

**REGISTRATION OPENS  
JUNE 5, 2017**



BOW STAFF PHOTOS

# NEW HAMPSHIRE

becoming an



# outdoors- Woman<sup>®</sup>

*Introductory Skills Weekend*

## SEPTEMBER 8-10, 2017

Rockywold/Deephaven Camps, Inc.  
Holderness, New Hampshire



**Sponsored by**

New Hampshire  
Fish and Game Department

New Hampshire Wildlife Federation



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# N.H. 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.

## 2017 FALL WEEKEND SCHEDULE

### Friday, September 8

8:00–10:30 a.m.	CHECK-IN
11:30–12:00 p.m.	WELCOME
12:00–1:00 p.m.	LUNCH



### SESSION 1

1:30-4:30 p.m.

**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. **E**

**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.* **E**

**1-C. INTRODUCTION TO ARCHERY:** Participants will learn archery techniques for target shooting and hunting, safety, the history of archery, how the equipment has changed over time and the different kinds of bows on the market today. The range will be set up with many opportunities to shoot a Genesis compound bow and a recurve bow. **M**

**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 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. **E M**

**1-E. 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 a walk in the woods - *hiking shoes or sturdy sneakers required.* **E M**

**1-F. TRAILERING TIPS AND TRICKS:** Ramp etiquette is an important part of enjoying your time on the water. Master the skill of trailering a boat and backing up to launch it at a ramp! Our instructors will help you understand the mechanics of trailering, relieve ramp stress and give you the confidence to try it yourself. Come with a can-do attitude – there will be a hands-on opportunity. **E**

**1-G. 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. **E**

**1-H. INTRODUCTION TO FRESHWATER FISHING:** *This is a two-part class that runs for both Session 1 and 2.* Gain the skills and learn about the equipment necessary to begin freshwater fishing. In Session 1, you will learn about various species of fish in N.H., how to select equipment, knot tying, and how to cast. **E**

In Session 2, (Sat. a.m.) you will use your new skills as you spend the morning fishing on the water, learning how to target, play and land fish. **E**

**1-I. 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. Be prepared to go on a 3.4 mile hike with approx. 500' of elevation gain (moderate) up Rattlesnake Mountain! *Hiking shoes or boots required.* **S**

**1-J. 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. **E**

**1-K. INTRODUCTION TO RIFLE:** Learn gun handling, safety, how to shoot a rifle and how a rifle differs from other firearms. Live-firing opportunities; all firearms will be provided. **E M**

**1-L. ECO TOURING SQUAM LAKE BY KAYAK:** Spend some time on Squam Lake learning the ecology of the lake and the fish and wildlife habitat it provides. Discover how a watershed works, learn about the effect of seasons on a lake, search for birds, bugs and other wildlife, slowly explore a local bay and a tributary stream, and learn techniques for observing wildlife. Some kayaking experience recommended. *Dress to get wet.* **M**

4:30–5:30 p.m.	FREE TIME
5:30–6:30 p.m.	DINNER
7:00 p.m.	EVENING PROGRAM



**Rating System:** Courses are marked according to the physical energy needed to complete the class. Classes marked easy require little physical exertion, moderate will need some physical ability and strenuous will require a lot of physical exertion. Please sign up for courses appropriate for your ability.

**E = Easy      M = Moderate      S = Strenuous**

**CHECK OUT OUR WEBSITE: [nhbow.com](http://nhbow.com)**

## Saturday, September 9

7:00–8:00 a.m. BREAKFAST

### SESSION 2

8:30–11:30 a.m.

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

**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. **E M**

**2-C. INTRODUCTION TO REVOLVER:** Learn about the different kinds of handguns used for recreational target shooting and hunting. This class will alleviate some of your concerns about handguns 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 environment. Live-firing opportunities. **E**

**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. **E**

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

**2-F. OUTDOOR SKILLS & SURVIVAL:** Participants will learn how to plan and what to bring for outdoor trips. Learn what to do if you are lost at night; how to: handle injuries, build a fire, find basic shelter, signal for help, recognize signs of and prevent hypothermia; plus basic search and rescue techniques. **E M**

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

**2-H. INTRODUCTION TO PADDLEBOARDING:** Have you ever wanted to try using a stand-up paddleboard? Learn basic balance and maneuvering techniques for this popular activity in a supportive environment. *Dress to get wet.* **M**

**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. *There will be no actual fishing in this class – for an on-the-water fly-fishing class, see 4-F.* **E M**

**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. **E**

**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 - *hiking shoes or sturdy sneakers required.* **E M**

**2-L. THE "LURE" OF FISHING:** Have you mastered fishing with worms? Discover the secrets of the professionals! Learn how to choose and use bait and lures for various freshwater fishing settings, craft your own lure and fish from the shore of "Golden Pond." *Be prepared to wade in the water.* **E M**

12:00 noon–1:00 p.m. LUNCH

### SESSION 3

1:30–4:30 p.m.

**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 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! **E M**

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

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

**3-D. OUTDOOR COOKING:** Please refer to class description 2-D. **E**

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

**3-F. INTRODUCTION TO REVOLVER:** Please refer to class description 2-C. **E**

**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. **E M**

**3-H. INTRODUCTION TO ARCHERY:** Please refer to class description 1-C. **M**

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

**3-J. INTRODUCTION TO FRESHWATER FISHING:** *This is a two-part class that runs for both Session 3 and 4.* Gain the skills and learn about the equipment necessary to begin freshwater fishing. In Session 3 you will learn about various species of fish in N.H., how to select equipment, knot tying, and how to cast. **E** In Session 4 (Sun. a.m.) you will use your new skills as you spend the morning fishing on the water, learning how to target, play and land fish. **E**

**3-K. CREATING BACKYARD WILDLIFE HABITAT:** Learn how to 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. **E**

**3-L. INTRODUCTION TO KAYAK FISHING:** *This is a two-part class that runs for both Session 3 and 4.* In 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. **E M** In Session 4 (Sun. a.m.) 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!* **M S**

**3-M. OUTDOOR SKILLS & SURVIVAL:** Please refer to class description 2-F. **E M**

### SATURDAY EVENING

5:00–6:00 p.m. DINNER at Rockywold Dining Room

6:30–8:00 p.m. EVENING PROGRAM at Deephaven Dining Room. Refreshments will be served.

RAFFLE DRAWING. *Must be present to win.*

8:00-9:00 a.m. BREAKFAST

**SESSION 4 9:30 a.m. -12:30 p.m.**

**4-A. INTRODUCTION TO HIKING:** Please refer to class description 1-I. **S**

**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. Learn how to plan a route for your ability, choose a campsite, back-country safety and regulations. **E**

**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 lake and forest to capture and observe insects. Learn basic identification and the natural history of dragonflies, caddisflies, mayflies, hellgrammites, ground beetles and more. **E M**

**4-D. INTRODUCTION TO BOWHUNTING:** The challenge and experience of bowhunting is the fastest-growing hunting activity in New Hampshire. 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. **E M**

**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. **S**

**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; what do do after the cast; safety on the water; and an opportunity to fish. *Participants must have basic fly-fishing knowledge.* **M**

**E = Easy M = Moderate S = Strenuous**

**2017 BOW INTERNATIONAL SPONSORS:**

Browning, Federal Ammunition, Ducks Unlimited, Leupold, Lodge Manufacturing, Pheasants Forever, Pope and Young Club, Rocky Mountain Elk Foundation, Safari Club International Foundation and University of Wisconsin-Stevens Point, College of Natural Resources.



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**4-G. INTRODUCTION TO MUZZLELOADER:** Learn about the traditions, seasons and challenges of muzzleloading firearms. 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 load, fire and clean the firearm. **M**

**4-H. NATURE PHOTOGRAPHY IN THE FIELD:** Please refer to class description 3-A. **E M**

**4-I. 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.* **S**

**4-J. 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. **E**

**4-K. 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. **E M**

1:00-2:00 p.m. SUNDAY DINNER

 Find us on Facebook *Find N.H. BOW on facebook to share your experiences and photos!*

**NEW HAMPSHIRE BECOMING AN OUTDOORS-WOMAN**

**Planning Committee**

- |                 |                   |                   |
|-----------------|-------------------|-------------------|
| Bob Babula      | Tom Flynn         | Betsey McNaughten |
| Rob Blake       | Eric Geib         | Cheri Patterson   |
| Janice Boynton  | Sharon Guaraldi   | Pamela Riel       |
| Susan Chiarella | Heidi Holman      | Kim Rumrill       |
| Joyce Johnson   | Shirley Johnson   | Laura Ryder       |
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| Tina Davenport  | Sherry Labonte    | Jane Vachon       |
| Sandy Falicon   | Lisa LaChapelle   | Linda Verville    |
|                 | Kennetha Marshall |                   |

Kim Proulx, BOW Program Coordinator

**REGISTRATION OPENS JUNE 5, 2017\***

**ENROLLMENT IS LIMITED – REGISTER EARLY! GO TO: NHBOW.COM**

**\*Please note that acceptance notifications will be mailed by the end of July.**

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