



Outdoors- Woman



Sponsored by
New Jersey Department of Environmental Protection
Division of Fish & Wildlife

April 30 - May 2, 2004
at Fairview Lake YMCA Camp
& Conference Center, Stillwater, NJ



"Becoming An Outdoors-Woman"

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NJ Becoming an Outdoors-Woman 2004

"Becoming an Outdoors-Woman" is a workshop directed toward women, yet is an opportunity for anyone 18 years or older to learn new outdoor skills, improve existing skills and enhance their appreciation of the outdoors. This workshop is designed for: those who have never tried these activities and hope for an opportunity to learn; are beginners who hope to improve their skills; have some outdoor experience and would like to expand their abilities; and are excited to meet other outdoor enthusiasts.

If you are a previous participant, a spot in this workshop will be guaranteed for you if a new participant to BOW registers with you. Both registration forms must be received together. If you do not register with a new participant, consideration will be given to new participants first.

If the registration form is missing or you would like more information, please check our website at www.njfishandwildlife.com. If you have questions after carefully reading this brochure, call 908-735-7040.

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Workshop Schedule

Friday, April 30, 2004

11:30 - 12:30 p.m.	Check-in and registration
12:30 - 1:30 p.m.	Lunch
2:00 - 5:30 p.m.	Session I
6:00 - 7:00 p.m.	Dinner
7:30 - 9:00	Evening activity

Saturday, May 1, 2004

4:30 a.m.	Sunrise hike
6:30 - 7:30 a.m.	Early birding (optional)
7:30 - 8:15 a.m.	Breakfast
8:30 - 12:00 noon	Session II
12:30 - 1:30 p.m.	Lunch
2:00 - 5:30 p.m.	Session III
6:00 - 7:00 p.m.	Dinner
7:30 - 8:30 p.m.	Evening activity
8:30 p.m.	Campfire reflections

Sunday, May 2, 2004

6:30 - 7:30 a.m.	Early birding (optional)
7:30 - 8:15 a.m.	Breakfast
8:30 - 12:00 noon	Session IV
12:30 - 1:00 p.m.	Lunch
1:00 - 1:30 p.m.	Closing and Evaluation

Course Descriptions

A. Beginning Spin Casting will be taught by Carole Skwarek and Jon Kline, Resource Interpretive Specialists. This course will cover equipment use and selection, use of bait and lures, knot tying, ethics, and fish biology. Everything the novice angler needs to know to get started! Class will fish on picturesque Fairview Lake. All equipment will be provided. However, you can bring your own if you have it.

B. Fly Fishing Techniques with veteran BOW instructors Richard Kress, Rosemarie Hight and an expert staff, will provide the first-time fly fisher with a hands-on experience. Rosemarie and Richard will discuss equipment selection and use, teach the proper way to tie knots and demonstrate various casting techniques. Participants will try their hand at wetting a fly from the banks of Fairview Lake! Equipment provided.

C. On-Stream Fly Fishing with Richard, Rosemarie and staff (see Fly Fishing Techniques) will find participants taking a fly fishing outing to one of New Jersey's premier trout streams. Learn how to present a fly, match the hatch and identify where that lunger trout is lurking. Fly Fishing Techniques is a pre-requisite for taking this course. Bring hip boots or waders if you can. Limited pairs will be available. **Hats and eye protection are a must!**

D. Fly Tying will be taught by Richard Kress (described in Fly Fishing Techniques) and will begin with an introduction to equipment and materials used in fly tying, types of flies and tying techniques. Participants will then tie their own flies.

E. Stream Ecology and Entomology - Participants will go searching for aquatic critters, discuss how geology affects water quality, discover where fish and the aquatic insects that attract them are likely to be found, and much more. Be prepared to get wet, old sneakers or rubber boots are advised. This course is HANDS ON!

F. Canoeing - Participants will learn the major types of boats, basic paddling strokes and boat control, as well as safety on the water. There will be an opportunity to try out new skills on the lake. Be prepared to get wet!

G. Kayaking will be taught by Helen Tuers of Campmor, Inc., and her daughter Kathryn, a USGS hydrologist. Participants will learn about the different types of kayaks, basic paddling strokes and boat control, as well as safety on the water. There will be lots of opportunity to try new skills on Fairview Lake.

H. Basic Camping will be taught by Mark Gonzales and Theresa Belletiere. You'll learn skills tailored to campground or "car camping" situations, including tent, sleeping bag and stove selection, use, and maintenance, as well as how to choose and set up a comfortable, safe, low-impact campsite. Equipment will be provided, but participants are encouraged to bring their own tents and any other camping equipment they already own.

I. Intro to Backpacking Can't imagine how to carry everything you need to live independently in the wilderness on your back and actually enjoy it? Mark Gonzales and Theresa Belletiere will demonstrate techniques for camping utilizing the backpack. Topics include boots, clothing, fitting your pack, what to bring and how to pack. Then you will set up a campsite and learn how to best be comfortable, fed and rested for another day on the trail.

Those with appropriate tent, pad and bag will have the option of sleeping outside (close to your cabins). No tent? Perhaps someone will share, so bring a pad and bag if you want to sleep-out.

Also bring any gear/equipment you would like analyzed for backpacking. This includes boots, clothes, pack, sleeping bag and pad, tent, stove, cookware, flashlights, waterbottles and anything else you would consider carrying in your pack. Remember some straps and stuff sacks. Please, no daypacks or heavy cotton clothing.

J. Outdoor Photography will be taught by Roberta C. Scott. This workshop is geared to the beginning student, but anyone interested in nature photography is welcome. Roberta will discuss lenses, film, composition, and hints on how to use natural light to create special effects. Participants must bring their own cameras (preferably a 35mm camera that can be adjusted manually). Also, bring a roll of 400 ISO film. Be prepared for a casual walk while observing and capturing the beauty of nature.

K. Outdoor Survival Skills will be taught by instructor Marie Collinson. Participants will learn how to prevent and survive wilderness emergencies, build an emergency shelter, and learn the importance of staying calm and working together as a group. This program is designed for individuals without previous survival training.

L. Basic Orienteering will be taught by Liz Jackson, Division Public Information Specialist. Students will learn how to use a map and compass as a navigation tool, practice setting bearings on an orienteering compass and then strike out on a cross-country trip.

M. Birdwatching & More will be taught by birding enthusiasts and NJ Audubon naturalists Carol and John Knapp. Participants will be introduced to the world of birding by learning about binoculars and equipment used to enhance their knowledge and enjoyment while even in the field. You will also learn how to identify birds through size, song, behavior and habitat. Participants will take a morning hike using binoculars, spotting scopes and field guides to view spectacular spring bird migration and practice what you learned earlier. Binoculars and field guides will be available but you are encouraged to bring your own if possible.

N. Interesting and Edible Plants with Karen Matthews will focus on the identification and use of local plants including herbs, trees, and shrubs. Culinary and medicinal uses as well as how plants are environmental indicators will be covered. Most of the class will be spent outdoors. Bring your field guides and a notebook for you notes if you wish.

O. Reading Wildlife Sign will be taught by Fred Stine, long-time trapper and tracker and wildlife biologist Susan Martka. Participants will learn to identify tracks, and to become aware of other signs of wildlife activity, such as feeding, nesting, and calling. Participants will scout for signs of wildlife activity in the woodlands around Fairview Lake and learn the life history of some of New Jersey's inhabitants.

P. Talkin' Turkey will be taught by wildlife biologist Joe Leskie. Learn about the habits and habitats of New Jersey's largest bird, the eastern wild turkey. Whether you hunt with a gun or camera, this class will teach you how to get close to this magnificent bird. Thrill to the early-morning sights and sounds of turkeys in the woods. Appropriate clothing, equipment, safety and various calling devices will be discussed. Turkey-finding strategies, reading sign and calling techniques will be practiced.

Q. Basic Firearms Shooting will be taught by Carol Colao, Communications Operator for Northern Region Law Enforcement Office and Hunter Education Instructor with the NJDF&W. Participants will be introduced to firearms in a manner that is safety oriented, builds confidence and ensures fun. Participants will shoot .22 caliber handguns, .22 caliber rifles and 20 gauge shotguns. All equipment will be provided.

Hunter education instructors Joe Westfield, Ken Ortbach and Sue Bryant will also introduce participants to the modern version of blackpowder firearms. Some folks think shooting blackpowder is the most fun you can have shooting. Learn a little bit about the history and types of blackpowder guns then load, fire, and shoot this primitive firearm. Guaranteed to make you grin.

NOTE: This is a full day course. You must sign up for Sessions II & III. A boxed lunch will be provided. Participants may want to bring extra water.

R. Archery will be taught by Kim Tinnes, Division Wildlife Control Agent and Hunter Education Instructor, and Donna Carroll, also a Hunter Education Instructor. Participants will learn about archery equipment including selection and use of bows, arrows and accessories, emphasizing those suitable for bowhunting. Also covered will be safety and shooting techniques. Plenty of time will be devoted to participants shooting with the equipment provided.

S. Intro to Mountain Biking with Rob Sikora and Mary Pat Pouvilaitis, state park rangers, will teach participants the techniques used in various mountain biking situations and discuss some of the technical aspects of mountain bikes. Participants will practice maneuvering over, around, and through various obstacles. If time and weather permit, you will go on a short trail ride. Some mountain bikes will be available but bring your own if you have one. Helmets are required!

T. Hiking will cover the types of clothing and equipment needed for day hiking, safety issues, planning, where to go, and trail etiquette. Participants will go on a hike through surrounding woodlands.

U. **A.S.E./Climbing Wall:** Fairview Lake staff will lead participants through Action Socialization Experiences including the climbing wall. These problem solving activities are designed to build self-confidence and increase interpersonal skills in the outdoors.

V. **Writing Along a Wooded Trail** will be taught by author Therese Halscheid, winner of a 2003 Fellowship from the NJ State Council of the Arts. Aldo Leopold said "When dandelions have set the mark of May, it is time to listen to the final proof of spring." Using the words of Leopold, Emerson, Thoreau, Frost, and your favorites, we will enter the woods to write. Bring a notebook or journal, pen, and excerpt from your favorite author to share along the trail.

W. **First Aid for Outdoors-Women** with American Red Cross Instructor Doug Houskeeper. Doug will show participants what the prepared outdoors-woman should keep in her pack to be ready for wilderness emergencies. While the emphasis on outdoor safety is prevention, sometimes first-aid is necessary. Learn how to identify, treat and handle outdoor injuries and health-related emergencies.

X. **Working with Sporting Dogs** will demonstrate how dogs are used in the field to assist the hunter. The dog handlers will demonstrate working with various dog breeds used for hunting purposes. Whether you are interested in hunting with a dog, participating in field trials, or just spending time afield with your dog, you will find this course interesting.

Y. **Bear Essentials** - Learn all about New Jersey's largest mammal, the black bear. Division biologists will discuss black bear biology, research techniques, and how to co-habitate with bears. Learn how Dunkin' Donuts aid black bear research, use radio telemetry to track bears, and scout for bear sign in the woods.

Z. **Deer Hunting** will be taught by Rosemarie Hight, an avid sports-woman and Wildlife Conservation Corp Volunteer. In this course students will learn how to scout for deer sign, discuss habitat, locate prime hunting locations, explore different hunting techniques, talk about NJ hunting laws, and more.

AA. **Primitive Living Skills** - Ruth Ann Colby Martin from Tom Brown, Jr.'s Tracker School spent a year living in the Pine Barrens while living off the land. Join Ruth Ann in learning how to create friction fire, finding food in the wild, setting up a primitive camp, and making useful tools. Each participant will build a bow drill and make a fire. Bring a pocketknife if you have one.

BB. **Trapping** - the trapping of furbearers has been an element of man's culture since prehistoric times. People were dependent on trapping for food, clothing, bedding and shelter. Today, many people in both rural and urban areas trap for their livelihood. Come learn about furbearer habits and habitats, laws, and trapping methods. The instructor will also cover fur preparation and sale.

CC. **NatureCrafting** - Artist and former NJ State Park Naturalist Cheri Decker will lead a leisurely, informative nature walk while participants collect various natural items to create a "work of art" to take home. Learn about the local flora and fauna and how to turn nature's leftovers into home decor!

DD. **Pet First Aid**- with American Red Cross Instructor Doug Houskeeper. Do you hike or bring your pet to outdoor activities? Doug will show participants a program that meets the needs of the pet owner and an injured or ill animal in the areas of personal safety, good judgement and life saving skills that can be applied to outdoor situations involving either people or animals.



**Outdoors-
Woman**

*NJ Div. of Fish & Wildlife
26 Route 173 West
Hampton, NJ 08827*

REGISTRATION INFORMATION

Workshop Fee is \$195: Fee includes: instruction in all sessions, program materials, use of all equipment, all meals and lodging. **NOTE:** If we receive a check which is returned for insufficient funds you will be charged a \$30 fee (the same fee the bank charges us!) and will not be considered registered until the fee is paid in full.

Limited \$100.00 scholarships are available for qualified first-time participants: Applicants for scholarships must demonstrate a need by filling out the application and writing a 200 word or less essay describing their need and why they would like to attend the workshop. The essay should be mailed along with your registration and a check for \$95. If you do not receive a scholarship, you will be notified and given the opportunity to pay the full fee.

Facilities: Fairview Lake Camp is located in the southwestern corner of Sussex County on mile-long Fairview Lake. The Kittatinny Ridge offers a beautiful backdrop for the camp's 600 acres of woodlands, open fields and running streams. The property is adjacent to the Delaware Water Gap National Recreation Area and the Appalachian Trail. Winterized cabins are dormitory style and sleep 10. Each cabin has its own bathroom with flush toilets and showers. Participants must bring all linens, blankets, pillows, and towels. Parking is nearby. While couples are encouraged to attend the workshop, shared accommodations are not available. Meals are served family style and you will be responsible for helping to set tables, serve food, and clean up afterward.

Cancellation: Deadline for cancellation is **April 19, 2004**. If you cancel before April 19 you will receive a full refund. After that date, no refunds will be given. Registrants who do not attend and who do not cancel by April 19 will be responsible for the full program fee. You may send a substitute.

Upon receipt of your registration and payment you will be sent a confirmation letter with a map to Fairview Lake YMCA Camp, along with a list of appropriate clothing and footwear.

NOTE: All necessary equipment will be provided for each class. However, if you have your own equipment and would like to use it please feel free to bring it with you.

If you have any dietary requirements or special needs that require assistance, please indicate your need on the registration form. Fairview will do its best to accommodate your needs.

Keep this portion of the form for important information.

***PLEASE MAIL IN PAGES 6 AND 7 OF THIS
REGISTRATION PACKET.
THANK YOU AND SEE YOU AT THE WORKSHOP.***

Emergency Information

(this will be held confidential and used only in the event of an emergency)

Your Medical Insurance Company: _____

Are you pregnant? Yes No

Who should we notify in the event of an emergency? _____

Phone# of that person. _____

Do you have any special needs that we will need to know about in advance to accomodate you during the workshop?

Do you have any medical conditions, allergies, etc. that we should be aware of or that may affect medical treatment?

I am a medical doctor, nurse, or EMT and would be willing to help in the event of a medical emergency. Yes No

Waiver

I understand that all possible precautions are taken to ensure that programs and activities at Fairview Lake YMCA are conducted by mature and qualified personnel in a safe and responsible manner. However, I further understand and agree that tje Division of Fish and Wildlife and Fairview Lake YMCA and its staff cannot be held liable for any accident that might occur.

I also agree to neither possess nor use any alcohol or drugs while on Fairview Lake YMCA property.

Signature

**Complete and send registration form and 195.00 fee to: Becoming an Outdoors-Woman,
NJ Div. of Fish & Wildlife, 26 Route 173 West, Hampton, NJ 08827**