



## **September 13-15, 2019**

# **Silver Bay YMCA on Lake George**

## **Hague, 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.

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

Silver Bay, the YMCA of the Adirondacks, is located on the north end of Lake George near Hague, Warren County. Occupying 700 acres of Adirondack woods, Silver Bay is a modern conference facility and is easily accessible from I-87 (the Northway). Check them out at <http://www.silverbay.org>

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

If you would like more information, call (518) 402-8963,

email [katrina.talbot@dec.ny.gov](mailto:katrina.talbot@dec.ny.gov), write to:

Becoming an Outdoors-Woman, 625 Broadway, 5<sup>th</sup> 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.**

**Please note:** Registration materials for this workshop were completed and printed months before the actual workshop. Courses, class content, 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.**

## 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 13*

10:00-11:30 am Check In

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 caliber rifles.

**1B. 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 earn a NYS Trapper Education Certificate by completing this class, course 3F, and additional requirements - see trapper education insert.*

**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. 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 taking course 3D (Lake Fishing).*

**1E. Stand Up Paddleboard (SUP)** (10) 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.

**1F. Exploring Nature with Kids** (15) ADHD, electronic addiction, behavior issues, stress and anxiety are all issues we see more frequently in children. Getting outside in nature can help decrease many of these symptoms, as well as boost self-confidence, help creativity and imagination, and get exercise. Be prepared to hike, get dirty, build and explore, and share your ideas and experiences. This class is for anyone who knows a child, or who just wants to have some fun!

**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. 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 just a propane camp stove and a cardboard box!

**1I. Become a Hobby Farmer** (12) Curious about what it takes to start and run your own hobby farm? Need some tips on how to progress your farm if you just started? Get your hands dirty and learn the necessary steps to start and operate a small sustainable farm that can be scaled to fit your wants and needs. This class will teach you about farm animal care, crop and flower raising, property management, peacefully co-existing with local wildlife on a farm, and more. No prior experience necessary.

**1J. K-9 First Aid** (10) This course will cover basic skills and knowledge on how to prevent, recognize, and treat health issues in dogs. We will cover a range of topics, including putting together a first aid kit, taking vitals, dealing with hyperthermia and hypothermia, and performing basic first aid for a range of common injuries. This course will be interactive, with demonstrations on dummies and a live dog to get participants comfortable with a variety of techniques. We will also go over how to remove your dog from traps, and basic ethics of taking your dog on outdoor adventures with you.

**1K. 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.

**1L. 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.

**1M. Adirondack Ecology** (16) The ecosystems of the Adirondack region are unique, beautiful and contain a diverse mosaic of forest and wetland communities. You will learn about the plants and animals that make up these ecosystems and understand the interrelationship between them and the local geology, soils, and water. Understand the great "cycle of life" and how humans interact with them. You will be walking outdoors.

**1N. 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. 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.

**1O. Kayaking** (8) You will learn the basics of flat-water kayaking and will try out your new skills on the water.

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

# Saturday, September 14

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 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 taking course 4C (On-Water Fly Fishing).*

**2D. 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.

**2E. 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.*

**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. Food Preservation Alternatives** (12) Explore different ways of preserving food including: dehydrating, steam juicing, vacuum sealing, and freezing. Turn fruit into juice using a steam juicer and into snacks using the dehydrator. Protect dry goods such as flour and rice using a vacuum sealer. 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. In this class you will prepare fruit on trays for the dehydrator

**2H. Canoeing** (7) Students will learn the basics of safety, equipment and paddling, and will canoe on the water.

**2I. Wildflower 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.

**2J. Archery** (10) You will learn how to select and use bows, arrows, and other archery equipment. You will also try different archery equipment on a variety of targets on the range. Registration preference is for women who have not taken

archery at a BOW workshop in the past 5 years. *This course is a prerequisite for anyone taking course 4J (Bowhunting).*

**2K. Backpack Camping** (12) 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.

**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. It could be physically demanding if you are not fit and is not for those with pre-existing conditions such as bad knees or weak ankles.

**2M. Birding** (10) 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. Beginning Snorkeling** (5) Ever wonder what's under the water? Do you like finding treasure? Observing underwater life? In this class you will learn the art of snorkeling. This is a beginner class and will cover underwater safety, equipment, proper breathing techniques, depth perception and collecting strategies. *This course is a prerequisite for anyone taking course 4M (Advanced Snorkeling).* Participants in this class must bring their own mask, snorkel, fins and a small mesh bag. You must be a competent swimmer and have an adventurous spirit.

**2O. Bluebird Box** (12) Bluebirds, and more than 60 other species in North America, are cavity nesters. Rather than make their own cavity to nest in, these birds take advantage of existing holes in trees. But today, as natural cavities have become fewer and farther between, cavity nesting birds increasingly rely on human-made homes. Learn about the social, economic and ecological issues facing cavity nesting birds and build your own bluebird box to help the cause.

Noon Lunch

## 1:30-5:00 pm SESSION 3

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

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

**3C. Backcountry Cooking** (10) 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.”

**3D. 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 1D (Fishing Skills) or fishing experience.*

**3E. Turkey Hunting** (12) Turkey hunting is fun and exciting. Learn about calls, how to call, clothing, equipment, tracking, scouting, the morning hunt and measuring the catch.

**3F. 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, please wear appropriate clothing and hiking shoes. This course is required for anyone earning a NYS Trapper Education Certificate at the workshop.*

**3G Paracord Projects** (8) A hands-on class to create cool projects using parachute cord. You will make a 2-color survival bracelet, an adjustable water bottle handle, pull ties and a key fob.

**3H. 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 preparations, methods of cooking, with tasting along the way.

**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. Crossbow** (10) You will learn all aspects of crossbow use including the history, myths and safe use of a crossbow You will also try different archery equipment on a variety of targets on the range. Registration preference is for women who have not taken crossbow at a BOW workshop in the past 5 years.

**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. Taxidermy** (15) Repeat of 1N.

**3M. Backpack Camping** (12) Repeat of 2K.

**3N. Cultivating Backyard Mushrooms** (25) Did you know that you can grow mushrooms in your own backyard? Learn how to inoculate your own shiitake mushroom log, build a wine cap mushroom burrito, and take it all home to harvest crops of mushrooms in your yard for years to come. (This is not a wild mushroom identification class)

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

## ***Sunday, September 15***

**7:00 am Breakfast**

**8:00-11:30 am SESSION 4**

**4A. Rifle** (12) Repeat of 1A.

**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. Hawk Watching** (10) Hawk watching is an easy and exciting way to enjoy birds of prey during their spring and fall migration. In the classroom, we'll cover what kinds of raptors you can see in NY, how to identify them, and where to go hawk watching. Outside, we'll take a short walk and practice using binoculars (bring your own), spotting scopes (provided), and field guides while we search the sky for migrating raptors. All skill levels welcome, though some experience in birdwatching is helpful.

**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. Food Preservation-Canning** (12) Are you interested in canning but don't know where to start? Learn about the difference between high and low acid foods and when to use a boiling-water canner vs. a pressure canner. You will also see the tools used for canning, learn about the process of preparing a jar of product for the canner and see many examples of canned goods. In this class you will prepare a jar of food such as apple sauce and process it in a boiling-water canner. We will also use the pressure canner to preserve a jar of low acid food such as green beans.

**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. 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.*

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

**4L. Basic Self Defense in the Outdoors** (30) This fun and exciting course will teach you the basics of personal safety and situational awareness, leaving you feeling empowered to adventure outdoors independently. You will learn simple and effective self-defense strategies to recognize, avoid, and respond to unwanted and potentially violent encounters. This class is designed to teach self-

protection strategies that are effective regardless of size, age, or fitness level! Taught by the certified instructors of the ABC Women's Self-Defense Program at the Modern Self-Defense Academy. No prior experience or fitness aptitude necessary.

**4M. Advanced Snorkeling** + (4) Snorkel to new depths! In addition to diving deeper you will learn the flip entry, retrieving, clearing your snorkel and mask, and clearing your ears at depth. You will visit some interesting underwater sites on Lake George. *Prerequisite: course 2N (Beginning Snorkeling).* Participants in this class must bring their own mask, snorkel, fins and a small mesh bag. You must be a competent swimmer, be comfortable snorkeling and want to dive deep. If the beginner class was the first time you tried snorkeling, you will probably want more experience before taking this class.

**4N. 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.

**Noon      Lunch and Goodbyes**

**New York Becoming an Outdoors-Woman Committee Members:**

- Katrina Talbot, NYSDEC, Program Coordinator
- Kelly Stang, NYSDEC, New York Outdoors Women
- Angie Berchielli, New York Outdoors Women
- Colleen DiNitto, New York Outdoors Women
- Jackie Emslie, New York Outdoors Women
- Jessie Gardner-Lewis, New York Outdoors Women
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