

Workshop Schedule

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

February 17 - Friday

Evening

4:00 pm – 7:00 pm

Registration

5:30 pm – 6:30 pm

Dinner

6:30 pm – 7:00 pm

Welcome

7:30 – 9:30 pm

Evening Program:

- Snowshoe Hike
- Smelt Rigs/Fly tying
- Pre-class Briefing: Ice Fishing
- Pre-class Briefing: Cross Country Skiing

February 18 – Saturday

Morning

7:00 am – 8:00 am

Breakfast & Announcements

Session 1

8:30 am – 12:00 pm

- Connecting with Nature in Winter
- Ice Fishing
- Snowmobiling
- Trapping and Snaring
- Winter Birding
- Woodcarving

Afternoon

12:00 pm – 1:00 pm

Lunch & Announcements

Session 2

1:30 pm – 5:00 pm

- Cross Country Skiing
- Nature Photography
- Snowmobiling
- Snow Shelter Building
- Winter Camping
- Winter Woodsy

Evening

5:30 – 6:30 pm

Dinner

6:30 – 7:00 pm

Group Photo

7:00 pm – 8:00 pm

Today's Happenings

8:00 pm – 10:00 pm

Evening Program

- Mini-Ceilidh
- Taste of the Wild
- Silent Auction

February 19- Sunday

Morning

7:00 am - 8:00 am

Breakfast & Announcements

Session 3

8:30 am - 12:00 noon

- Connecting with Nature in Winter
- Cross Country Skiing
- Scouting for Wildlife
- Wilderness Navigation
- Wilderness Survival
- Winter Day Outings

Afternoon

12:00 pm - 1:00 pm

Lunch

1:00 - 1:30 pm

Today's Happenings & Farewells

International Sponsors: ATK Ammunitions Group, Browning, Cabela's, Ducks Unlimited, Leupold, Lodge Manufacturing, National Shooting Sports Foundation, NRA Women on Target, Pheasants Forever, Pope and Young Club, Safari Club International, UWSP Foundation, UWSP College of Natural Resources – Stevens Point

Winter BOW Partners:



Becoming an Outdoors-Woman® Nova Scotia – Workshop Classes

Connecting with Nature in Winter

Winter is an important and challenging time of year for many plants and animals. While it appears that most of nature sleeps during the winter, it is in fact a vibrant time for many. Life continues to go on above and beneath the snow. Discover the many wonders of this special time of year through discussions and examination of wildlife signs and experience a deeper connection to the natural world.

Cross Country Skiing

Basic instruction in cross country skiing, such as technique, equipment and waxing, will be provided. This will be accomplished through a mix of brief indoor time and mostly time in the snow. It is a great way to experience and enjoy a Nova Scotia winter. Bring your own equipment if you have it. We have equipment for those who need it.

Ice Fishing

Yes, you can go fishing in the winter! Learn some tips that will provide a rewarding and enjoyable experience. Did you know that choosing the right site can mean more fish on your hook? We'll show you all the gear, from ice augers to the small lures, how to set up a home away from home on the ice, a secret jigging technique, and how to be safe and warm on the ice!

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 lifetime shot. Bring your own digital camera (and a tripod, if you have one).

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 in order to catch those magical moments when you get to

observe wildlife unobserved.

Snowmobiling

Learn the basic needs for using a snowmachine - rules of the trail, choosing the proper sled for your needs, clothing, riding techniques, basic mechanics and emergency tips to keep you from being stranded. Participants will drive snowmobiles on a groomed trail. Participants are required to bring their own snowmobiling helmet, gloves, boots and snow suit. (Please contact the BOW Nova Scotia Coordinator if there are any questions regarding equipment needs).

Snow Shelter Building

Have you ever spent hours creating a snow fort that you are proud of? Perhaps it's been a few years since you've built a snow fort, but why should kids have all the fun? Come out and learn all about snow shelters from 'A' to quin-zee. You will learn about different types of snow shelters based on snow conditions, the environment and time available to build. Learn tips and techniques for building safe snow shelters whether in an emergency survival situation or for fun. We will work together to build a demonstration shelter. Please dress in layers and be ready to be fully engaged.

Trapping & Snaring

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.

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.

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 or vice versa depending on the season. We will also discuss how to enable yourself to be found.

Winter Birding

Not all birds fly south. Many species make their homes with us during the winter months. Join our expert birders both indoors and outdoors to learn how to find birds in their winter areas and how to attract birds to our backyard. Bring your binoculars and a notebook and discover a winter wonderland which is for the birds.

Winter Camping

Winter camping gear and equipment choices are the basis for this informative class. Learn how to select and use clothing, tents, sleeping bags and stoves for below-freezing camp-outs. Other topics include trip planning, safety considerations, and handy hints for collecting/storing water, food preparation, and travel methods in the cold weather. Those who wish, may camp out overnight Saturday with the instructors.

Winter Day Outings

Setting out for a winter day outing in Nova Scotia's natural places presents some unique challenges and opportunities. Explore a number of specific topics related to day tripping in winter. Some basic skills and knowledge relating to things like navigation, winter survival, trip planning, safety, food, etc., will be examined...as well as some "value added" tidbits like flora and fauna identification and winter bird calling. A fun and informative hands-on session.

Winter Woodsy

Would you like to know how to build a good fire, cut kindling, chop wood, sharpen a knife or axe and learn how to use both safely, how to use a handsaw and bow saw, how to set up a shelter using items found in the woods, learn to lash poles together, and how to make a walking stick? This class will be hands on in the woods at a comfortable camp site. 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 do all kinds of woodsy stuff. Remember to dress warmly!

Woodcarving

An introduction into woodcarving. Using a woodcarving knife, participants will learn basic cuts and be able to complete a project. Emphasis will be on the safe use of carving tools as well as sharpening tips that apply to all edged tools such as hunting, camping, and fishing knives.

Physical Activity Level

Please be advised that most activities will take place outside and may involve a wide range of physical activity including bending, standing, carrying light weights (pack), arm movement (skiing), and walking (all classes) 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.

Scholarships

A limited amount of funds are available for partial scholarships. Preference will be given to Nova Scotians who are 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 January 6, 2012



Becoming an Outdoors-Woman® Nova Scotia Association

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Looking for an outdoor adventure?

Becoming an Outdoors-Woman® Workshop

February 17 – 19, 2012

Gaelic College of Celtic Arts and Crafts, St. Ann's, Cape Breton

Becoming an Outdoors-Woman® is a workshop aimed at women 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.