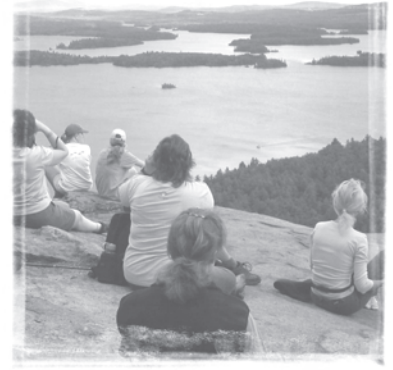




becoming an

Outdoors-Woman®



Becoming An Outdoors-Woman is a program focused on learning outdoor skills often associated with hunting and fishing, but useful for many outdoor pursuits. An exciting opportunity for women 18 years of age or older, who:

- are beginners who want the opportunity to learn new outdoor skills;
- are experienced, but want to improve their skills or try a new challenge;
- are looking for the camaraderie of like-minded individuals.

Winter BOW

February 18, 2012

Owl Brook Hunter Education Center
Holderness, NH

Winter BOW is a cure for cabin fever! Participants in this one-day workshop choose one of five courses: Ice fishing, Snowshoeing and Tracking, Shoe and Shoot, Winter Survival or Snowmobiling. The cost for the workshop is \$55, which includes instruction, program materials, use of equipment and lunch. Registration opens January 9, 2012. Limited to 70 participants.

BOW Fall Weekend

September 7, 8, 9, 2012

Rockywold-Deephaven Camps
Holderness, NH

The fall BOW weekend is our biggest event of the year. Participants choose from topics such as: Fishing, Shooting Sports, Hiking, Outdoor Cooking, Hunting, Map and Compass, Kayaking, Canoeing and others. The cost is \$330, which includes instruction, materials, use of equipment, all meals and two nights lodging. Registration opens June 4. Limited to 130 participants.

Register Early - Events fill up fast!



Beyond BOW courses are more in-depth than the beginner level, giving women the skills to become more independent and be able to do the activity outside of an organized class. Beyond BOW offers an opportunity to network and find like-minded people to share these activities with. Below is a sample of upcoming events; check our website at www.nhbow.com for the latest information.



Wilderness Survival

Sunday, April 22, 2012

Owl Brook Hunter Education Center • Holderness, NH

Could you handle an emergency and survive in the outdoors? Learn what to do if you are lost, how to build a shelter, make a fire, signal for help, purify water, and how to recognize and treat hypothermia. Cost: \$25. Registration opens March 12, 2012. Limit: 18

Navigational Workshop

Sunday, May 20, 2012

Owl Brook Hunter Education Center • Holderness, NH

Learn to navigate in the woods! Learn how to use a compass in the field and read a topographic map. Also learn how to use a simple hand-held GPS unit. Then try the two methods of navigation on a moderate woods course. Cost: \$25. Registration opens April 9, 2012. Limit: 18

Deep Sea Fishing

Sunday, June 10, 2012

State Pier
Hampton Beach, NH

This all-day fishing trip aboard the Yellowbird will introduce you to the basics of deep-sea fishing. You'll learn about equipment, bait, fish identification, safety and caring for your catch. Use of rods and bait included. Water and snacks provided, bring own lunch. Cost: \$75. Registration opens April 23, 2012. Limit: 25

Introduction to Trapping

Sat., September 29, 2012

Location TBD

Trapping provides many benefits for wildlife and society. This workshop will help you learn the basics of trapping, such as: identification of furbearers and their tracks; furbearer habitats; and how to set traps. This is an introduction and does not certify you in Trapper Education. Cost: \$25. Registration opens Aug. 20, 2012. Limit: 16



Sponsored by:

New Hampshire Fish and Game Department
New Hampshire Wildlife Federation



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For more information, course descriptions and registration information, go to: www.nhbow.com