a skinning demonstration.

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 in's and out's 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 *brownie*, Nova Scotia trout fishing offers a wide variety of opportunity to those venturing into the sport. This session 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 for the night. Participants should be ready for a *loaded* hike and should bring a sleeping bag if electing to spend the night out with the instructors.

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; how to use geocaching.com to search for caches and log finds;

learn what a cache looks like, what may be contained within one including travel bugs and geocoins and we will be finding some caches on-site.

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.

Mountain Biking Hit the trails on a mountain bike. Besides basic operating/riding skills, you will learn about bike selection, maintenance, associated equipment and safety. Mountain bikes and helmets are provided, but participants who have their own are encouraged to bring them. Indicate your height and need for a helmet on the registration form.

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.

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

Nature Sculptures We will let the natural world inspire our creativity. A contemplative walk will give us a chance to clear our minds of distraction and be filled instead with the line, shape, texture, weight and colour of our surroundings. We will then collect objects and assemble them in whatever way we choose to: hang, balance, stack, attach, float, launch, scratch...the possibilities are myriad. The products of our efforts will be ephemeral. The goal of this class is to encourage our ability to actually see the world around us, engage with it, shape it, and then let go of our sense of possession and mastery over it.

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.

Wild Edibles A chance to explore indoors and outdoors the many tastes that nature provides. Participants will be introduced to methods of preparation and cooking of plants and wild game. Get hands-on experience and instructions in the care, handling, processing and cooking of plants and wild game. 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. Prepare for a walk in the woods to seek out local wild edibles.

Wilderness Navigation Through practical exercises, participants will learn how to use maps, find and follow compass bearings, and determine distance traveled. With these new skills, you will be able to get off the beaten track and enjoy the woodlands of Nova Scotia.

Woodsy 101 Would you like to know how to build a good fire from materials in the woods without cutting trees, sharpen a knife or axe and learn how to use both safely, make useful items from birch-bark and tree growths such as water dippers, moose calls, nik nak shelves and walking sticks? This class will be hands on in the woods at a comfortable campsite. You may bring your own knives and hatchets if you like. All other tools for sharpening will be provided. Bring a cushion seat and a mug and relax as you make all kinds of woodsy stuff.

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, carrying light weights (pack), arm movement (paddle) and walking distances of up to 0.5 to 2 km through wooded areas. If you have any concerns please contact the BOW Nova Scotia Coordinator.

About the Instructors

All our instructors, both female and male are volunteers that give freely of their time and knowledge, many who have been with the BOW program since it began and represent some of Nova Scotia's best outdoor leaders.



Becoming an Outdoors-Woman® Nova Scotia Association
PO Box 698, 1701 Hollis St., Halifax, NS B3J 2T9
Tel (902) 424-5832, Fax (902) 424-7735

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 10 – Friday		
<p>Morning 8:30 am–12:00 noon – Registration</p> <p>8:30 am–11:30 am – Firearm Safety, Handling & Storage</p>	<p>Afternoon 12:00 noon–1:30 pm – Lunch & Welcome</p> <p>Session 1 – 1:30–5:00 pm</p> <ul style="list-style-type: none"> • Archery/Bow Hunting • Kayaking • Nature Sculptures • Shotgunning • Tasty Fish • Trapping • Wilderness Navigation 	<p>Evening 5:30–6:30 pm – Supper</p> <p>7:00–7:30 pm – Today’s Happenings</p> <p>Evening Program – 7:30–9:00 pm</p> <ul style="list-style-type: none"> • Fly-tying • Knots • What to wear out there! • Leave no trace • Campfire Social
September 11 – Saturday		
<p>Morning 7:00–8:15 am – Breakfast</p> <p>Session 2 – 8:30 am–12:00 noon</p> <ul style="list-style-type: none"> • Archery/Bow Hunting • Fly Fishing • Kayaking • Mountain Biking • Outdoor Cooking • Shooting Rifles • Trout Fishing 	<p>Afternoon 12:00 noon–1:15 pm – Lunch</p> <p>Session 3 – 1:30–5:00 pm</p> <ul style="list-style-type: none"> • Geo-caching • Kayaking • Nature Photography • Shotgunning • Wild Edibles • Wilderness Camping/Backpacking • Woodsy 101 	<p>Evening 5:30–6:30 pm – Supper</p> <p>6:30–7:00 pm – Group Photo</p> <p>7:00–7:30 pm – Today’s Happenings</p> <p>Evening Program – 7:30–9:00 pm</p> <ul style="list-style-type: none"> • Astronomy (tentative) • Silent Auction • Campfire Social
September 12 – Sunday		
<p>Morning 7:00–8:15 am – Breakfast</p> <p>Session 4 – 8:30 am – 12:00 noon</p> <ul style="list-style-type: none"> • Birding • Fly Fishing • Geo-caching • Mountain Biking • Nature ID • Scouting for Wildlife • Trout Fishing 	<p>Afternoon 12:00 noon – 1:00 pm – Lunch</p> <p>1:00–1:30 pm – Farewells</p>	<p>You can help us to cut down on our paper consumption. If you would like to receive future workshop information by email, please indicate on the enclosed registration form or email us at BOWNS@gov.ns.ca.</p>

International Sponsors: Bass Pro Shops, Browning, Cabela’s, Ducks Unlimited, Federal ATK Ammunitions Group, Leupold, Lodge Manufacturing, National Rifle Association – Women on Target®, National Shooting Sports Foundation, Pheasants Forever, Pope and Young Club, Sables – Safari Club International Foundation, UWSP Foundation, UWSP College of Natural Resources.

Scholarships A limited amount of funds are available for partial scholarships. Preference will be given to residents of Nova Scotia who are either first-time participants, full-time students, single-parent or from low-income households. Please contact Pam Grace at (902) 424-5832 for a scholarship application. **Scholarship application deadline is Wednesday, July 28, 2010.**