

**REGISTRATION OPENS
JUNE 7, 2010**

NEW HAMPSHIRE

becoming an



**outdoors-
Woman**®
weekend

SEPTEMBER 10, 11 & 12, 2010

Rockywold/Deephaven Camps, Inc.
Holderness, New Hampshire



FISH AND GAME STAFF PHOTOS



Sponsored by

New Hampshire
Fish and Game Department

New Hampshire Wildlife Federation



www.nhbow.com

BECOMING AN OUTDOORS-WOMAN

Becoming An Outdoors-Woman is a workshop focused on the learning of outdoor skills – skills often associated with hunting and fishing, but useful for many outdoor pursuits. Designed primarily for women, it is an opportunity for anyone 18 years of age or older, and is for you if:

- you have never tried these activities and want the opportunity to learn;
- you are a beginner looking to improve your skills;
- you are familiar with some outdoor activities, but would like to try your hand at new challenges;
- you are looking for the camaraderie of like-minded individuals.

2010 FALL WEEKEND SCHEDULE

Friday, September 10

8:00 am–10:30 am	CHECK-IN
11:30–12:00 pm	WELCOME
12:00–1:00 pm	LUNCH



SESSION 1

1:30-4:30 pm

1-A. INTRODUCTION TO FIREARMS & FIREARM SAFETY: Get an introduction to the basic types of firearms, bullets and trajectories, firearm safety, the how-to's of selecting firearms and their handling. Does not include actual shooting.

1-B. BASIC CAMPING SKILLS: Learn the basic camping skills needed for a typical family vacation: what equipment to bring, how to plan a trip and how to pack. You'll have the opportunity to set up a campsite, including a tarp and several different styles of tents. *Note: outdoor cooking is covered in course # 2-D.*

1-C. INTRODUCTION TO ARCHERY: Participants will learn archery techniques for target shooting, the history of archery, how the equipment has changed over time and the different kinds of bows on the market today. There will be a range set up, and everyone will have an opportunity to shoot.

1-D. FIELD DRESSING BIG GAME: Proper care of game in the field is a very important part of hunting ethics. This is often a very difficult thing to learn on your own. This class will review the procedure for field dressing a white-tailed deer. Be prepared for a hands-on opportunity.

1-E. OUTDOOR SKILLS & SURVIVAL: Participants will learn how to plan and what to bring for outdoor trips. This class includes what to do if you are lost at night, what to do in case of injury, building fires, providing basic shelter, signaling for help, recognizing signs of and preventing hypothermia, and basic search and rescue techniques.

1-F. BECOME A PACKABLE GOURMET...JUST ADD WATER: Learn the process for making your own nutritious lightweight foods for camping and backpacking. Discuss types of dehydrators and equipment, food preparation and storage. Learn to organize and prepare delicious packable snacks and meals for all your outdoor activities.

1-G. INTRODUCTION TO ATVs: Have you ever wanted to try riding an ATV (all terrain vehicle), but didn't know where to start? This hands-on class will teach you how to ride safely. Rules and regulations, landowner relations, plus how to use and maintain an ATV will also be covered. Participants will ride on a basic training course. *Please wear boots that cover your ankles.*

1-H. INTRODUCTION TO FLY-TYING: Learn why a particular fly is used, the basic equipment and materials necessary to tie flies, common patterns and what they imitate, insect anatomy and how to tie several patterns. All equipment and materials will be provided.

1-I. INTRODUCTION TO FRESHWATER FISHING: Gain the skills and equipment necessary to begin fresh-water fishing. Learn about the various species of fish in New Hampshire, the natural history of those fish, how to select equipment, knot tying, how to cast, and even more important, how to reel that fish in once you hook it. *For on-the-water fishing see 2-L and 4-G.*

1-J. INTRODUCTION TO HIKING: Learn what is needed to safely hike in the wilderness: equipment basics, proper clothing, where to go, how to plan, trail etiquette and safety issues. Be prepared to take a moderate hike up Rattlesnake Mountain!

1-K. WILDERNESS FIRST AID: If you're out in the back country, wilderness first aid skills are very important. Join expert staff from Fish and Game's Law Enforcement Division and learn how to prepare for dealing with emergency situations when help is not close by.

1-L. INTRODUCTION TO RIFLE: Learn gun handling, safety, how to shoot a rifle and how a rifle differs from other firearms. There will be live-firing opportunities; all firearms will be provided.

1-M. ECO TOURING SQUAM LAKE BY KAYAK: Spend some time on Squam Lake learning the ecology of the lake and the wildlife habitat it provides. Participants will explore several coves on the lake that provide valuable spawning habitat for fish and homes for other wildlife. *It is recommended that you have some kayaking experience.*

4:30–5:30 pm	FREE TIME
5:30–6:30 pm	DINNER
7:00 pm	EVENING PROGRAM



2010 BOW INTERNATIONAL SPONSORS:

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CHECK OUT OUR WEBSITE: www.nhbow.com

7:00–8:00 am BREAKFAST

SESSION 2

8:30–11:30 am

2-A. BASIC MAP & COMPASS: Learn how to use a compass in the field, how to use and read a topographic map and how to use the map and compass together. By combining these two abilities, everyone will develop the skills needed to blaze their own trails.

2-B. INTRODUCTION TO SHOTGUN: Participants will be taught safety in handling a shotgun, gauge differences, dominant eye, range shooting vs. hunting, and steel vs. lead shot. Includes hands-on stationary pattern and trap shooting opportunities.

2-C. HANDLING HANDGUNS: Here is your chance to learn about the different kinds of handguns used for the purposes of recreational target shooting and hunting. This class will alleviate some of your concerns about these sidearms by demonstrating proper handling and shooting techniques. If you have always wanted to better understand this firearm, come see for yourself in this non-competitive and supportive environment. There will be live-firing opportunities.

2-D. OUTDOOR COOKING: Cooking outdoors over an open fire is challenging and fun – you'll learn to build a fire, cook directly over the hot coals using a Dutch oven and reflector oven. You will also be able to try several different stoves. Recipes will be shared and everyone will get a chance to prepare and sample a variety of dishes – even desserts! This is a hands-on course.

2-E. INTRODUCTION TO KAYAKING: Learn basic kayaking skills and practice on the water...you will get wet. Topics include safety and equipment needed. All equipment will be provided.

2-F. OUTDOOR SKILLS & SURVIVAL: Please refer to class description 1-E.

2-G. INTRODUCTION TO ARCHERY: Please refer to class description 1-C.

2-H. INTRODUCTION TO CANOEING: Learn about the various types of canoes. Topics will include safety equipment, life jackets, field repairs, loading on and off car tops, getting in and out of a canoe, different strokes and what to do when overturned. Be prepared for an on-water class.

2-I. FLY-FISHING FROM A-Z: *This is an all-day class and will run during sessions 2 and 3.* Participants will learn equipment basics, how to balance their gear, casting techniques and knot tying. Also covered will be aquatic ecology, insect stages and popular fly patterns for New Hampshire. *For an on-the-water class see 4-F.*

2-J. FIELD DRESSING/CARE OF FISH AND SMALL GAME: Learn the basics of field dressing, and properly caring for and cooking small game and fish. Demonstrations and hands-on care for fish, small mammals and upland birds. You'll tackle some easy recipes and actually clean and cook some fish and game.

2-K. EXPLORING WILDLIFE HABITATS AT ROCKYWOLD: Trek through local woodlands with a wildlife habitat biologist. Learn to interpret the landscape and identify a variety of habitats. Along the way, look for wildlife sign and clues about past uses of land that helped to create the habitat we see today. Dress for a walk in the woods.

2-L. FISHING ON GOLDEN POND: This class will build upon the skills from the beginning freshwater fishing class. More attention will be given to on-the-water fishing, playing, landing and care of the catch. Learn the species to fish for in New Hampshire and how to target those fish. *Be prepared to spend the class fishing and enjoying Squam Lake.*

12:00 noon–1:00 pm LUNCH

SESSION 3

1:30–4:30 pm

3-A. NATURE PHOTOGRAPHY IN THE FIELD: Beginner and intermediate photographers – learn the skills you need to take better outdoor photos. We'll cover equipment, composition, exposure, lens selection, etc. Bring your digital or film camera – you should have a good understanding of your camera's controls. We'll be in the classroom briefly, then "in the field" to take pictures and have some fun!

3-B. BASIC MAP & COMPASS: Please refer to class description 2-A.

3-C. INTRODUCTION TO KAYAKING: Please refer to class description 2-E.

3-D. INTRODUCTION TO CANOEING: Please refer to class description 2-H.

3-E. INTRODUCTION TO SHOTGUN: Please refer to class description 2-B.

3-F. HANDLING HANDGUNS: Please refer to class description 2-C.

3-G. INTRODUCTION TO HUNTING – Have you ever thought about going hunting? Get an overview of various hunting techniques, from how to read wildlife sign, including the habits and movement of animals, to how to remove your game from the woods. This class will also cover types of firearms, practical clothing and hunting rules.

3-H. INTERMEDIATE ARCHERY: This class will help improve shooting skills by focusing on individual needs regarding proper form. Instruction will include equipment adjustment and the mental game of archery. Equipment will be provided, but feel free to bring your own. Participants will shoot at targets from 18 meters.

3-I. EXPLORING WILDLIFE HABITATS AT ROCKYWOLD: Please refer to class description 2-K.

3-J. INTRODUCTION TO FRESHWATER FISHING. Please refer to class description 1-I.

3-K. CREATING BACKYARD WILDLIFE HABITAT: Make a difference for wildlife in your own backyard using native vegetation, cover structures and water features. This class will include wildlife habitat concepts, basic design, map and inventory techniques and plant suggestions. You'll start work on a plan for your yard, and leave with a variety of handouts and resource material to help finish it.

3-L. INTRODUCTION TO KAYAK FISHING: *This is a two-part class that runs for both session 3 and 4.* In Part 1 (session 3), you will learn how to rig your kayak for fishing, what tackle and equipment are needed, as well as fish habits and habitats. There will be no actual kayaking or fishing during this session. In Part 2 (session 4) you will use the skills learned as you spend the morning fishing on the water – targeting, playing and landing fish. All equipment provided. *For those with some kayaking and fishing experience. Dress to get wet!*

5:00–6:00 pm DINNER
at Rockywold
Dining Room

6:30–8:00 pm EVENING PROGRAM
at Deephaven Dining Room

8:00 pm RAFFLE DRAWING
Must be present to win.
Refreshments will be served.



NH BOW c/o
NH WILDLIFE FEDERATION
54 PORTSMOUTH STREET
CONCORD, NH 03301

Sunday, September 12

8:00-9:00 am BREAKFAST

SESSION 4 9:30 am - 12:30 pm

4-A. WHAT GROWS HERE?: If you've always wanted to know more about native plants, this class is for you! You will discover the wide variety of plants and trees that are found in the ecosystem around Squam Lake. You will also learn to confidently and safely identify some wild edible plants and what to do with them once you've found them. *Dress for walking.*

4-B. WILDERNESS BACKPACKING: Learn what equipment you will need to be comfortable while backpacking on an overnight trip – backpacks, tents, portable stoves, etc. – and how much to carry. Also, learn to plan a route right for your ability, choose a campsite, back-country safety, rules and regulations.

4-C. BEAUTIFUL BUGS: Are you curious about insects? Did the fly-fishing introduction get you interested in aquatic insects and other fish food? Do you want to know more about what your backyard birds eat all summer? Explore the streams, wetlands, lake and forest to capture and observe insects. Learn basic identification and the natural history of dragonflies, caddisflies, mayflies, hellgrammites, ground beetles and more.

4-D. INTRODUCTION TO BOWHUNTING: Bowhunting is the fastest-growing hunting activity in New Hampshire. The challenge and experience of bowhunting is very exciting. Learn about reading wildlife sign, plus various hunting techniques, such as tree stands or stalking. Hands-on activities will include following a mock blood-trail and use of scents. You'll also learn about the ethics of bowhunting and the equipment you will need.

4-E. MOUNTAIN BIKING: Discover the fun and excitement mountain biking has to offer. Come prepared to ride your own bike or one that will be provided. The class will have two parts. Part 1: Ride – the group will be split by experience for a 90-minute ride. Beginners will ride a gentle trail. Intermediate riders will cover more challenging terrain. Part 2: Discussion – the whole group will discuss basic bike maintenance, proper clothing, safety and map reading.

4-F. FLY-FISHING ON THE WATER: Participants will hone their previously learned fly-fishing skills. Topics include: a casting tune-up, including roll casts; how to read the water; what do do after the cast; how to choose the correct fly; and trying out a float tube. Participants must have basic fly-fishing knowledge.

4-G. FISHING ON GOLDEN POND: Please refer to class description 2-L.

4-H. INTRODUCTION TO MUZZLELOADER: This type of firearm is sparking much interest in the hunting community. Learn the difference between flintlock and cap. Some attention will be given to the types of powder and projectiles. Participants will be loading, firing and cleaning the firearm. A light study of the traditions, seasons and challenges of muzzleloading firearms will also be included.

4-I. NATURE PHOTOGRAPHY IN THE FIELD: Please refer to class description 3-A.

4-J. NAVIGATING IN THE OUTDOORS: Once you know the basics of map and compass, it's time to practice your skills and navigate a course through unfamiliar territory. Participants will review the basics of map and compass and learn techniques used in orienteering to help them navigate in the field. Join us on a fun and interesting trek through the woods! **Prerequisite: Basic Map & Compass.**

4-K. FURBEARERS FOREVER: If you're interested in knowing more about New Hampshire's furbearers, this class will help you understand these elusive animals. You will learn how to identify pelts, tracks and sign, as well as proper harvesting methods, including trapping — an often misunderstood activity. Furbearers are a natural renewable resource and overpopulation can lead to a variety of problems, from property damage to negative impacts on human and furbearer health. Best management practices for trapping will be demonstrated.

4-L. SHARING NATURE WITH CHILDREN: Getting kids into nature powers imagination, lowers stress, improves immunity, reduces attention deficit, and stimulates creativity. We'll present and practice effective methods for connecting kids to the outdoors with practical suggestions for you, whether you're a parent, grandparent, neighbor or teacher. Be prepared to "dig in the dirt," collect, build and explore, and share your own ideas and experiences.

1:00-2:00 pm SUNDAY DINNER

**BECOMING AN OUTDOORS-WOMAN
Planning Committee Members**

Bob Babula	Sharon Guaraldi	Pamela Riel
Janice Boynton	Shirley Johnson	Kristen Ritz
Lisa Collins	Sherry LaBonte	Julie Robinson
Tina Davenport	Lisa LaChapelle	Laura Ryder
Sandy Falicon	Joshua MacKay	Jane Vachon
Jessica Fischer	Carla Marshall	Linda Verville
Tom Flynn	Kennetha Marshall	Karina Walsh
Karin Fudala	Cheri Patterson	

**ENROLLMENT IS LIMITED –
REGISTER IN EARLY JUNE!**

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For more information or an additional registration form, go to our website: www.nhbow.com, or call (603) 271-3212.