



September 16-18, 2016 Greek Peak Mountain Resort Cortland, NY

Becoming an Outdoors-Woman® is a workshop focused on learning outdoor skills - skills usually associated with hunting and fishing, but useful for many other outdoor pursuits. Designed 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, but have always wanted 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 new ones.
- You are looking for the camaraderie of like-minded individuals.
- You would like to become more self-sufficient.

**You can earn a NYS Hunter Education Certificate or a
Trapper Education Certificate as part of the workshop.
See insert for details. Specific classes and home study required.**

Greek Peak is a ski resort and conference center located a short distance off I-81 near Cortland, NY. Hope Lake Lodge provides north woods style accommodations with many on-site amenities. Check them out at <http://greekpeak.net>

Registration, scholarship and workshop information are on a separate registration form.

If you would like more information, call (518) 402-8862 or (518) 402-8883,
email kelly.stang@dec.ny.gov, write to:

Becoming an Outdoors-Woman, 625 Broadway, 5th Floor, Albany, NY 12233-4754
or visit our website at <http://www.dec.ny.gov/education/68.html>

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**New York State Becoming an Outdoors-Woman workshops are a cooperative venture of
the New York State Department of Environmental Conservation and New York Outdoors Women, Inc.**

For more information on New York Outdoors Women, Inc. go to www.nyoutdoorswomen.com

Please note: Registration materials for this workshop were completed and printed months before the actual workshop. Course content, class topics, instructors, evening programs, and program times may change. We may cancel individual classes due to low enrollment or instructor emergency. You will be given an updated agenda when you check in at the workshop.

**Enrollment limit 125. Minimum age is 18 years old.
Register early for the best chance of getting in the workshop
and getting the classes you want!**

WORKSHOP SCHEDULE

Course size limits are indicated by number in parentheses.

✦ **Course has a prerequisite. If you are signing up for a course that has a prerequisite (marked with ✦ after the course name) you must list your qualifying experience or course work in the space on the registration form or you will not be registered for that course.**

Friday, September 16

10:00-11:30 am Check In and Registration

12:00 pm Lunch

1:00 pm Welcome

2:00-5:30 pm SESSION 1

1A. Rifle (12) You will learn gun safety, handling, shooting techniques and you will shoot .22 rifles.

1B. Fishing Skills (12) You will be introduced to the equipment and skills necessary to enjoy fishing. Learn about fish, their habitats and behavior, selecting equipment, knot tying and basic fishing skills. You will not be fishing during this class. *This course is a prerequisite for anyone wishing to take course 3C (Lake Fishing).*

1C. Fly Tying (10) Wouldn't it be fun to catch a fish with a fly you tied yourself? You will construct your own flies to mimic those naturally found in waterways. This course teaches the basics of tying different flies.

1D. Car Camping (12) Everything you need to know to pack the car, hit the road and then the woods. Learn what to do before you leave home, what to bring, how to pick a site, pitch the tent, set up your kitchen, start a fire, clean and store gear off season and more. You will even learn how to camp in your car!

1E. Fish & Game Cooking (8) Have a freezer full of wild fish and game but don't know how to cook it? This class will guide you through tasty (and easy!) ways to prepare and serve it. Explore a range of fish and game preparation, methods of cooking, and tasting along the way.

1F. Muzzleloading (5) Muzzleloading firearms are an integral part of U.S. history from the early pioneers, explorers and trappers to mountain men and soldiers in the Revolutionary and Civil Wars. But muzzleloaders are not just for history buffs! You can hunt with a muzzleloader. Learn safety and the fundamentals of using black powder with plenty of opportunity to load and fire these interesting firearms.

1G. Big Game Hunting (8) You will learn the behavior and habitat of white-tailed deer, hunting safety, trailing a deer and hunting techniques such as antler rattling, deer calls and deer scents. Information on bear hunting will also be included.

1H. Caught on Camera (15) - Trail Cameras, also called trail cams, scout cameras and game cameras, use heat or motion sensors to trigger the camera to take a picture any time something crosses the sensor's beam. They are great tools to use for capturing photographs of wildlife. You can use trail cams for scouting deer or other animals for hunting, find out what animal is digging under your shed or just to see what animals are in your area. You may even get photos of a trespasser!

1I. Canoeing (7) Students will learn the basics of safety, equipment and paddling, and will canoe on the water.

1J. Backpack Camping (10) You will learn low impact, backpack camping skills. The course will cover selecting light-weight backpacking equipment, setting up a site, using small portable stoves, and other wilderness camping skills.

1K. Day Hiking (10) Turn off the computer, TV and cell phone and start hiking! Perfect for those who want to get some exercise and get outdoors. You will learn equipment basics, proper clothing, where to go, how to plan, trail etiquette and safety. You will take a short, easy hike during this class.

1L. Taxidermy (15) This class will introduce students to the process and technique of basic small mammal taxidermy. Students will learn how to skin, prep, preserve, mount, and position the animal. Each student will leave with her own finished mount and the knowledge to mount small critters at home. Requires a \$30.00 materials fee paid to the instructor at the start of the class. This class requires some extra class time in the evening.

1M. Aerial Challenge (12) Challenge yourself to complete all three levels of this ropes course. Start low and work your way through 21 elements, including bridges, blocks, space loops and zip lines, to the high course up to 34 feet in the air. It is fun and a great confidence booster! **You must be at least 60" tall and weigh 60-260 lbs to take this class. Women who are pregnant or have had a kidney transplant are not allowed to take this class. Not recommended for those afraid of heights.** This class is approximately 2 hours long. Requires a \$27.00 fee paid with a separate check with your registration. Sign the waiver and mail it with your registration form.

1N. Backyard Wildlife (15) Learn about the wildlife you might see in your backyard, how to attract more wildlife to your backyard, how to keep wildlife from eating your garden and how to discourage the wildlife you don't want in your backyard.

6:00 – 9:00 pm Dinner and Evening Programs

Saturday, September 17

7:00 am Breakfast

8:00-11:30 am SESSION 2

2A. Shotgun (12) This course will give those with little or no experience the skills to safely and correctly handle and shoot shotguns. The instruction will concentrate on gun mounting, sight alignment and pointing skills. You will shoot at stationary and moving clay targets.

2B. Map and Compass (12) You will learn the "language" of map reading and will develop an understanding of the function and mechanics of compass use. Combining these two skills, you will develop the confidence needed to follow established trails and footpaths, navigate waterways, and strike out independently on off-trail trips.

2C. Fly Casting (12) You will learn how to cast, tie knots, and select equipment and flies. *This course is a prerequisite for anyone wishing to take course 4C (On-Water Fly Fishing).*

2D. Kayaking (10) You will learn the basics of flat-water kayaking and will try out your new skills on the water.

2E. Build a Soda Can Stove (10) Soda can stoves have been called the cheapest, lightest, most reliable stove you'll ever carry and you can build one for yourself in this class! The stove is created from soda cans, burns inexpensive denatured alcohol and is super easy to use. This class is hands-on and requires the cutting of soda cans, punching tiny holes, gluing and assembly.

2F. Trailer Handling (6) Do you want to be independent and confident enough to trailer a boat, ATV, snowmobile or camper on your own? Learn towing safety, maintenance and the art of backing up trailers. Most class time will be hands-on experience behind the wheel. A valid driver's license is required.

2G. Trapping (12) You will learn about NY's furbearers and fur trapping. You will also learn how to trap nuisance animals in and around the garden and home. *You can also earn a NYS Trapper Education Certificate by completing this class and additional requirements -see trapper education insert.*

2H. Stand Up Paddleboard (SUP) (15) SUP involves standing up on a board (similar to a surf board) and using a paddle to propel yourself across the water. It is fun, relaxing and good exercise. This class will introduce you to the skills and knowledge necessary to enjoy the sport of SUP in a calm, flat water setting.

2I. Rifle (12) Repeat of 1A.

2J. Archery (10) You will learn how to select and use bows, arrows, and other archery equipment. There will be a range set up where you can try different archery equipment. *This course is a prerequisite for anyone wishing to take course 4G (Bowhunting).*

2K. Backpack Camping (10) Repeat of 1J.

2L. Hit the Trail (10) Hiking is great for the body and mind! Most of the class time will be spent taking a MODERATE hike with few rest stops that includes some steep trails and climbing over rocks and logs. The hike could be physically demanding and not for those with pre-existing conditions such as bad knees or weak ankles.

2M. Birding (15) Have you often wondered what that bird singing in your yard is? This course will help you identify common birds by sight and song and learn about their secretive lives. Get an overview of bird traits indoors and then take an easy hike to learn field techniques.

2N. Mountain Biking (10) Hop on your bike and feel like a kid again. Topics in this beginner course will include types of trail bikes, bike fit, general maintenance, handling skills, and trail etiquette. You will learn and practice skills on an obstacle course (going over objects, turning, balancing) and go for a ride. All skill levels are welcome, but the ride may be physically challenging to some. Participants in this course must bring their own mountain bike (not a road bike) and helmet.

2O. Wildlife Photography (15) This class will cover the types of wildlife that can be photographed and the kinds of cameras that can be used (including cellphone cameras). Also discussed will be a code of ethics, the pros and cons of digiscoping, the biggest secret to better digital camera pictures, post processing ("Photoshopping") your pictures, and the pleasures and pitfalls of wildlife picture sharing. The presentation will be followed by a hands-on field trip to practice the techniques presented.

Noon Lunch

1:30-5:00 pm SESSION 3

3A. Shotgun (12) Repeat of 2A.

3B. Map and Compass (12) Repeat of 2B.

3C. Lake Fishing + (12) You will learn about lures and baits and then go fishing on a lake. This is a NYSDEC free fishing event so you do not need to purchase a fishing license for this class. *Prerequisite: course 1B (Fishing Skills) or fishing experience.*

3D. Backcountry Cooking (12) You can enjoy a great meal away from the conveniences of home. Whether you are new to backcountry cooking or you want to expand beyond GORP and freeze-dried food, you will learn to use grocery store foods to make economical meals that will satisfy everyone's appetite. This class is appropriate for canoe and boat camping, short backpack camping adventures and anyone who likes to eat well while "roughing it."

3E. Turkey Hunting (16) Turkey hunting is fun and exciting. Learn about calls, how to call, clothing, equipment, tracking, scouting, the morning hunt and measuring the catch.

3F. Crossbow (10) You will learn all aspects of crossbow use including the history, myths and safe use of a crossbow. A range will be set up where you can try different types of crossbows while shooting at a variety of targets.

3G. Preserving the Goodness- Food Preservation Alternatives (12) Explore different ways to preserve food including: dehydrating, steam juicing, vacuum sealing, freezing, and canning. Turn fruit into juice and snacks. Protect dry goods with a vacuum sealer. Compare boiling water bath and pressure canning and learn tips for freezing your bounty. Preserving your own food can lead to a lower grocery bill, more control over what is in your food and the creation of less trash by reusing containers. You will enjoy your garden harvest or bounty from a farmer's market in the middle of winter if you preserve the goodness.

3H. Stand Up Paddleboard (SUP) (15) Repeat of 2H.

3I. GPS (Global Positioning System) (6) A GPS unit can be a valuable tool as well as a lot of fun. Take this class if you have little or no experience with a personal, hand-held GPS. Starting in the classroom, you will learn about GPS, how it works and how to use a GPS unit. Then head outdoors on a GPS adventure putting your new skills to use with a Geocaching "treasure hunt." You must use the GPS units provided to you. This is not a car GPS class.

3J. Field Dressing Game (15) That great game dinner doesn't start in the kitchen; it starts in the field. Learn how and when an animal should be gutted, cleaned, cooled and prepared for the freezer. These preparations will help ensure a great meal later. *You will get hands-on experience field dressing (gutting and skinning) animals in this class.*

3K. Car Confidence (8) Learn how to change a tire, jump start a car, check tire pressure and fluid levels and other skills needed to feel confident when traveling alone. Also learn what items you should have in your car at all times "just in case."

3L. Camp Stove Cooking (8) Learn how, with some planning and prepping at home, you can serve delicious meals at your campsite. Learn to cook and bake a 4-course meal (appetizer, salad, main course, dessert) using a propane camp stove and a cardboard box.

3M. Plant Identification (12) Develop a more intimate relationship with nature during your hikes by learning the names of the plants you observe along the way. Learn plant anatomy and how to use field guides and plant "keys" then go for a walk outdoors to identify the plants you find.

3N. Taxidermy (15) Repeat of 1L.

3O. Kayaking (10) Repeat of 2D.

6:00 – 9:00 pm Dinner and Evening Programs

Sunday, September 18

7:00 am Breakfast

8:00-11:30 am SESSION 4

4A. Airgun (6) Want to learn to shoot a gun but wary of the noise and “kick” associated with some guns? Then this is the class for you. Airguns use compressed air to shoot small pellets so they are light, quiet and have no recoil “kick.” Airguns are also a fun and inexpensive way to practice your shooting skills even if you normally shoot other firearms.

4B. Wilderness First Aid (10) If you plan to spend time outdoors you need to be prepared to safeguard yourself and others in your group. This basic first aid training will include assessment, muscle, joint and soft tissue injuries, heat and cold related emergencies, bandaging, splinting, and a variety of other topics with some hands-on practice. No previous first aid experience is required. This is not a certification course.

4C. On-Water Fly Fishing + (12) You will learn how to select flies, read water and practice casting before going fishing. This is a NYSDEC free fishing event so you do not need to purchase a fishing license for this class. *Prerequisite: course 2C (Fly Casting).*

4D. Reading the Woods (15) Most of this class time will be spent outdoors looking for and identifying tracks, scat and other signs of animal activity. There may be a lot of sign or very little. *There will be significant off trail hiking through thick brush.*

4E. Hunter Education + (10) Those seeking a Hunter Education Certificate must take this class. This class will cover hunting ethics, firearms safety and hunting safety and will conclude with the hunter education course exam. *You must also complete additional requirements - see hunter education insert.*

4F. Tree Identification (15) Did you know there are more than 50 species of native trees in NY? To fully appreciate the vast forested landscape you must get to know the different species that live here. This course will cover the major groups of forest trees, their preferred habitats and how to use a “key” to identify individual species. You will learn to “see the forest for the trees!”

4G. Bowhunting + (8) After a review of archery equipment and shooting techniques, you will learn stand selection, deer scouting methods and bowhunting techniques. A range will be set up for hands-on experience. *Prerequisite: course 2J (Archery) or you must be an experienced archer to take this class.*

4H. Small Game Hunting (12) Build your sense of self-reliance and reduce your carbon footprint by getting your protein from small game. This class will focus on hunting common upland game species such as squirrels, rabbits and grouse. Topics include identifying suitable habitat, hunting strategies that take advantage of natural behaviors of each species, hunting implements, field care, preparation for cooking and more.

4I. GPS (Global Positioning System) (6) Repeat of 3I.

4J. Outdoor Survival Skills (16) No one ever thinks they will get lost outdoors, but if it happens you want to be prepared. Learn what goes into an outdoor survival kit, what to do (and not do) in a survival situation and how to get rescued.

4K. Car Confidence (8) Repeat of 3K.

4L. Knots (8) It's time to tie up a tarp, hang the bear bag or tie a canoe on top of the car. Do you know which knot to use? 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. Fun, hands-on activities will help reinforce newly-learned knot tying skills. Added bonus - the class will also include an intro to making cordage (rope) from natural fibers.

4M. Dutch Oven Cooking (10) Cast-iron cooking pots are as versatile as they are fun. Discover a new way to cook everything from lasagna to cake outside in your backyard, at the beach or at camp.

4N. Aerial Challenge (12) Repeat of 1M.

Noon

Lunch and Goodbyes

**Thank you to the following for their support of the
New York State Becoming an Outdoors-Woman program:**

Adirondack Foothills Guide Service
and Education Center
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Blue Cliffs Guiding
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NYSDEC Bureau of Wildlife
Paddle-N-More
Preusser BBQ
Rocky Mountain Elk Foundation
St. Hubertus Outdoor Enterprises

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